



SPORTS LEADERS UK

LEVEL 3 AWARD IN HIGHER SPORTS LEADERSHIP & BTEC NATIONAL IN SPORT

Mapping Exercise		
Higher Sports Leader Award		BTEC Nationals in Sport
120 hours (90 glh and 30 leadership experience)		360 for Award with 6 units
Unit 01 - Introduction to Higher Sports Leadership	2 hrs	
Unit 02 - Sports leadership in the community	24+10 hrs	
Unit 03 - Principles and practice for children in sport*	12+10 hrs	
Unit 04 - Principles and practice for older people in sport*	12+10 hrs	
Unit 05 - Principles and practice for people with a disability in sport*	12+10 hrs	
Unit 06 - Understanding fitness and health in sport	10 hrs	
Unit 07 - Dealing with first aid and emergency situations in sport	8 hrs	
Unit 08 - Demonstration of higher sports leadership skills	6 hrs	
Unit 09 - Organising and running a sports event	16 hrs	
* two out three		
Unit 01 - Introduction to Higher Sports Leadership	2 hrs	Unit 34 Voluntary Clubs 60 hrs
Role & responsibilities of the sports leader – in loco parentis		Roles and responsibilities of key personnel involved in voluntary sector sports clubs
Expectations of various stakeholders inc voluntary clubs		Unit 2 The reflective practitioner 60 hrs
The HSLA background and evolution		Setting aims, action planning, expectations
Stepping stones to the next steps		Unit 13 Principles of coaching 60 hrs
		Responsibilities of the coach
		Unit 22 Principles of outdoor education 60 hrs
		Range of education awards
		Unit 39 The Athlete's Lifestyle 60 hrs
		Career opportunities

<p>Unit 02 - Sports leadership in the community</p> <p>24+10 hrs</p> <p>Technical & interpersonal skills for the Higher sports leader</p> <p>Sports Leadership styles</p> <p>Decision making & prioritisation</p> <p>Effective supervision of participants</p> <p>Delegation</p> <p>Understanding Sports development & promotion</p> <p>Role & responsibilities of sports leaders including legal responsibilities</p> <p>Safe working practices</p> <p>Communication & listening skills</p> <p>Sport in the Community</p> <p>Planning & delivering an activity</p> <p>Motivation skills</p> <p>Feedback & further development</p> <p>Evaluation & review</p> <p>Social inclusion</p> <p>Decision making.& prioritisation</p> <p>Demonstration skills</p> <p>Warm up & concluding an activity/session</p> <p>Teaching & coaching points</p> <p>Checking and storing equipment</p> <p>Risk assessment</p> <p>Sharing common values</p> <p>Equity in sport & Legislation</p>	<p>Unit 24 Leadership – Land-based outdoor skills</p> <p>Unit 26 Leadership – Water based outdoor skills</p> <p>60 hrs</p> <p>Technical and inter-personal skills of the sports leader</p> <p>Leadership styles</p> <p>Effective supervision of participants</p> <p>Planning and delivery of an activity</p> <p>Delegation</p> <p>Promotion of sport/activity</p> <p>Roles & responsibilities of sports leaders including legal responsibilities</p> <p>Safe working practices</p> <p>Effective communication skills</p> <p>Planning & delivering a session/activity</p> <p>Motivation skills</p> <p>Produce a personal plan to develop further skills and techniques.</p> <p>Feedback & further development</p> <p>Evaluation & review planning and delivery of the activity</p> <p>Social inclusion</p> <p>Decision making.& prioritisation</p> <p>Demonstration skills</p> <p>Warm up & concluding an activity/session</p> <p>Teaching & coaching points</p> <p>Checking and storing equipment</p> <p>Unit 1 Sport in Society</p> <p>60 hrs</p> <p>Influences on sports participation</p> <p>Organisations</p> <p>Unit 16 Sports Development</p> <p>60 hrs</p> <p>Sports development methods</p> <p>Reasons for sports development</p> <p>Targeting</p> <p>Unit 13 Principles of coaching</p> <p>60 hrs</p> <p>Roles, skills, techniques and responsibilities of the coach</p> <p>Safe working practice</p> <p>Technical skills & knowledge inc tactics, rules, legal obligations, insurance</p> <p>Ethical values</p> <p>Use of equipment</p> <p>Communication skills</p> <p>Planning and delivering an effective session</p> <p>Effective demonstration, session management</p> <p>Coaching styles</p> <p>Feedback</p> <p>Evaluation</p>
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<p>Unit 02 continued</p>	<p>Unit 27 Expedition skills 60 hrs Leadership & management of groups Safe working practice inc first aid, risk assessment and emergency response Use of equipment</p> <p>Unit 22 Principles of outdoor education 60 hrs Sports development & promotion Role & responsibilities of sports leaders including legal responsibilities Barriers & motivations for participation Benefits of participation in sport/activity</p> <p>Unit 3 Ethics & Values in Sport 60 hrs Range of sport situations Values & Ethics Codes of practice</p>
<p>Unit 03 - Principles and practice for children in sport* 12+10 hrs</p> <p>Physical development of children Importance of physical activity for children How children learn Organisation & leading of fun/physical activities for children Warm ups/cool downs Inclusion of all in activity Working with children Safe working practices Child friendly equipment Developing techniques & Skills progression Individual, target & partner work Adapting sports for children Small sided games Legal & ethical responsibilities when working with children Mini-game versions of sports</p>	<p>Unit 15 Working with children 60 hrs Physical & mental development of children Motivation & enjoyment Organisation of and leading an activity for children Inclusion of all in the activity Safe working practices Developing skills Legal & ethical responsibilities of working with children Adapting activities</p> <p>Unit 13 Principles of coaching 60 hrs Roles, skills, techniques and responsibilities of the coach inc. child protection Planning and delivering an effective session inc warm ups/cool downs Safe working practice Use of equipment Developing techniques Effective demonstration, session management Individual and team work Adaptation Legal & ethical considerations</p> <p>Unit 22 Principles of outdoor education 60 hrs Inclusion of all in activity Working with children Safe working practices</p> <p>Unit 24 Leadership – Land based outdoor skills 60 hrs Roles & responsibilities Planning & delivering Supervision</p>

