**SPORTS LEADERSHIP**

**(S5/6 ONLY)**

**Introduction**

The main purpose of the Course is to develop understanding of the principles that underpin effective coaching and sports leadership and demonstrate effective leadership skills when working with younger pupils.

The course will consist of practical, theoretical and experience based learning. Pupils will develop understanding and coaching content during class time over the course of the year. They will have opportunities to work closely with the class teacher when working with younger pupils and will gain further experience through volunteering at sports clubs and events throughout the year.

In order to gain the award, pupils must volunteer and effectively organise and deliver sessions in various physical activities.

**Recommended Entry Requirements**

Pupils choosing to study this course should have a keen sporting interest, be able to perform to a reasonable standard in a variety of activities and be enthusiastic about supporting young people in their development within various sports.

**Course Outline**

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| **SPORTS LEADERSHIP (Pass/Fail)** |
| **Developing Coaching Competencies***Learners will be required to provide evidence of using, selecting, demonstrating and adapting a broad and comprehensive range of complex movement and performance skills in two physical activities. Learners will be assessed on their ability to consistently respond to and meet the demands of performance, and to make appropriate decisions for effective outcomes.*  |
| **Delivering Coaching Sessions***Learners will be required to provide evidence of their understanding of factors that impact on performance from: mental, emotional, social and physical. They will evaluate and analyse their personal performance and implement approaches to address factors that impact on that performance. Learners will evaluate their choice of methods and approaches used to develop performance. They will justify decisions made and relate these to future development needs. The Unit offers opportunities for personalisation and choice in the selection of contexts and assessment methods.* |

**The main aims of the Course are to enable the learner to:**

* develop their organisation, motivation and communication skills;
* become a positive role model in sport;
* mentor and support others;
* use leadership skills in a variety of settings.

**Progression**

The course may lead to further study, employment and/or training in various industries.