

Sport and Recreation National 5



Award Received

Skills for Work: Sport and Recreation National 5 (SCQF level 5)

Entry Level: What do I need to do it?

You will need to be prepared and well organised and are expected to take part in every lesson giving 100% effort. An interest in studying and/or working in the Sport & Recreation industry or education would be beneficial. Previous experience of coaching or supporting learners is not necessary, but beneficial.

Course Content: What will I learn?

The Course content covers the main practical activities involved in carrying out roles in sport and recreation environments, including:

- sourcing information about career pathways
- identifying and reviewing skills and experiences
- assisting with planning, setting up and delivering activity sessions
- dealing effectively and courteously with people
- assisting with emergency procedures
- assisting with setting up, dismantling and checking equipment and resources helping to plan and review a training programme

The Course also covers health and safety legislation and risk assessment.

At two points in the year, learners will visit local primary schools to deliver blocks of planned sessions to classes.

The course also includes visits from outside presenters including Disability Sport, National Governing Bodies and British Red Cross.

Teaching Methods: What will I do?

A typical week will consist of a balance of both practical and theory lessons. A wide range of teaching approaches will be used including whole class teaching, group discussion, paired work and individual work.

Assessment: How will I be assessed?

There are 4 mandatory Units that must be successfully passed to achieve the overall award;

- Assist with a Component of Activity Sessions
- Employment Opportunities in the Sport and Recreation Industry
- Assist with Fitness Programming
- Assist with Daily Centre Duties

Homework

Homework tasks will vary in nature and will utilise a range of resources. Ensure any homework is completed and delivered on time.

Progression in the Senior Phase.

For learners who have not completed Physical Education courses at National or Higher level, there may be the opportunity to enter these courses following successful completion of the Skills for Work: Sport and Recreation National 5 (SCQF level 5).