<p>Unit 04 - Principles and practice for older people in sport*</p> <p>Understanding the aging population Diversity of fitness levels in the older population Provision of sport for older people How to provide a range of activities in varying intensity Promoting a positive image of older people Promoting activities for older people The aging process & how this impacts on physical capacity for sport Health benefits of physical activity in relation to aging Common attitudes & perceptions towards older participants, inc barriers Leadership & communication skills to motivate older people Planning & delivering a safe and effective session for older people Adapting sports/activities Evaluation & review</p>	<p>12+10 hrs</p>	<p>Unit 21 Special Populations 60 hrs</p> <p>Health benefits of exercise for special populations (includes older people) Provision of sport for older people The aging process & how this impacts on physical capacity for sport Planning & delivering a safe and effective session for older people Adapting sports/activities Evaluation & review</p> <p>Unit 16 Sports Development 60 hrs</p> <p>Provision of sport for older people Barriers to participation Social inclusion Adapting sports/activities</p> <p>Unit 24 Leadership – land based skills 60 hrs</p> <p>Leadership & communication skills to motivate participants inc older people Planning & delivering a safe and effective session for older people Evaluation & review</p> <p>Unit 34 Voluntary Clubs 60 hrs</p> <p>Provision of sport for older people Barriers to participation Social inclusion</p>
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<p>Unit 05 - Principles and practice for people with a disability in sport* 12+10 hrs</p> <p>Understanding disability – social/medical definitions Avoiding discriminatory attitudes & practice Provision of sports & award schemes & sports agencies for disabled people Inclusion of disabled people in mainstream sports Adapting sports activities Use of appropriate equipment Safe working practices Plan, promote and deliver sports session for disabled people Implementing & Adapting appropriate communication skills Promote further development of disabled people</p>	<p>Unit 21 Special Populations 60 hrs</p> <p>Health benefits of exercise for special populations (includes disabled people) Provision of sport for disabled people Plan and deliver sports session for disabled people Adapting sports activities Health & safety considerations Adapting communication</p> <p>Unit 16 Sports Development 60 hrs</p> <p>Provision of sports & award schemes & sports agencies for disabled people Inclusion of disabled people in mainstream sports Barriers to participation Social inclusion Adapting sports/activities</p> <p>Unit 24 Leadership – land based outdoor activity skills 60 hrs</p> <p>Leadership & communication skills to motivate participants inc disabled people Planning & delivering a safe and effective activity for disabled people Evaluation & review</p> <p>Unit 22 Principles of outdoor education 60 hrs</p> <p>Inclusion of all in activity Working with disabled groups Safe working practices</p> <p>Unit 34 Voluntary Clubs 60 hrs</p> <p>Social inclusion Barriers to participation Provision of sport for disabled people</p>
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<p>Unit 06 - Understanding fitness and health in sport Importance of physical fitness & healthy lifestyle Relationship between health & exercise Factors effecting fitness Anatomy & physiology - functions of skeleton, movement, muscle The five components of fitness – cardiovascular, muscular strength, muscular endurance, flexibility, motor fitness Types of fitness training Principles & structure of an activity session, inc warm up/cool down Nutritional requirements Energy balance Energy systems Safe working practices in fitness, inc health screening Application of FITT to plan, deliver & adapt a basic fitness session</p>	<p>10 hrs</p>	<p>Unit 5 The Body in Action 60 hrs Structure of the skeletal and muscular systems & their role in sports movement Structure and function of the cardiovascular and respiratory systems</p> <p>Unit 7 Nutrition for sport performance 60 hrs Nutrition & sports performance Energy balance</p> <p>Unit 10 Fitness Testing 60 hrs Components of health-related fitness: Factors effecting fitness Health screening Fitness tests for the five components of fitness</p> <p>Unit 11 Training and fitness 60 hrs Fitness training methods / FITT Impact of fitness training on health Safe working practice Structure of training sessions, inc warm ups & cool downs</p> <p>Unit 13 Principles of coaching 60 hrs Principles & structure of an activity session, inc warm up/cool down</p> <p>Unit 31 Innovation for sport 60 hrs Sports performance Fitness & conditioning / training methods Nutritional supplements</p> <p>Unit 39 The Athlete's lifestyle 60 hrs Importance of physical fitness & healthy lifestyle Relationship between health & exercise Impact of lifestyle inc nutrition on sports performance</p>
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<p>This unit does not map directly with the BTEC as it requires HSLA candidates to obtain a H.S.E. approved first aid qualification. However this suggests where there may be some overlap in learning outcomes.</p>	<p>Unit 4 Health & Safety in Sport 60 hrs Reporting accidents Recognising emergency situations Regulations & legislation</p>
<p>Unit 07 - Dealing with first aid and emergency situations in sport 8 hrs (min)</p> <ul style="list-style-type: none"> Responding promptly & effectively to emergencies Administering CPR Administering first aid to an unconscious casualty Administering first aid to a casualty who is wounded/bleeding Administering first aid to burns, scalds, injuries to bones/joints/muscles Administering first aid to someone suffering from shock, poisoning, fumes, heat/cold Transporting casualties safely Recognising major & minor illnesses and taking appropriate action Reporting accidents (HSE First Aid Certificate) Legal framework for first aid provision Maintenance & use of first aid equipment Role of first aider in emergency procedures 	<p>Unit 12 Sports injuries 60 hrs First aid: emergency and immediate treatment, priorities of first aid, resuscitation, shock, bleeding, unconscious casualty, fractures Recognising minor injuries e.g. bruising, swelling Appropriate treatment for a range of injuries Summon qualified assistance Reporting accidents</p> <p>Unit 13 Principles of coaching 60 hrs Safe working practices in line with Governing Body requirements First aid and emergency response</p> <p>Unit 23 Land based outdoor skills 60 hrs Unit 24 Leadership land based skills 60 hrs Recognition of hazards - falls and falling objects, friction burns, cold, heat, dehydration, strain and trauma injuries Emergency plans and procedures Emergency situations, summoning appropriate help and assistance Emergency first aid and rescue callout procedures</p>
	<p>Unit 27 Expedition skills 60 hrs Safe working practice inc first aid, risk assessment and emergency response</p>

