

# 1st4sport Level 2 Certificate in Coaching Orienteering

Qualification Specification



## About Us

Welcome to 1st4sport, established in 2000, 1st4sport are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced through the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers and learners.

**Our Mission:** To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

**Our Direction:** We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.

## Qualification Specification

Title:	1st4sport Level 2 Certificate in Coaching Orienteering
Qualification Overview:	Gives learners a key understanding of how to effectively coach orienteering to participants of all ages.
Qualification Code:	L2CCOR
Qualification Regulation Number:	603/0966/0
Guided Learning Hours (GLH):	31
Total Qualification Time (TQT):	130
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/01/2017
Qualification Review Date:	31/03/2025
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to coach orienteering sessions.
Qualification Purpose:	Prepare for employment in a specific occupational area.

### Who is this qualification for?

This qualification is designed for aspiring orienteering coaches to be supported in the development of their knowledge of how to effectively coach participants of all ages. It will also prepare learners for employment in coaching orienteering either working independently or as part of a team.

### Qualification Progression

All qualified coaches are encouraged to align to their sport's NGB and take advantage of the professional and educational services, including coach licences and CPD, offered by British Orienteering.

### Entry Requirements

Learners must be a minimum of 17 years old at registration and 18 years old at certification.

### Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 17 years of age
- be able to undertake this assessment in English or Welsh (if available)

### Assessment Methods

The assessment methods used in this qualification are:

- Coursework (in 5 of 5 mandatory units),
- Practical Demonstration/Assignment (in 5 of 5 mandatory units)

Reasonable adjustments can be applied to these assessments in line with 1st4sport Policy Statement: Access Arrangements.

### Grading Methods

This qualification will be graded Pass / Fail.

## Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

### Mandatory Units

Unit ID	Unit Title	GLH
A/615/4414	Technical coaching requirements for orienteering	6
M/615/4412	Deliver a series of orienteering coaching sessions	7
T/615/4413	Review a series of orienteering coaching sessions	6
H/615/4410	The role of the orienteering coach	6
K/615/4411	Plan a series of orienteering coaching sessions	7

### Optional Units

There are no optional units in this qualification

### Pathway Units (where applicable)

There are no pathway units in this qualification

<b>Unit Title</b>	Technical coaching requirements for orienteering
<b>Unit Aim</b>	This component aims to develop the coach's knowledge of the technical coaching requirements for orienteering.
<b>Unique Unit Number</b>	A/615/4414
<b>Unit Assessment Method(s)</b>	- Coursework - Practical Demonstration/Assignment
<b>Assessment Specification</b>	Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their assessor.

**Learning Outcome: 1. Be able to develop skills and techniques of Orienteering**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 Demonstrate the key elements of map and symbol reading and understanding	<ul style="list-style-type: none"> <li>? The map, map colours and commonly used symbols</li> <li>? orientating the map, and orienteering along tracks, paths and obvious line features (handrails)</li> <li>? making decisions at decision points identified both with and without the aid of a control to identify it as such</li> <li>? distance judgement</li> <li>? catching features and distance judgement</li> <li>? orienteering over short distances against catching features</li> <li>? simplification of legs with several decision points, attack points, absolute distance judgement</li> <li>? making simple route choices</li> <li>? navigating long legs (0.6-1km), rough compass bearing against catching features</li> <li>? fine orienteering on short legs</li> <li>? using simple contour shapes over short distances on their own or with other information for longer distances</li> <li>? using simple contour shapes for most/all of leg, shadowing and questioning</li> <li>? place, describe and mark controls</li> <li>? Plan exercises that address specific techniques (control pick, corridor, fun relays, sprints)</li> </ul>
1.2 Demonstrate the key coaching points of orienteering	

Unit Title	Deliver a series of orienteering coaching sessions
Unit Aim	This component assesses a coach's ability to deliver a series of sports or physical activity coaching sessions to meet the needs of participants. The series of sports or physical activity coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within a sport or physical activity.
Unique Unit Number	M/615/4412
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	<p>The learner must deliver a min. of 6 coaching sessions. The content for the sessions should have been developed during the plan a series of coaching sessions in sport or physical activity component and must be for a single sport or physical activity.</p> <p>A series of 4 sessions will be linked, progressive and work with the same group of players, monitor and demonstrate a progression appropriate for a stated client group and their stage of development.</p> <p>Session 5 will be a physical session, focusing on skills and technique and session 6 will be planned for a different participant type to the linked and progressive sessions e.g. adults/youths/children/disabled/non-disabled.</p> <p>Learners will demonstrate their ability to coach sessions in 1x 20 min. and 1x 45-60 min. practical coaching assessment (either in their workplace or in a simulated environment). Observed sessions may be taken from the 6 planned sessions, there is no requirement to plan additional sessions for the observation of coaching practice.</p>

