

1st4sport Level 2 Certificate in Coaching Judo

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 Judo
Qualification Overview:	Provides learners with the understanding of their roles and responsibilities as a Judo coach at this level, and the knowledge to be able to plan, deliver and review linked Judo sessions.
Qualification Code:	L2CCJR
Qualification Regulation Number:	603/1611/1
Guided Learning Hours (GLH):	40
Total Qualification Time (TQT):	125
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/05/2017
Qualification Review Date:	31/12/2025
Learner Registration Period:	2 years
Qualification Objective:	This qualification qualifies learners to coach Judo sessions independently or as part of a coaching team.
Qualification Purpose:	Prepare for employment in a specific occupational area.

Who is this qualification for?

The qualification is designed to prepare aspiring coaches for employment as a Judo Coach in paid or voluntary roles. It is appropriate for existing Judo Coaching Assistants (UKCC Level 1) wishing to further develop coaching skills and deployment opportunities in Judo. Learners need to be 18 years of age or above and hold a minimum British Judo Association (BJA) grade of 1st Kyu (Brown Belt) or a BJA-recognised equivalent to attend a programme of learning. Before learners will be able to be certificated for this qualification they will need to complete Safeguarding and Protecting Children and Vulnerable Adults training and hold a current first aid qualification that covers basic life support as a minimum.

Qualification Progression

This qualification leads to paid or voluntary roles in coaching the sport of Judo to adults and young people children in local Judo clubs, Dojos, in schools and in colleges. The skills and knowledge developed through this qualification may also be used enable learners to progress to other industry-relevant qualifications in coaching other sports, activity leadership, supporting PE in school sport and sports development.

Following a period of practice as a qualified Judo coach, learners may also choose to follow a programme of training for the:

- 1st4sport Level 3 Certificate in Coaching Judo (QCF), which has been designed to meet the needs of coaches working with performance players.
- 1st4sport Level 3 Award in the Principles of Coaching Sport (QCF)

Other roles that the learner may consider exploring to include:

- activity leader
- judo referee/official
- 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 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
J/615/7543	Technical coaching requirements for Judo	12
F/615/7539	Review a series Judo of coaching sessions	8
H/615/7534	Deliver a series of Judo coaching sessions	8
M/615/7522	Plan a series of Judo coaching sessions	10
K/615/7518	The role of the Judo coach	2

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	Technical coaching requirements for Judo
Unit Aim	This unit aims to develop the coach's knowledge of the technical coaching requirements for Judo.
Unique Unit Number	J/615/7543
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	This unit will be assessed through the assessment of a portfolio of evidence and observation of coaching practice.

Learning Outcome: 1. know how to coach Judo

Assessment Criteria

The learner can:

Indicative Delivery Content

1.1 identify the key elements of Judo skills

Koshi-waza:

- Ogoshi
- Uki-goshi
- Tsurigoshi
- Tsurikomi-goshi
- Harai-goshi
- Hane-goshi
- Uchimata
- Koshi-guruma
- Yama-arashi

Ashi-waza:

- Ashi-guruma
- Oguruma
- Osoto-gari
- Kosoto-gari
- O-uchi-gari
- Ko-uchi-gari
- O-uchi-gake
- Ko-soto-gake
- Osoto-guruma
- De-ashi-barai
- Okuri-ashi-barai
- Sasae-tsurikomi-ashi
- Harai-tsurikomi-ashi
- Hiza-guruma

Te-waza:

- Tai-otoshi
- Uki-otoshi
- Morote-gari

Kata-waza:

- Ippon-seoinage
- Morote-seoinage
- Seoi-otoshi
- Kata-guruma
- Soto-makikomi
- Tani-otoshi
- Yoko-wakare
- Yoko-otoshi
- Yoko-gake

Sutemi-waza:

- Tomoe-nage
- Sumi-gaeshi
- Harai-makikomi

- Hane-makikomi

BJA Tachi-waza Gokyo technical and tactical knowledge:

- Stance (appropriate to technique)
- Grip
- Kuzushi
- Entry
- Utilisation of Ukes movements (action-reaction)
- Principles of defence (avoidance/control of space)
- Continuous attack (Renzokuwaza, Renrakuwaza)
- Safety point - control of landing from dynamic,

rolling and sutemi techniques BJA Newaza Gokyo techniques, including:

