

# 1st4sport Certificate for Coaches in Badminton at Level 2

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 Certificate for Coaches in Badminton at Level 2
Qualification Overview:	Develops learners' understanding to ensure that they have the knowledge, skills, and confidence to develop and coach participants in a badminton environment. This product is mapped against the Coach (Occupation) Professional Standards as a CIMSPA Professional Standards Endorsed Qualification.
Qualification Code:	23QBADCERT2
Qualification Regulation Number:	603/5446/X
Guided Learning Hours (GLH):	123
Total Qualification Time (TQT):	164
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/06/2023
Qualification Review Date:	31/08/2026
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to become an independent badminton coach.
Qualification Purpose:	Prepare for employment in a specific occupational area.

### Who is this qualification for?

The qualification is designed for those who wish to become involved in badminton as an independent coach, and wish to take responsibility for the ongoing development of participants.

## Qualification Progression

With this qualification, learners can progress onto the 1st4sport Level 3 Certificate for Head Coaches Badminton, which is designed to help learners develop the necessary skills, knowledge, and experience to deliver an annual coaching programme to either adults or young people.

They could also progress onto other industry-relevant qualifications in:

- coaching sport
- activity leadership
- supporting PE in school sport
- sports development.

This qualification may lead to paid or voluntary roles in coaching badminton, either working independently or as part of a coaching team.

It could also lead to a position as an activity leader, official or sports volunteer.

## 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 6 of 6 mandatory units),
- Practical Demonstration/Assignment (in 5 of 6 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
R/617/9366	The role of the coach in badminton	11
Y/617/9367	Plan a series of badminton coaching sessions	5
D/617/9368	Deliver a series of badminton coaching sessions	8
H/617/9369	Review a series of badminton coaching sessions	5
D/617/9371	Technical and tactical coaching requirements for badminton	7
R/650/7312	Coaching in a badminton environment	9

### 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>	The role of the coach in badminton
<b>Unit Aim</b>	This unit 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>	R/617/9366
<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, responsibilities and required practice as a coach within badminton**

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 Describe the role	<ul style="list-style-type: none"> <li>• the roles and responsibilities of a coach within an organisation and sector</li> <li>• good practice for coaches in the industry through professional ethics, values, and appropriate legislation</li> <li>• how to manage and administer the inception and growth of a badminton club and demonstrate the knowledge to retain high levels of participation through suitable engagement</li> </ul>
1.2 describe the pathways for participants	<p>Introducing the youngest players to badminton in a structured way and identify talent and the next steps to aid progression through an in depth understanding of how to develop fundamental skills</p> <ul style="list-style-type: none"> <li>• how to interact with players of all ages, parents and community members in a way that enthuses, motivates, and promotes badminton</li> <li>• the badminton landscape in England, including club, county structures, Badminton England programmes and products.</li> <li>• the competition pathway and be able to explain and pass on this knowledge</li> <li>• the talent pathways available to players and how to navigate the badminton landscape</li> </ul>
1.3 describe the importance of planning own personal development	<ul style="list-style-type: none"> <li>• The need to develop themselves, and any coaching team, by maintaining a high level of relevant knowledge through a range of mechanisms and regular professional development</li> <li>• advanced personal awareness and a willingness to reflect, grow, and be open-minded as a coach</li> <li>• how to analyse his/her coaching practice</li> </ul>

## Learning Outcome: 2. understand how to maximise the participant experience

Assessment Criteria The learner can:	Indicative Delivery Content
2.1 describe how to engage and develop a range of participants	<ul style="list-style-type: none"> <li>• How to gather information about participants, lifestyle, experience and needs</li> <li>• maximising participant experience through effective use of communication skills, technical knowledge, acting on feedback to enhance participant experience, and player-centred coaching</li> <li>• analysing and providing feedback on participants' performance based on their individual needs</li> <li>• preparing participants for badminton coaching sessions using a variety of activities appropriate to the participants' needs</li> <li>• adapting feeding methods, understand the benefits and considerations of varying methods, and pass this knowledge to players</li> <li>• the factors that motivate participation in badminton and how they impact on our approach and delivery</li> <li>• how to be approachable and reassuring to new participants in badminton</li> </ul>

