



Staffing requirements for YMCA Level 2 Certificate in the Foundations of Strength and Conditioning (Trainer) 603/3413/7

In our qualification specification for the Level 2 Certificate in the Foundations of Strength and Conditioning (Trainer) (603/3413/7) we state:

Practical assessment of outcomes and learning development requirements (preparing and delivering Strength and Conditioning sessions) must be overseen by someone who has demonstrated their own subject matter expertise as a UK Strength and Conditioning Association (UKSCA) Accredited Strength and Conditioning Coach.

This additional staffing requirements document sets out what we mean by this rule, to help centres meet the requirements of the qualification and ensure that their learners' achievement conforms to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standard for a Strength and Conditioning Trainer. This guidance document also explains our expectations relating to the technical competency and occupational knowledge held by delivery, assessment and internal quality assurance staff for this qualification.

Delivery, assessment and internal quality assurance staff

Any centre applying for approval to deliver the *Level 2 Certificate in the Foundations of Strength and Conditioning (Trainer) (603/3413/7)* must provide evidence that tutors, assessors and internal quality assurers involved in delivery and assessment have a recognised strength and conditioning regulated qualification as well as relevant experience in strength and conditioning. We assess each qualification approval application individually as we are aware that there are a variety of strength and conditioning qualifications and courses available. We do not require tutors, assessors and internal quality assurers to be an UKSCA Accredited Strength and Conditioning Coach but staff should have relevant occupational expertise, alongside suitable assessor and internal quality assurance qualifications which we outline in the qualification specification.

Involving an Accredited Strength and Conditioning Coach in planning and delivery, ready for assessment

To gain approval to deliver the qualification, you will need to provide us with details of a nominated UKSCA Accredited Strength and Conditioning Coach who will oversee assessments for the qualification (as described below) and evidence that the coach has

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maintained their accreditation status with the UKSCA. You should list this person in your application alongside your other staff.

In instances where the UKSCA Coach is not a direct employee of your centre you should develop an ongoing working relationship with the UKSCA Coach and involve them in the planning and delivery of the strength and conditioning related units so that they are best able to oversee the relevant assessment element described below and help prepare your learners for assessment. YMCA Awards maintains an ongoing working relationship with UKSCA to help support UKSCA Coaches available to oversee assessments; each centre can build on this through familiarising the UKSCA Coach they are working with on the centre's teaching of the assessment criteria and assessment protocols.

The role of the Accredited Strength and Conditioning Coach in the conduct of the assessment

The Accredited Strength and Conditioning Coach's role is to **oversee** the technical aspects of Assessment Element 7 for all learners (not sampling). By oversee, we mean that the UKSCA Coach should observe the conduct and outcomes of assessment element 7 and provide written feedback on each assessment. We have included a feedback section in the Learner Assessment Record for this.

In cases where the UKSCA Coach disagrees with the assessor's decision, detailed and specific feedback must be provided to the assessor. If the UKSCA Coach's judgement is that the learner has not achieved the assessment, the assessor must take account of this judgement and repeat the assessment if no further evidence to support the assessor's judgement of achievement can be supplied to the UKSCA Coach.

Facilitating oversight by the Accredited Strength and Conditioning Coach

Where practically possible we expect centres to arrange for the Accredited Strength and Conditioning Coach to be physically present during Assessment Element 7 for each learner.

In order to ensure that the role of the UKSCA Coach in overseeing practical assessment of outcomes and learning development requirements is a manageable for centres, taking into account that this is a requirement for all learners rather than a sampling approach, we will consider requests from centres to enable the UKSCA Coach to observe via a live video calling service (such as Skype). In certain circumstances, we will also consider requests to allow for the assessment of a learner to be videoed and sent to the UKSCA Coach to review and provide feedback.



For this qualification, our usual permissions for the use of video evidence in practical assessments which allow the learner to provide recorded video evidence to the assessor **does not** apply. This is because we cannot allow both the assessor *and* the UKSCA Coach to be asked to make a judgement on the assessment through viewing video evidence.

Advising learners on the role of the Accredited Strength and Conditioning Coach

Learners should be made aware that Assessment Element 7 will be overseen by an UKSCA Coach and where possible be given the opportunity to meet the UKSCA Coach prior to the assessment (ideally at a point earlier in the course).

Learners should also be made aware that a final assessment decision will only be confirmed once the UKSCA Coach has provided their feedback. We have included a section in the Learner Assessment Record (LAR) so that learners can see the UKSCA Coach's feedback on their performance in the assessment.

It is important that if the UKSCA Coach disputes the decision made by the assessor that this is communicated appropriately to the learner *by the centre* and that actions required to remedy the situation are clearly communicated to the learner at the same time. Feedback from the UKSCA Coach to the assessor in cases where the assessor has marked the learner as achieved and the UKSCA Coach disagrees with this decision should not be written in the LAR. The centre should manage these communications and explain to the UKSCA Coach they are working with that the LAR is a document held by the learner.

Quality assurance considerations and good practice

Whilst we stipulate that the UKSCA Coach should be directly involved in overseeing Assessment Element 7, it is good practice to provide opportunity for the UKSCA Coach to also sample assessment evidence from the other assessment elements, particularly Assessment Element 6 and to be involved in planning and meeting with learners where this supports their learning and preparation for the assessment.

As a minimum requirement you should involve the UKSCA Coach in standardisation activity at least once per year.

Your allocated YMCA Awards External Quality Assurer will check that your internal quality assurance process is monitoring involvement of the UKSCA Coach (including evidence of involvement in standardisation activity). Your EQA will also speak to tutors, assessors and learners, to check whether the role of the UKSCA Coach is clear to all involved and will observe practical assessments as part of their visit where possible.

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Understanding this guidance

If you have any enquiries relating to this guidance please contact YMCA Awards' Quality and Assessment team:

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