<p>Unit 08 - Demonstration of higher sports leadership skills National Governing Body Award in coaching, leading or officiating</p>	<p>6 hrs</p>	<p>Unit 13 Principles of coaching 60 hrs Roles, skills, techniques and responsibilities of the coach Safe working practice including first aid Technical skills & knowledge inc tactics, rules, legal obligations, insurance Ethical values Use of equipment Communication skills Planning and delivering an effective session Effective demonstration, session management Coaching styles Feedback Evaluation</p> <p>Unit 20 Practical sports study (team) OR 60 hrs Unit 19 Practical sports study (individual) 60 hrs Apply the rules, regulations and scoring systems Officiating</p> <p>Unit 24 Leadership - Land based outdoor skills 60 hrs Unit 26 Leadership - Water based outdoor skills 60 hrs Leadership & communication skills to motivate participants Planning & delivering a safe and effective activity Safe working practice including first aid & emergency response Technical skills & knowledge inc tactics, rules, legal obligations, insurance Use of equipment Communication skills Evaluation & review</p> <p>Unit 27 Expedition skills 60 hrs Leadership & management of groups Safe working practice inc first aid, risk assessment and emergency response Use of equipment</p>
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<p>Unit 09 - Organising and running a sports event Awareness of a range of events Establishing an event committee Preparing event check lists, planners and flow charts Selecting a venue & resources Preparing a budget Identifying income to cover costs Designing, producing & circulating publicity materials Organising the event, including allocating key tasks Preparing for contingencies, health and safety Evaluation</p>	<p>16 hrs</p>	<p>Unit 30 Organising events Awareness of a range of events Establishing an event committee/project team Preparing a feasibility study Selecting a venue & identifying resources Preparing a budget Identifying income to cover costs Preparing publicity materials Organising the event, including allocating key tasks Preparing for contingencies, risk assessment Evaluation</p> <p>Unit 34 Voluntary Clubs Event committees Funding activities Managing health and safety</p> <p>Unit 38 Business in sport Budget planning Identifying income and costs</p>	<p>60 hrs</p> <p>60 hrs</p> <p>60 hrs</p>
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