## Learning Outcome: 3. understand the welfare needs of participants and provide a safe and inclusive coaching environment

Assessment Criteria The learner can:	Indicative Delivery Content
3.1 describe responsibilities related to welfare needs and duty of care	<ul style="list-style-type: none"> <li>• What constitutes acceptable relationships as a coach</li> <li>• 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</li> <li>• how to encourage and reward positive behaviour and to respond to discriminatory behaviour, behaving in a fair, consistent and ethical manner</li> </ul>
3.2 describe a safe and inclusive coaching environment	<ul style="list-style-type: none"> <li>• Preparing a safe and inclusive coaching environment</li> <li>• preparing a positive, safe, and inclusive learning environment that ensures participant welfare needs are met and behaviour is positively managed</li> <li>• preparing a wide range of audiences through suitable warm up and cool down ideas and activities to maximise enjoyment and learning</li> </ul>
3.3 describe the responsibilities related to rules and regulations	<ul style="list-style-type: none"> <li>• The overarching legal and sport-specific responsibilities</li> <li>• badminton's organisational procedures, responsibilities and liabilities</li> <li>• the rules and regulations of sport to enable the delivery of sessions</li> <li>• recognise good practice for coaches through professional ethics and values</li> </ul>

**Learning Outcome: 4. understand how to work in a coaching team**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
4.1 describe the role and responsibilities within a coaching team	<ul style="list-style-type: none"> <li>• Developing strategies to effectively manage and deploy assistant coaches within sessions and programmes</li> <li>• supervising a coaching team to provide safe, engaging sessions aligned to the objectives of the organisation and/or programme</li> <li>• effectively managing multi-court situations and suitably deploy assistant coaches to ensure participants receive high quality coaching sessions</li> <li>• the need to develop themselves and the coaching team through CPD</li> </ul>



<b>Unit Title</b>	Plan a series of badminton coaching sessions
<b>Unit Aim</b>	This unit assesses a coach's ability to deliver a series of badminton coaching sessions to meet the needs of participants. The series of coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within the badminton environment.
<b>Unique Unit Number</b>	Y/617/9367
<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 plan a series of badminton coaching sessions.**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 plan a series of linked and progressive sessions.	<ul style="list-style-type: none"> <li>Plan inclusive, safe, and effective coaching sessions tailored to the needs of the participants within the scope of practice</li> <li>plan effective coaching programmes tailored to the needs of the participants.</li> <li>plan a range of Badminton England products to support the growth of Badminton across a range of target markets.</li> <li>plan future sessions accordingly based on reviewing the effectiveness of a series of badminton coaching sessions in the context of participants' needs</li> </ul>

Unit Title	Deliver a series of badminton coaching sessions
Unit Aim	This unit assesses a coach's ability to deliver a series of badminton coaching sessions to meet the needs of participants. The series of coaching sessions delivered will be linked and progressive in nature in order to develop participants' performance within the badminton environment.
Unique Unit Number	D/617/9368
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	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 deliver a series of badminton coaching sessions.**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 establish a safe coaching environment	<ul style="list-style-type: none"> <li>• Conduct a risk assessment, minimising any identified risks</li> <li>• organise the setting up of equipment required for the session</li> </ul>
1.2 prepare participants for coaching sessions	<ul style="list-style-type: none"> <li>• Prepare inclusive, safe, and effective coaching sessions tailored to the needs of the participants within the scope of practice</li> <li>• provide participants the aims and objectives of sessions, agreeing these with participants</li> <li>• understand physical preparation and how to deliver warm-up activities to maximise enjoyment and learning</li> <li>• be approachable and reassuring to new participants in badminton</li> </ul>
1.3 deliver a series of coaching sessions in line with guidelines	<ul style="list-style-type: none"> <li>• Deliver inclusive, safe, and effective coaching sessions tailored to the needs of the participants within the scope of practice</li> <li>• deliver, continuously evaluate, and review effective coaching programmes tailored to the needs of the participants</li> <li>• deliver a range of Badminton England Products to support the growth of Badminton across a range of target markets</li> </ul>
1.4 analyse participants' performance and provide feedback	<ul style="list-style-type: none"> <li>• Understand the principles of analysing participants' performance</li> <li>• observe participants, analyse performance and provide constructive feedback</li> <li>• communicate effectively with participants and show listening skills support participant(s) in taking responsibility for their own learning</li> <li>• act on feedback to enhance participant experience and player centred coaching</li> </ul>

