

Open Awards Qualification Unit



Form OAQU

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1 Unit Details

Unit Title:	Assist in the Delivery of a Sports Activity Session
QAC Code:	T/506/3454
Level:	Level 2
Credit Value:	4
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Prepare for the sports activity session	1.1 Carry out a risk assessment for the safe delivery of a sports activity session to include: (a) equipment and facilities to be used (b) personal pre-exercise questionnaires(PARQ) (c) potential hazards (d) size and space
	1.2 Assist in preparing the equipment and facilities for a planned sports activity session ensuring: (a) availability and sufficiency of equipment to be used on the day (b) contingency plans in place
	1.3 Assist in preparing participants for the coaching session considering the following; (a) fully completed PARQs (b) correct clothing for the activity
2. Demonstrate an ability to assist leading a safe and appropriate sports activity session	2.1 Assist in leading a safe sports activity session considering the following: (a) appropriate warm up (b) appropriate main body of activity (c) appropriate cool down

	2.2	Utilise facilities and equipment in a safe and appropriate manner throughout the sports activity session
3. Conclude the sports activity session appropriately	3.1	Assist in the safe dismantling and storing of equipment used during the session
	3.2	Check and leave facilities in a safe condition for future use.
	3.3	Report any defects or issues using correct procedures
4. Evaluate the sports activity session	4.1	Provide participants with feedback on performance
	4.2	Accept feedback on performance from participants
	4.3	. Evaluate the session and plan for future delivery using SMART targets appropriately