

Physical Education

SCQF Level 5 or 6 Qualification in Sports Leadership/Community Sports Leadership

Why take this course?

This award is a nationally recognised qualification which helps you to develop the skills required to lead groups of people in sporting activities. You will be given the opportunity to develop leadership skills such as organisation, planning, communication and teamwork through the medium of sport. This course is excellent for developing the confidence required to speak and present in front of others, a key skill in further education or the world of work. The volunteering hours that you are required to complete could be done out with school in community-based sport and within school during class time and Activities, so it is a very flexible course that can fit around other studying commitments. This is a fun and practical qualification with no entrance requirements and no exam to sit!

To succeed in this course, you need...

To be successful in this course you need to be enthusiastic and be willing to give up time to plan, organise and lead sporting activities. This may include leading a lunchtime or Friday activity, in order to complete your volunteering hours. The course will require good personal organisation, a sense of responsibility and leadership, and the effective planning and organising of sporting events. Good time management skills, in order to complete written work and organise events is also required.

Course structure and Content

The course will be delivered by PE staff, with support from Active Schools. It is hoped that we for the 23/24 academic session, we can offer a level 6 award for the first time, this is the equivalent of a Higher qualification but is still just a pass or fail. However, this is subject to staffing within the department, and you must be at least 17 years old at the completion of level 6. Here are units involved in both levels:

Level 5

- Developing leadership skills and behaviours
- Plan, lead and evaluate at least 2 physical activity sessions
- Plan, lead and evaluate a sport/physical activity event
- Factors that contribute to a healthy lifestyle
- At least 5 hours of community/school leadership

Level 6

- Developing leadership skills and behaviours
- Lead safe sport/physical activity sessions
- Know how to plan inclusive sport/physical activity sessions
- Plan, lead and evaluate at least 2 hours of a sport/physical activity event
- Demonstrate leading sport/physical activity sessions to a range of participants
- At least 12 hours of community/school leadership (can be included in the above).

Although it is a practical based course students will be expected to keep a logbook illustrating the work they have done and demonstrate hours of leadership; this could be done out with school in community-based sport and within school during class time and Activities. Previously, our Sports Leaders have successfully run the Inter-House programme of events. This is a fun and practical qualification with no entrance requirements and no exam to sit!

Course Assessment

There is no exam in this course. For the assessment you have to complete ten hours of leadership in the community/school and keep a log book to evidence this.

Where might this course take me?

The skills that you develop by taking course will help you become a better and more prepared sports coach, make you better prepared for further education and the world of work and for supporting others in our local community.