Unit Title	Review a series of badminton coaching sessions
Unit Aim	This unit assesses a coach's ability to review a series of badminton coaching sessions that meet the needs of participants. The series of badminton coaching sessions reviewed will be linked and progressive in nature in order to develop participants' performance within badminton.
Unique Unit Number	H/617/9369
Unit Assessment Method(s)	<ul style="list-style-type: none"> <li>- Coursework</li> <li>- Practical Demonstration/Assignment</li> </ul>
Assessment Specification	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 review a series of badminton coaching sessions**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 review participants' performance	<ul style="list-style-type: none"> <li>• Measure participant development</li> <li>• use a variety of evaluation methods that can be used to monitor participant(s) development</li> <li>• analyse and provide feedback on participants performance based on individual need</li> </ul>
1.2 analyse own coaching practice	<ul style="list-style-type: none"> <li>• Understand the principles of self-reflection</li> <li>• utilise feedback from others</li> <li>• identify personal development needs</li> <li>• gain valid feedback on own performance from participants and others</li> <li>• take responsibility for own development</li> <li>• access continuing personal development (CPD) and develop a personal action plan and mentoring opportunities</li> <li>• participate in continual review</li> <li>• identify career progressions in the sport and the role of others</li> </ul>
1.3 apply the review of coaching sessions to future planning	<ul style="list-style-type: none"> <li>• Review and evaluate the session, using the views of participants and others, and using it to impact on future sessions</li> <li>• agree the outcomes of the review with participants and others, advise them on their development needs and adapt future sessions to reflect needs</li> </ul>
1.4 review the effectiveness of the series of coaching sessions	<ul style="list-style-type: none"> <li>• Continually evaluating, reflecting and review coaching sessions ability to be inclusive, safe, and effective</li> <li>• continuously evaluating, reflecting and reviewing the effectiveness of coaching programmes ability to meet the needs of the participants</li> </ul>

<b>Unit Title</b>	Technical and tactical coaching requirements for badminton
<b>Unit Aim</b>	This unit aims to develop the coach's knowledge of the technical and tactical coaching requirements for badminton to meet the needs of the participant.
<b>Unique Unit Number</b>	D/617/9371
<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. know the biomechanical principles of hitting technique**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 demonstrate understanding of advanced use of grips	<ul style="list-style-type: none"> <li>• The need to change</li> <li>• the importance of grip length, wrist and finger power within different hitting techniques on the forehand and backhand sides above and below the hand and in relation to the body</li> </ul>
1.2 demonstrate understanding of key technical and tactical coaching points of serves	<ul style="list-style-type: none"> <li>• Low</li> <li>• flick</li> <li>• high</li> </ul>
1.3 demonstrate understanding of key technical and tactical coaching points of strokes and stroke-cycle	<ul style="list-style-type: none"> <li>• Rearcourt</li> <li>• midcourt</li> <li>• forecourt</li> <li>• straight and cross-court variations</li> </ul>
1.4 demonstrate understanding of appropriate feeding methods on the aims and nature of the practice	<ul style="list-style-type: none"> <li>• Racket-feeding</li> <li>• hand-feeding</li> <li>• multi-feeding</li> </ul>

**Learning Outcome: 2. know the biomechanical principles of movement**

Assessment Criteria	Indicative Delivery Content
The learner can:	
2.1 demonstrate understanding of the movement cycle	<ul style="list-style-type: none"> <li>• Start</li> <li>• prepare</li> <li>• hit</li> <li>• recover</li> <li>• in isolation and combination</li> </ul>
2.2 demonstrate understanding of methods of movement associated with recovery from hitting	<ul style="list-style-type: none"> <li>• Forehand forecourt</li> <li>• backhand forecourt</li> <li>• forehand midcourt</li> <li>• backhand midcourt</li> <li>• forehand rearcourt</li> <li>• backhand rearcourt</li> </ul>
2.3 demonstrate understanding of the four units of the movement cycle	<ul style="list-style-type: none"> <li>• Start/(directional) split-step</li> <li>• approach</li> <li>• hit</li> <li>• recover</li> </ul>

