

## National Certificate in Recreation and Sport – Coaching and Instruction with strands in Cycle Skills Instructor, and Developing Coach

**Level** 3

**Credits** 41-50

This qualification has been **reviewed**. The last date to meet the requirements is 31 December 2019.

### Transition Arrangements

Version 2 of this qualification was republished in October 2018 to extend the last date for entry into programmes from 31 December 2018 to 30 June 2019.

This qualification has been reviewed and replaced by the New Zealand Certificate in Sport Coaching (Level 3) [Ref: 3228].

The last date for entry into programmes leading to the award of the replaced qualification is 30 June 2019.

The last date for award of the replaced qualification is 31 December 2019, at which time it will be discontinued.

For detailed information see [Review Summaries](#) on the NZQA website.

### NZQF National Qualification Registration Information

Process	Version	Date	Last Date for Assessment
Registration	1	March 2011	December 2019
Republished	1	May 2011	December 2019
Review	2	September 2016	December 2019
Republished	2	September 2017	December 2019
Republished	2	October 2018	December 2019

### Standard Setting Body

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## National Certificate in Recreation and Sport – Coaching and Instruction with strands in Cycle Skills Instructor, and Developing Coach

**Level** 3

**Credits** 41-50

### Purpose

This qualification is designed for people who have a basic experience of coaching, teaching or instructing participants in a recreation or sport activity and wish to increase their knowledge and skills. It is also designed for people who wish to gain recognition for their skills and knowledge in coaching, teaching or instructing participants in a recreation or sport activity.

The core compulsory section contains technical and interpersonal skills and knowledge required to plan, carry out and evaluate training sessions, including effective facilitation and coaching skills for individuals and groups.

The core elective sections contain a choice of standards related to injury prevention, hazard and risk management, and communication skills in a recreation and sport context.

Holders of the Cycle Skills Instructor strand are able to conduct cycle skills training courses; apply knowledge of road traffic environments; and instruct beginner, intermediate or advanced cyclists in cycle handling skills.

Holders of the Developing Coach strand are able to demonstrate and apply further knowledge of sport and athletic coaching, including their own coaching philosophy, principles of learning and skill acquisition, athletes' technical skills, and key coaching tactics and strategies. Electives within this strand provide a wide range of technical and interpersonal skills and knowledge related to a developing coach. It incorporates new standards aligned with the Sport and Recreation New Zealand (SPARC) Coach Development Framework.

This qualification recognises the skills common to instructors, coaches, and teachers in recreation and sport, and recognises the skills specific to their discipline. It is distinct from the National Certificate in Sport (Level 3) with strands in Event Management, Sport Administration, and Team Management [Ref: 0446], and the National Certificate in Sport Officiating (Level 3) [Ref: 1607]. The National Certificate in Sport (Level 2) [Ref: 0493] provides a generic introductory level sport qualification and can lead to this certificate.

### Credit Range

	Core Compulsory	Core Elective 1	Core Elective 2
Level 3 or above credits	12	4-5	3-4
Minimum totals	12	4	3

	<b>Cycle Skills Instructor Strand</b>	
	<b>Compulsory</b>	<b>Elective</b>
Level 3 or above credits	16	6
Minimum totals	16	6

	<b>Developing Coach Strand</b>	
	<b>Compulsory</b>	<b>Elective</b>
Level 3 or above credits	21	10
Minimum totals	21	10

## Requirements for Award of Qualification

### Award of NZQF National Qualifications

Credit gained for a standard may be used only once to meet the requirements of this qualification.

Unit standards and achievement standards that are equivalent in outcome are mutually exclusive for the purpose of award. The table of mutually exclusive standards is provided on the New Zealand Qualifications Authority (NZQA) website: <http://www.nzqa.govt.nz/qualifications-standards/standards/standards-exclusion-list/>.

Reviewed standards that continue to recognise the same overall outcome are registered as new versions and retain their identification number (ID). Any version of a standard with the same ID may be used to meet qualification requirements that list the ID and/or that specify the past or current classification of the standard.

### Summary of Requirements

- Core Compulsory standards
- Core Elective 1 – A minimum of 1 standard as specified
- Core Elective 2 – A minimum of 1 standard as specified

One of the following strands is required

- Cycle Skills Instructor Strand
- Developing Coach Strand

### Detailed Requirements

#### Core Compulsory

The following standards are required

## Community and Social Services &gt; Community Recreation &gt; Recreation Programmes and Events

ID	Title	Level	Credit
25805	Demonstrate and apply knowledge of individual and group characteristics and needs for coaching activities in recreation	3	4
25814	Facilitate an inclusive and positive environment in coaching practice	4	4
25819	Plan, implement and evaluate a training session as a coach	3	4