Osaekomi-waza:

- Hon-kesa-gatame
- Kuzure-kesa-gatame
- Ushiro-kesa-gatame
- Makura-kesa-gatame
- Mune-gatame
- Kata-gatame
- Hon-kami-shiho-gatame
- Kuzure-kami-shiho-gatame
- Hon-yoko-shiho-gatame
- Kuzure-yoko-shiho-gatame

Shime-waza:

- Nami-juji-jime
- Gyaku-juji-jime
- Sode-guruma-jime
- Koshi-jime
- Tsuki-komi-jime
- Ryo-te-jime

Kansetsu-waza:

- Ude-garami
- Juji-gatame
- Ude-gatame
- Hiza-gatame
- Waki-gatame

BJA Newaza Gokyo technical and tactical knowledge:

Learners are required to describe the following:

- Links between Newaza techniques
- Defence (escapes/avoidances)
- Entry (turnovers)
- Safety point: gradual application of forces and how to submit

1.2 Identify the key coaching points of Judo skills

Unit Title	Review a series Judo of coaching sessions
Unit Aim	This unit assesses a coach's ability to review a series of Judo coaching sessions that meet the needs of players. The series of Judo coaching sessions reviewed will be linked and progressive in nature in order to develop players' performance within Judo.
Unique Unit Number	F/615/7539
Unit Assessment Method(s)	<ul style="list-style-type: none"> - Coursework - Practical Demonstration/Assignment
Assessment Specification	<p>The learner is required to: (i) Develop a written plan/schedule for the series of 6 sessions that identifies the evaluation methods to be used and when feedback will be sought, and from whom. (ii) Recorded evaluation of a minimum of 6 planned and delivered sessions that includes the series of nine coaching sessions in judo as identified above. The sessions will be required to be drawn from the Technical Syllabus for Judo and demonstrate a progression appropriate for a stated client group and their stage of development.</p>

Learning Outcome: 1. be able to review a series of Judo coaching sessions

Assessment Criteria	Indicative Delivery Content
The learner can:	
1.1 review players' performance	<ul style="list-style-type: none"> • measure player development • use a variety of evaluation methods that can be used to monitor player(s) development and learning
1.2 analyse own coaching practice	<ul style="list-style-type: none"> • understand the principles of self-reflection • utilise feedback from others • identify personal development needs • gain valid feedback on own performance from players 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	<ul style="list-style-type: none"> • review and evaluate the session, using the views of players and others, and using it to impact on future sessions • agree the outcomes of the review with players 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 or physical activity	<ul style="list-style-type: none"> • 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 player(s) development and learning • measure the quality of the coaching experience measure player development

Unit Title	Deliver a series of Judo coaching sessions
Unit Aim	This unit assesses a coach's ability to deliver a series of Judo coaching sessions to meet the needs of players. The series of Judo coaching sessions delivered will be linked and progressive in nature in order to develop players' performance within Judo.
Unique Unit Number	H/615/7534
Unit Assessment Method(s)	<ul style="list-style-type: none"> - Coursework - Practical Demonstration/Assignment
Assessment Specification	<p>The learner is required to: (i) Produce risk assessment for each coaching venue utilised during the evidencing of the unit. (ii) Deliver 6 coaching sessions planned for, in Parts 2-4 in plan a series of judo coaching session's unit. The delivery of each session must be witnessed and the session plan/log signed by an appropriate witness (e.g. another coach or a club official). (iii) be observed and assessed during the delivery of two sessions (in addition to the above 6) by an appropriately qualified assessor during which all the practical criteria for this unit are met. The coaching session will include either: (a) one technique from the Tachi-waza Gokyo syllabus, or (b) one technique from the Newaza Gokyo syllabus. The practical observation can be undertaken in a simulated environment. The sessions will be required to be drawn from the Technical Syllabus for Judo and demonstrate a progression appropriate for a stated client group and their stage of development.</p>