Unit Title	Coaching in a badminton environment
Unit Aim	This unit aims to develop coach's ability to specialise in coaching badminton.
Unique Unit Number	R/650/7312
Unit Assessment Method(s)	Coursework
Assessment Specification	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 specialise in coaching for a badminton environment**

<b>Assessment Criteria</b> The learner can:	<b>Indicative Delivery Content</b>
1.1 Describe the role of the coach in a badminton environment	<ul style="list-style-type: none"> <li>· the significance of hydration and nutrition for performance badminton players</li> <li>· the anatomy, physiology and kinesiology to performance badminton players</li> <li>· the mental processes required to cope with stresses in badminton and demonstrate coaching techniques to develop situational psychological responses in training and competition</li> <li>· substance misuse in sport and badminton</li> </ul>
1.2 Describe how to adapt coaching to a badminton environment	<ul style="list-style-type: none"> <li>· progressive sessions appropriate for junior and senior performance players</li> <li>· technically and tactically correct explanations and demonstrations for performance players</li> <li>· applying key singles and doubles tactics appropriate for junior and senior performance players, develop sets of progressive tactical practices to facilitate discipline specific hitting and movement skills, and effectively communicate with players tactically</li> <li>· designing and coaching a variety of progressive tactical practices to overcome common tactical faults in junior performance badminton up to and including junior national level in all five disciplines</li> <li>· performing match analyses and developing strategies to be implemented before and during matches</li> </ul>
1.3 Apply technical and tactical knowledge in a badminton coaching environment	<ul style="list-style-type: none"> <li>· how to develop detailed technical and tactical aspects of the sport</li> <li>· identifying and explaining the connection between choice of movement patterns/stroke cycle linkage and tactical situations</li> <li>· demonstrating an awareness of advanced hitting techniques including:                             <ul style="list-style-type: none"> <li>i) slice in the RC</li> <li>ii) spin in the FC</li> <li>iii) deception in the RC and FC</li> </ul> </li> <li>· demonstrating and explaining key differences in hitting skills related to singles/doubles</li> <li>· demonstrating, explaining and coaching doubles specific movement skills and hitting skills, such as pushes/taps on return of serve and doubles net shots</li> <li>· demonstrating and explaining key similarities and differences in movement skills between singles and doubles</li> <li>· demonstrating and explaining variations of discipline specific hitting skills, to include                             <ul style="list-style-type: none"> <li>i) the use of attacking and defensive clears in singles</li> <li>ii) variations of pace in singles attacking strokes and doubles specific defensive strokes and strategies</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

- hold a UKCC Level 2 coaching badminton qualification or equivalent
- be an accredited tutor approved by the National Source Group for Badminton
- attend appropriate qualification-specific induction training

### Assessor(s):

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

- hold a UKCC Level 2 coaching badminton qualification or equivalent
- be an accredited assessor approved by the National Source Group for Badminton

### 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

- hold a UKCC Level 3 coaching badminton qualification or equivalent
- be an accredited internal verifier approved by the National Source Group for Badminton

## Additional Qualification Requirements

This product is mapped against the Coach (Occupation) Professional Standards as a CIMSPA Professional Standards Endorsed Qualification

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

- qualification specific requirements are: &bull; A badminton court to learner ratio of 1:6 &bull; Safe and well
- maintained posts and nets for each court being utilised (one court per maximum of six learners). This

qualification is regulated by Ofqual (603/5446/X).



---

UK Coaching

2 City Walk

Leeds

LS11 9AR

T: 0113 274 4802

E: [centreservices@1st4sportqualifications.com](mailto:centreservices@1st4sportqualifications.com)

[www.1st4sport.com](http://www.1st4sport.com)