



Learnership

Sports Coaching: Juniors and Beginners

Level 4

SAQA ID – 64369

137 Credits

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Qualification Information

Further Education & Training Certificate: Sport Coaching: Juniors & Beginners

Level 4 SAQA ID – 64369 137 Credits

Entry Requirements:

Learners accessing this qualification are assumed to be competent in:

- Mathematical Literacy at NQF Level 3.
- Communication at NQF Level 3.

Objective:

This qualification is the entry-level qualification for professional sports coaches.

The role of sport in South Africa continues to grow in social importance. If sport is to become truly accessible for all South Africans, it is essential that coaches receive the best possible education and training through all the levels to enable all citizens to participate in sport.

This qualification focuses on the technical and tactical skills requirements associated with the coaching of athletes for participation in competitions in particular, and differentiates itself from sport science, which focuses on the support system for the athlete and coach to improve the performance of the athlete and strive towards excellence.

If coaches are aware of the unique physical and psychological characteristics of aspiring athletes, they can promote the concepts of enjoyment and fair play in addition to encouraging the development of fitness and the acquisition of new skills. This scientifically based, integrated approach to educating coaches has been designed to increase the capacity and the volume of accredited coaches for sport.

The Sport Scientist primarily deals with scientific testing, performance monitoring, bio-medical analysis and providing a reference for the athlete recovering from injury or illness. In practice, learners holding a Sport Science qualification will work hand in hand with the Sports Coach so as to enable a scientific approach to coaching.

The Sport Scientist together with the Sports Coach takes responsibility for constructing and implementing training programmes. The Sport Coach however plays the role of leader and role-model to the athlete and team that ensure the application of the scientific principles towards excellence.

Qualification Information

Building a sound basis for coach education will have important positive implications for top-level sport in South Africa given the extreme demands which are placed on sportsmen and sportswomen who compete at the highest performance levels.

By focusing on the fundamentals of sport through applying a supportive scientific approach to training, participants in sports will form good habits that will lay the foundation for pursuing and achieving higher levels of performance. A well-coordinated approach to coach education will encourage the desire to participate as well as promote the development of the sport codes.

Commitment to sports education at the level of this qualification has the potential to influence progressive growth towards mature and successful performances at the highest levels of competitive sport in the country. Therefore, this qualification represents an important contribution to the pursuit of the noble ideal; which has, as its objective, the creation of an active and winning nation.

This qualification aims to:

- Develop appropriate skills and knowledge required for coaching children and youth or beginners to sport
- Ensure that coaching practices adhere to sound principles drawn from sport science
- Establish sound ethical practices in behaviours in the context of sport
- Prepare the learner to access further training in sport coach education and international accreditation towards a professional career as a sports coach in a chosen sport code

Qualification Outcome

Achieving this Qualification, the learner will be able to:

- Operate in a sport environment
- Apply sport science principles to fitness conditioning for sport
- Conduct coaching according to operational requirements
- Maintain operational sports coaching duties according to organisational requirements

Coaching competencies in this qualification can be applied to areas such as:

- Sports coaching in the community, in primary schools, and in small clubs and/or private institutions
- Assisting the senior coach in secondary schools, large clubs and/or private institutions
- Personal coaching in private practice

Sport coaching has entered a period of rapid growth as a profession. There is an increasing need for sport coaches to be trained and recognized for their abilities. Currently schools are hiring sport coaches to deliver sports programmes and there is an increase in the number of private clubs, which offer employment opportunities for sport coaches.

Responsibilities

Edge Training will provide:

- Full project management of learnership
- Monthly progress reports, quarterly reports to the SETA and handling of SETA site visits and the external verification visit at the end of the learnership
- Course material, pens, and workbooks
- Training, using a Qualified Facilitator
- Assessments and moderation
- Uploading of learners on learner registration database and learner achievements
- Certificates of completion and competence
- SETA certificate of competence
- Venue suitable for the number of delegates and required refreshments
- Email access for learners
- Workplace provision

Combined responsibilities of Edge Training and Client:

- Ensure successful completion of the learnerships
- Quarterly project steering committee meeting

Qualification Structure and Outlines

Certificate in Sport Coaching Junior/Beginners:

US Type	NLRD	Unit Standard Type	Level	Credits
Core	116534	Carry out basic first aid treatment in the workplace	Level 3	2
Core	255818	Perform rescue breathing and cardio-pulmonary resuscitation	Level 3	2
Core	243297	Apply knowledge of anatomy and physiology to exercise training	Level 4	5
Core	258719	Apply the principles of exercise training	Level 4	6
Core	260120	Apply the principles of sport coaching	Level 4	5
Core	8555	Contribute to information distribution regarding HIV/AIDS in the work-place	Level 4	4
Core	254456	Explain the principles of physical activity in the context of sport or fitness	Level 4	3
Core	243301	Manage safety and emergency incidences	Level 4	6
Core	260123	Plan practice sessions and teach basic motor skills	Level 4	6
Core	258721	Promote an awareness of nutrition principles for sport and physical activity	Level 4	4
Core	9242	Analyse external factors influencing people who have special needs	Level 5	4
Core	254457	Develop and implement team ethical behaviour and discipline	Level 5	5
Core	258724	Operate professionally in a sport, recreation or fitness environment	Level 5	3
Fundamental	119472	Accommodate audience and context needs in oral/signed communication	Level 5	5
Fundamental	119466	Interpret a variety of literary texts	Level 3	5
Fundamental	119457	Interpret and use information from texts	Level 3	5
Fundamental	119465	Write/present/sign texts for a range of communicative contexts	Level 3	5

Qualification Structure and Outlines

Continuation of certificate in Sport Coaching Junior/Beginners:				
Fundamental	9015	Apply knowledge of statistics and probability to critically interrogate and effectively communicate findings	Level 4	6
Fundamental	119462	Engage in sustained oral/signed communication and evaluate spoken/signed texts	Level 4	5
Fundamental	119469	Read/view, analyse and respond to a variety of texts	Level 4	5
Fundamental	9016	Represent analyse and calculate shape and motion in 2-and 3-dimensional space in different contexts	Level 4	4
Fundamental	119471	Use language and communication in occupational learning programmes	Level 4	5
Fundamental	7468	Use mathematics to investigate and monitor the financial aspects of personal, business, national and international issues	Level 4	6
Fundamental	119459	Write/present/sign for a wide range of contexts	Level 4	5
Elective	244557	Coach athletics to children at primary school level	Level 3	7
Elective	243300	Lead a community sport activity	Level 4	12
Elective	254462	Maintain a sport or fitness environment and equipment	Level 4	5
Elective	243293	Promote sport activity in a community	Level 4	4

Notional Hours Matrix:

The roll out strategy below indicates the relationship between theory, practical, workplace and FSA component:

Skills Programmes		Credits	Notional Hours	Contact Session 30% (hours)	Experiential Learning 70% (hours)	TOTAL Notional
1	Principles of exercise and physical activity	6	60	16	40	60 Hours
2	Principles of physical activity	3	30	8	16	30 Hours
3	Anatomy and physiology	5	50	16	30	50 Hours
4	Practice session planning	6	60	16	38	60 Hours
5	First Aid	2	20	4	12	20 Hours
6	Rescue breathing and resuscitation	2	20	4	12	20 Hours
7	Principles of sport coaching	5	50	16	30	50 Hours
8	Safety and emergency	6	60	16	38	60 Hours
9	Principles of sport nutrition	4	40	16	20	40 Hours
10	Special needs	4	40	16	20	40 Hours
11	Ethics	5	50	16	30	50 Hours
12	Professional conduct	3	30	8	20	50 Hours
13	HIV/AIDS	4	40	16	20	40 Hours
14	Lead a community sport activity	12	120	40	74	120 Hours
15	Maintain a sport/fitness environment and equipment	5	50	16	30	50 Hours
16	Sport activity promotion	4	40	16	20	40 Hours
17	Communication Literacy 2nd language	20	200	64	120	200 Hours
18	Communication Literacy 1st language	20	200	64	120	200 Hours
19	Mathematical Literacy	16	160	48	96	160 Hours
20	Coach athletics to children	7	70	21	49	70 Hours
	TOTALS	139	1390	437	835	1320

Get in Touch

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We are a fully accredited training provider with BEE Level 1 certification and SSETA Accreditation #1135. Our VAT number is 4640189041, and we are registered under the number 2017 / 349079 / 07.