

# UKCC Level 2 Certificate in Coaching Squash

## Criteria

If you are over 17 years of age and hold the 1st4sport Level 1 Award in Coaching Squash or recognised equivalent, then the 1st4sport Level 2 Certificate in Coaching Squash (QCF) is designed for you.

## Why Study?

It forms part of a structured and progressive programme of sports coaching and other related qualifications, offering you access and involvement in introducing others to the sport of squash.

## What can I use it for?

- To gain paid or unpaid employment as a qualified squash coach.
- As part of the development of a credible CV for employment in the sport, recreation and allied occupations industry.
- As a stepping stone to the 1st4sport Level 3 Certificate in Coaching Squash (QCF).

## Outline

On successful completion of the 1st4sport Level 2 Certificate in Coaching Squash (QCF), you should:

- understand the fundamentals of coaching sport
- understand how to develop participants through coaching sport
- understand how to support participants' lifestyles through coaching sport
- understand the principles of safe and equitable coaching practice
- be able to plan a series of squash coaching sessions
- be able to prepare the squash coaching environment
- be able to deliver a series of squash coaching sessions
- be able to monitor and evaluate squash coaching sessions.

## Structure

Learning programmes are usually designed by the recognised centre that delivers the qualification. They may, therefore, vary in length and format. Depending on your needs, delivery centres can offer intensive courses, or a series of learning events, over a period of weeks. Whatever the timescale, all learning programmes should include the following phases:

- an induction to the qualification and your programme of learning and assessment
- a learning programme that meets your needs, focusing on the theory and practice of coaching squash
- a programme of assessment, spread throughout the course, including observations of your coaching by an appropriately qualified assessor.

At the end of the programme, you will be provided with formal feedback on your performance and an action plan for your further development.

## Assessment

The 1st4sport Level 2 Certificate in Coaching Squash (QCF) assessment will require you to:

- create a continuous professional development (CPD) plan
- understand learning, coaching and personality styles
- complete a venue risk assessment for every venue used for coaching
- deliver a series of linked and progressive individual player squash coaching practices
- deliver a series of linked and progressive group squash coaching practices
- complete a series of open-response and multiple-choice extended study questions/tasks
- have an understanding of the rules of squash
- be observed coaching an individual squash player
- be observed coaching a group of squash players.