Learning Outcome: 1. be able to deliver a series of Judo coaching sessions

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 establish a safe coaching environment	<ul style="list-style-type: none"> • conduct a risk assessment, minimising any identified risks • organise the setting up of equipment required for the session
1.2 prepare the players for the coaching sessions	<ul style="list-style-type: none"> • apply the principles of good practice for starting coaching sessions • provide information to players on the aims and objectives of sessions, agreeing these with players • understand physical preparation and how to deliver warm-ups
1.3 deliver a series of coaching sessions in line with guidelines	<ul style="list-style-type: none"> • incorporate a variety of coaching styles and techniques in delivery and incorporate: <ul style="list-style-type: none"> • listening to players • motivating players • learning styles of players (visual, auditory, kinaesthetic) • differentiation between players • 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 players' needs and modify session plan(s) to meet players' changing needs
1.4 develop technical and tactical aspects of Judo through the provision of explanations and demonstrations of activities	<ul style="list-style-type: none"> • 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 players' 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 players for competition
1.5 analyse and provide feedback on players' performance	<ul style="list-style-type: none"> • understand the principles of analysing players' performance • observe players', analyse performance and provide constructive feedback • communicate effectively with players and show listening skills • support player(s) in taking responsibility for their own learning
1.6 ensure players' safety is maintained	<ul style="list-style-type: none"> • manage coaching activities and adapt to maintain safety as required • manage safe use of equipment during the session • manage behaviours by being: <ul style="list-style-type: none"> ◦ positive and challenging ◦ encouraging and motivating
1.7 conclude the session	<ul style="list-style-type: none"> • apply the principles of good practice for concluding coaching sessions • deliver cool-downs • summarise session outcomes, providing feedback to players • organise the taking down and storage of equipment used during the session • offer information to players after coaching sessions

Unit Title	Plan a series of Judo coaching sessions
Unit Aim	This unit assesses a Judo coach's ability to plan a series of Judo coaching sessions to meet the needs of players. The series of Judo coaching sessions planned will be linked and progressive in nature in order to develop players performance within Judo.
Unique Unit Number	M/615/7522
Unit Assessment Method(s)	<ul style="list-style-type: none"> - Coursework - Practical Demonstration/Assignment
Assessment Specification	<p>The learner must evidence plans for a min. of 8 coaching sessions in Judo. A series of 6 sessions will:</p> <ul style="list-style-type: none"> -evidence their ability to coach sessions -provide an outline plan and individual session plans for a series of 6 judo coaching sessions (min. of 4 players) -illustrate appropriate knowledge and understanding of this unit via performance, simulation, tasks and/or assignments -include techniques drawn from the Level 2 Technical Syllabus for Judo -identify and describe the key coaching points for selected judo techniques from the Tachi-waza Goky and Newaza Gokyo syllabi -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 -provide a log of the individual plans for each session -identify the evaluation methods used, when feedback will be sought and from whom <p>2 further sessions will be planned for a different player type to the linked and progressive sessions</p>

Learning Outcome: 1. be able to plan a series of Judo coaching sessions

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

Unit Title	The role of the Judo coach
Unit Aim	This unit assesses a Judo coach's understanding of their role and responsibilities and the roles of others, ensuring that their coaching is safe and inclusive.
Unique Unit Number	K/615/7518
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
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. understand the role of the Judo coach

Assessment Criteria The learner can:	Indicative Delivery Content
1.1 describe the role	<ul style="list-style-type: none"> the role of the fully independent Judo coach, its boundaries and adherence to codes of conduct the responsibilities of the fully independent Judo coach when working with others such as leaders, coaching assistants the importance of being a role model the Judo coaching process of plan-do-review

Learning Outcome: 2. understand the responsibilities of the Judo coach

Assessment Criteria The learner can:	Indicative Delivery Content
2.1 describe the responsibilities related to rules and regulations	<ul style="list-style-type: none"> • the overarching legal and Judo -specific responsibilities • the Judo organisational procedures, responsibilities and liabilities • the rules and regulations of Judo to enable the delivery of sessions • the role of Judo officials and the positive promotion of these
2.2 describe responsibilities related to duty of care	<ul style="list-style-type: none"> • what constitutes acceptable relationships as a coach the guidelines for safeguarding and protecting the following player groups, adherence to these and maintaining confidentiality: • young people and children, including signs and symptoms of abuse • adults at risk • players 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 • the requirements of the player group; managing information for and about all types of players
2.3 related to safe coaching practice	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 player types: • disabled and non-disabled people • children/youth/adults • those who share protected characteristics • how to assist with meeting the needs of players who share protected characteristics • recognising that different players learn in different ways • how different backgrounds and stages of player development can impact on <ul style="list-style-type: none"> ◦ age ◦ skill development ◦ emotional development

