

Sports Leadership



Award Received

SQA Award in Leadership at Level 5 or Level 6

There are 3 units that make up the award:

- Leadership: An Introduction
- Leadership: In Practice
- Sport and Recreation: Developing Volunteering

Entry Level: What do I need to do it?

A keen interest in Sport and Physical Activity is crucial with a willingness to step outside your comfort zone. Previous experience of working with others in a Sport or Physical Activity environment is beneficial, but not a requirement.

Course Content: What will I learn?

You will learn about leadership styles and skills. Through self-evaluation you will identify your strengths and development needs as a leader and work to develop your own leadership skills.

As part of your development as a Sports Leader you will be expected to plan, lead and evaluate Sport and Physical Activity Sessions with your peers and also with learners from local Primary Schools.

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?

You will be assessed through a variety of ways including short written tasks and assessment of your delivery of Sport and Physical Activity Sessions.

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.

Learners who achieve the overall award may wish to consider the National 5 Sport and Recreation Course as a natural progression.