**Learning Outcome: 1. be able to deliver a series of coaching sessions in sport**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 establish a safe coaching environment	? Conduct a risk assessment, minimising any identified risks ? organise the setting up of equipment required for the session
1.2 prepare the participants for the coaching sessions	? Apply the principles of good practice for starting coaching sessions ? provide information to participants on the aims and objectives of sessions, agreeing these with participants ? understand physical preparation and how to deliver warm-ups
1.3 deliver a series of coaching sessions in line with guidelines	? Incorporate a variety of coaching styles and techniques in delivery and incorporate: listening to participants motivating participants learning styles of participants (visual, auditory, kinaesthetic) differentiation between participants ? cater to a variety of learning styles; balancing instruction, facilitation, demonstration, questions and answers ? ensure there is a balance of activities; realistic timings, sequences, intensity and duration of activities within the session ? identify participants' needs and modify session plan(s) to meet participants' changing needs
1.4 develop technical and tactical aspects of the sport or physical activity through the provision of explanations and demonstrations of activities	? Know how and when to apply appropriate communication methods in the provision of technical guidance ? use the principles of skill development in their coaching, selecting correct techniques to developing participants' skills ? understand different types of demonstration ? provide technical and tactical demonstrations and explanations that are correct ? identify and utilise sport or physical activity-specific rules and codes ? prepare participants for competition.
1.5 analyse and provide feedback on participants' performance	? Understand the principles of analysing participants' performance ? observe participants', analyse performance and provide constructive feedback ? communicate effectively with participants and show listening skills ? support participant(s) in taking responsibility for their own learning
1.6 ensure participants' safety is maintained	? Manage coaching activities and adapt to maintain safety as required ? manage safe use of equipment during the session ? manage behaviours by being: positive and challenging encouraging and motivating
1.7 conclude the session	? Apply the principles of good practice for concluding coaching sessions ? deliver cool-downs





Unit Title	Review a series of orienteering coaching sessions
Unit Aim	This component assesses a coach's ability to deliver a series of sports or physical activity coaching sessions to meet the needs of participants. The series of sports or physical activity coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within a sport or physical activity.
Unique Unit Number	T/615/4413
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	<p>The learner is required to review and evaluate a minimum of 6 coaching sessions in a single sport or physical activity. 4 of the 6 sessions must be linked and progressive, and working with the same group of participants. These linked and progressive sessions must be reviewed and evaluated individually at the time of delivery, and holistically once all sessions have been delivered. The planning and delivery of the sessions for review should be completed within Plan a series of coaching sessions in sport and Deliver a series of coaching sessions in sport; reviews should clearly relate to these sessions.</p>

**Learning Outcome: 1. be able to review a series of coaching sessions in sport**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 review participants' performance	? Measure participant development ? use a variety of evaluation methods that can be used to monitor participant(s)' development and learning
1.2 analyse own coaching practice	? Understand the principles of self-reflection ? utilise feedback from others ? identify personal development needs ? gain valid feedback on own performance from participants and others ? take responsibility for own development ? access continuing personal development (CPD) and develop a personal action plan and mentoring opportunities ? participate in continual review identify career progressions in the sport and the role of others
1.3 apply the review of coaching sessions to future planning	? Review and evaluate the session, using the views of participants and others, and using it to impact on future sessions ? agree the outcomes of the review with participants and others, advise them on their development needs and adapt future sessions to reflect needs
1.4 review the effectiveness of the series of coaching sessions in sport.	? Review the overall aims and goals of the programme and progress made towards these ? use a variety of evaluation methods that can be used to monitor participant(s)' development and learning ? measure the quality of the coaching experience ? measure participant development

<b>Unit Title</b>	The role of the orienteering coach
<b>Unit Aim</b>	This component assesses a coach's understanding of their role and responsibilities and the roles of others, ensuring that their coaching is safe and inclusive.
<b>Unique Unit Number</b>	H/615/4410
<b>Unit Assessment Method(s)</b>	- Coursework - Practical Demonstration/Assignment
<b>Assessment Specification</b>	Learners are required to complete a series of assessed tasks within their learner portfolio. These are set by 1st4sport and assessed by their assessor.

Learning Outcome: 1. Understand the role of the coach leading a session in sport	
Assessment Criteria	Indicative Delivery Content
The learner can:	
1.1 Describe the role	? The role of the fully independent sports or physical activity coach, its boundaries and adherence to codes of conduct ? the responsibilities of the fully independent sports or physical activity coach when working with others such as leaders, coaching assistants ? the importance of being a role model ? the sports or physical activity coaching process of plan-do-review