Learning Outcome: 3. understand Judo players and their development needs

Assessment Criteria The learner can:	Indicative Delivery Content
3.1 describe how to engage with and develop a range of players	<ul style="list-style-type: none"> • how to gather information about lifestyle, previous experience, and the needs of different player groups • players' motivations for taking part • the impact of the players' background, stage of development and needs on: <ul style="list-style-type: none"> • session management • the different ways adults and children learn • learning and the coaching environment (beginner vs experienced) • training and competition • how to cater for individual needs within group coaching
3.2 describe the physical influences on participation	<ul style="list-style-type: none"> • the physical capabilities required for, and the basic anatomical and biomechanical • demands of, Judo the components of physical fitness and how they link directly to • Judo • how to minimise the risk of injury and assist a player returning from injury • the role of the coach in encouraging the pursuit of a healthy lifestyle, including an awareness of: <ul style="list-style-type: none"> ◦ nutrition ◦ hydration ◦ social and performance-enhancing drugs ◦ the principles of weight management in relation to the sport • how the physical capabilities of players will influence the content and structure of the session
3.3 describe the mental and social influences on participation	<ul style="list-style-type: none"> • how the mental capabilities of player(s) will influence the content and structure of the session • the key methods for improving player(s): <ul style="list-style-type: none"> ◦ connection ◦ confidence ◦ concentration ◦ motivation ◦ emotional control ◦ cohesion ◦ the concepts of: <ul style="list-style-type: none"> ◦ skill coordination ◦ motor skill learning ◦ skill acquisition ◦ skill retention ◦ skill transfer ◦ the different stages of cognitive, emotional and social development ◦ how to develop players' mental skills in Judo ◦ how to develop players socially; building relationships and rapport with and between players ◦ develop confidence ◦ self-esteem

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 do not apply. Centres must ensure that all workforce meet the requirements stated below.

The recognised centre is required to recruit and deploy two licensed Judo tutors.

Tutors are responsible for the delivery of the learning programme developed by the NSG for Judo. They must have attended the NSG for Judo qualification induction.

Must be evidenced through:

- 1st4sport approval of each NSG for Judo tutor via the Centre Portal

Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

The recognised centre is required to recruit and deploy a minimum of two licensed Judo assessors, one for internal assessment (per 8 learners) and one for independent assessment (per 16 learners).

Assessors must have attended the NSG for Judo qualification induction.

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

For this qualification, the minimum requirements stated in the centre handbook do not apply. Centres must ensure that all workforce meet the requirements stated below.

The recognised centre is required to recruit and deploy a NSG for Judo licensed Judo internal verifier.

Internal verifiers must have attended the NSG for Judo qualification induction.

Must be evidenced through:

- 1st4sport approval of each NSG for Judo licensed internal verifier within the Centre Portal

Additional Qualification Requirements

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

All training and assessment sites must include the following facilities:

- a minimum 10m x 10m mat area (recommended density 230kg/m³) - alternative dimensions may be considered appropriate at the discretion of the BJA. This would be agreed during the delivery site registration process

The recognised centre is required to have equipment in place to facilitate the full programme of learning and assessment which must comply with accepted health and safety practice for Judo.

All learners and persons being coached must wear appropriate sports apparel, including correct footwear for the surface and environment. This should include:

- Zori (slippers) or other appropriate footwear to be worn between the changing area and the matside
- Judogi (judo suit) for the mat-based sessions.

Judogi should meet the requirements as laid down in the current BJA Contest Rules publication.

This qualification is regulated by Ofqual (603/1611/1), CCEA and QiW (C00/1304/2 - Regulated).

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