

Purpose Statement

WJEC Level 1/2 Vocational Award in Sport and Coaching Principles

Overview

Who is the qualification for?

This qualification is for learners aged 14-16 who wish to develop knowledge and understanding and gain experience of a practical application of skills in sport and coaching

What will the qualification cover?

This course is designed to provide insight into the sports performance and coaching sectors. The qualification includes the aspects of sports performance and methods for improvement, identifying fitness for health and performance and the science of sports coaching. Learners will develop knowledge and understanding in how to analyse performance, create an action plan and evaluate improvements across all three units, providing a clear grounding in the sectors for those learners that may choose to enter into related jobs or further education and training.

Although there are no formal entry requirements, learners would find the following learning skills and aptitudes helpful: basic proficiency in literacy, numeracy, and digital literacy as well as motivation to work independently.

The qualification structure and content

The WJEC Vocational Award in Sport and Coaching Principles is made up of three mandatory units totalling 120 guided learning hours (GLH):

WJEC Vocational Award in Sport and Coaching Principles				
Unit Number	Unit Title	Assessment	Mandatory/Optional	GLH
1	Improving Sporting Performance	Internal	Mandatory	36
2	Fitness for Sport	External	Mandatory	48
3	Coaching Principles	Internal	Mandatory*	36

All three units have Synoptic elements (including skills and knowledge) Unit 3* is the synoptic unit

Unit 1 Improving Sporting Performance is based around the individual and is focused on performance analysis, self-assessment, and the creation of an action plan and then the evaluation of any impact on performance. This unit draws upon the content of training programmes and evaluation from Unit 2 as well as the skills of planning and self-reflection from unit 3. The unit includes detail on language, physical, psychological and technical development and strategies for improvement, including data analysis.

Unit 2 Fitness for Sport enables learners to gain knowledge and understanding of how to plan a fitness training programme in order to meet the needs of individuals. This unit also includes how to assess components of fitness through testing, understand how to improve the components of fitness using different methods of training and apply the principles of training. Within this unit, learners will gain knowledge and understanding of the different body systems and how they are affected by different types of exercise and training. This unit also involves researching the fitness requirements of different sports people and activities. This unit draws upon the knowledge of strategies for improvements Unit 1 and the analytical skills from Unit 3.

Unit 3 Coaching Principles is designed to equip the learner with the necessary skills to enter the sector of sports coaching. The learner will develop the science behind sports coaching; styles and types of coaching, roles and responsibilities of the coach. The learners will plan, deliver and evaluate a coaching session, specific for a sporting activity and group.

On completion of this qualification, learners will have developed an applied knowledge and understanding of the sport and sports coaching sector.

As this course includes elements of Physiology, Psychology, Biomechanics, Biology as well as transferable skills, the qualification is complemented by a wide range of GCSEs including English, Maths, Psychology and Biology.

Assessment

The WJEC Vocational Award in Sport and Coaching Principles qualification is assessed through a combination of one written examination, set and marked by WJEC and two centre-marked assignments, moderated by WJEC.

What could this qualification lead to?

The main purpose of the qualification is to support access to further education and training such as level 3 qualifications: GCE or Vocational. The most relevant pathway will depend upon the outcome achieved within this qualification and others taken alongside. The qualification will allow progression routes into:

- WJEC GCE Physical Education
- Level 3 Applied Diploma in Sport
- Level 3 Diploma in Sports Coaching
- WJEC Level 3 Medical Science
- WJEC GCE Psychology
- Access courses in Coaching
- Access courses in Personal Fitness Training