**Learning Outcome: 2. understand the responsibilities of the coach leading a session in sport**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
2.1 describe the responsibilities related to rules and regulations	? The overarching legal and sport or physical activity-specific responsibilities ? the sport's or physical activity organisational procedures, responsibilities and liabilities ? the rules and regulations of sport or physical activity to enable the delivery of sessions ? the role of sports or physical activity officials and the positive promotion of these
2.2 describe responsibilities related to duty of care	? What constitutes acceptable relationships as a coach ? the guidelines for safeguarding and protecting the following participant groups, adherence to these and maintaining confidentiality: ? young people and children, including signs and symptoms of abuse ? adults at risk ? participants who share protected characteristics ? how to encourage and reward positive behaviour and to respond to discriminatory behaviour, behaving in a fair, consistent and ethical manner ? <ul style="list-style-type: none"> <li>• the requirements of the participant group; managing information for and about all types of participants</li> </ul>
2.3 describe responsibilities related to safe coaching practice	? How to set and agree ground rules ? health and safety management, understanding how to: prepare the environment conduct a risk assessment minimise risk put contingency plans in place ? emergency procedures; knowing how to follow: correct procedures for dealing with accidents, emergencies and incidents correct procedures for reporting issues
2.4 describe responsibilities related to inclusive coaching practice	? Inclusive delivery of coaching sessions and activities and where to gain information on this ? how to communicate, deal with and meet the needs of a variety of participant types: disabled and non-disabled people children/youth/adults those who share protected characteristics ? recognising that different participants learn in different ways ? how different backgrounds and stages of participant development can impact on age skill development emotional development



Unit Title	Plan a series of orienteering coaching sessions
Unit Aim	This component assesses a coach's ability to plan a series of sports or physical activity coaching sessions to meet the needs of participants. The series of sport or physical activity coaching sessions planned will be linked and progressive in nature in order to develop participants' performance within a sport or physical activity.
Unique Unit Number	K/615/4411
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	<p>Learners are required to plan a minimum of 6 coaching sessions in a single sport or physical activity. 4 of the 6 sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made. One of the additional two sessions will be a physical session, focusing on running skills and technique, and the other session will ideally be planned for a different participant type to the linked and progressive sessions e.g. adults/youths/ children/disabled/non-disabled. Sessions should be an appropriate length for the sport or physical activity and the identified participant group. Normally this will be around 60 minutes but may be longer or shorter based on participant and sport or physical activity needs. Where sessions are significantly longer or shorter than this, learners should provide a rationale for this.</p>

**Learning Outcome: 1. be able to plan a series of coaching sessions in sport**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 plan a series of progressive sessions	<ul style="list-style-type: none"> <li>• Understand the principles of planning progressive sessions</li> <li>• identify aims and objectives of the coaching programme, setting SMART/ tangible goals that have been agreed with participants</li> <li>• plan a series of progressive sessions with goals that are linked, progressive and consistent with the overall aims of the coaching program</li> </ul>
1.2 plan activities to meet the aims of the sessions	<ul style="list-style-type: none"> <li>• Understand how individual coaching sessions support the aims of the coaching programme</li> <li>• identify aims and objectives of sessions, setting SMART/ tangible goals that have been agreed with participants in line with steps A-L of the British Orienteering Step System</li> <li>• plan and prepare sessions that meet the needs of participants from different backgrounds and at different stages of development to include:                             <ul style="list-style-type: none"> <li>realistic timings</li> <li>sequences of activities</li> <li>intensity of activities</li> <li>duration of activities</li> <li>specific technical content within activities</li> <li>specific tactical content within activities</li> <li>contingencies</li> </ul> </li> </ul>



## Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

## Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

### Tutor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy a minimum of one coach educator who:

- is a British Orienteering licensed UKCC Level 2 coach educator/assessor

Information on how to become a British Orienteering licensed coach educator/assessor is available from British Orienteering, who can be contacted through;

<https://www.britishorienteering.org.uk/contactus>

### Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below.

The recognised centre is required to recruit and deploy a minimum of one assessor who:

- is a British Orienteering licensed UKCC Level 2 assessor

Information on how to become a British Orienteering licensed coach educator/assessor is available from British Orienteering, who can be contacted through;

<https://www.britishorienteering.org.uk/contactus>

### Internal Verifier(s) and Quality Assurer(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy an approved internal quality assurer who:

- is a British Orienteering licensed internal quality assurer

and hold one of the following:

- a minimum of a UKCC endorsed Level 2 Award/Certificate
- British Orienteering Level 3 Award

Information on how to become a British Orienteering licensed internal quality assurer is available from British Orienteering.

## Additional Qualification Requirements

The minimum venue, facility and requirements stated in the centre handbook apply.

All training and/or assessment sites should include the following facilities:

- a mapped area of land to which the recognised centre has permissive access of suitable complexity and standard
- first aid kit
- emergency phone
- car parking

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must include:

- up to date orienteering maps of sufficient quality and quantity of the areas of land, drawn to International Orienteering Federation (IOF) specifications that can be supplied electronically to the coach educator in advance of the course
- specialised full colour orienteering map available for use
- one compass per learner of a quality to meet the needs of a range of participants

This qualification is regulated by Ofqual (603/0966/0), CCEA and QiW (C00/1303/1 - Regulated).

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