**Core Elective 1**

A minimum of 1 standard

## Community and Social Services &gt; Community Recreation &gt; Recreation Management

ID	Title	Level	Credit
13377	Identify and manage hazards and risks in relation to a recreation activity and environment	3	4

## Community and Social Services &gt; Outdoor Recreation &gt; Outdoor Management

ID	Title	Level	Credit
20146	Apply concepts of basic risk management as an outdoor recreation leader	3	5

## Community and Social Services &gt; Sport &gt; Sport Science and Technology

ID	Title	Level	Credit
20673	Demonstrate knowledge of injury prevention and risk and injury management in sport or recreation	3	4

**Core Elective 2**

A minimum of 1 standard

## Community and Social Services &gt; Sport &gt; Sport Teaching and Coaching

ID	Title	Level	Credit
25811	Demonstrate and apply knowledge of effective communication for sport coaching practice	3	4

## Humanities &gt; Communication Skills &gt; Interpersonal Communications

ID	Title	Level	Credit
9705	Give and respond to feedback on performance	3	3

**Cycle Skills Instructor Strand**

Meet the requirements of all of the following sets

- Cycle Skills Instructor Strand Compulsory
- Cycle Skills Instructor Strand Elective

**Cycle Skills Instructor Strand Compulsory**

The following standards are required

Community and Social Services > Recreation and Sport > Recreation and Sport - Coaching and Instruction

ID	Title	Level	Credit
26544	Conduct a cyclist skills training course	3	10
26545	Apply knowledge of road traffic environments required by a cyclist skills training instructor	3	6

**Cycle Skills Instructor Strand Elective**

A minimum of 1 standard

Community and Social Services > Recreation and Sport > Recreation and Sport - Coaching and Instruction

ID	Title	Level	Credit
26547	Instruct beginner cyclists in cycle handling skills	3	6
26548	Instruct intermediate cyclists in cycle handling skills	3	6
26549	Instruct advanced cyclists in cycle handling skills	3	6

**Developing Coach Strand**

Meet the requirements of all of the following sets

- Developing Coach Strand Compulsory
- Developing Coach Strand Elective

**Developing Coach Strand Compulsory**

The following standards are required

## Community and Social Services &gt; Sport &gt; Sport Teaching and Coaching

ID	Title	Level	Credit
25806	Demonstrate and apply knowledge in coaching practice of athlete learning	4	3
25810	Demonstrate and apply knowledge of own coaching philosophy and principles of learning in sport coaching	4	3
25813	Demonstrate and apply knowledge of skill acquisition approaches in sport coaching	4	5
25826	Demonstrate and apply knowledge of athletes' technical skills as a coach in a selected sport	4	6
25827	Demonstrate and apply knowledge of key tactics and strategies as a coach in a selected sport	4	4

**Developing Coach Strand Elective**

A minimum of 10 credits

## Community and Social Services &gt; Sport &gt; Sport Teaching and Coaching

ID	Title	Level	Credit
25807	Demonstrate and apply knowledge of leadership as a sport coach	3	2
25808	Demonstrate and apply knowledge of vision, values, and group culture as a sport coach	4	3
25809	Design, implement and review a team building activity for a group of athletes	4	2
25812	Demonstrate and apply knowledge of fundamental movement skill learning in coaching of younger athletes	3	2
25815	Demonstrate and apply knowledge of ethics and the protection of athletes, coach, and others, in sport coaching	3	2
25816	Demonstrate and apply knowledge of self-management for sport coaching	3	2
25817	Demonstrate and apply basic knowledge of sport science as a coach	3	6
25818	Select and use information and technology for development as a sport coach	3	2
25820	Plan for a sport competition, implement the plan, and evaluate the outcome as a coach	4	2
25821	Develop a plan for a sport-related longer term goal, implement the plan, and evaluate the outcome as a coach	4	4
25822	Demonstrate and apply knowledge of working with, and supporting, volunteers and others as a sport coach	3	4
25823	Handle financial matters and manage information and resources as a sport coach	3	2
25824	Demonstrate and apply basic knowledge as a coach of the use and misuse of medications, drugs, and alcohol by athletes	3	2
25825	Demonstrate and apply knowledge of rules and regulations as a coach in a selected sport	3	2

ID	Title	Level	Credit
25828	Demonstrate and apply knowledge of evaluation techniques for athlete performance, as a coach	4	4

## Transition Arrangements

Version 1 was republished to include the exemption table.

This qualification contains standards that replace or have substituted earlier standards. For the purposes of this qualification, people who have gained credit for the expiring standards are exempt from the requirement to gain credit for the replacement standards – see table below.

Credit for	Exempt from
5365	25808
20807, 20809	25826
20808, 20810	25827
21647	25813
21651, 22768, 22771	25819

## Other standard setting bodies whose standards are included in the qualification

NZQA

## Certification

This certificate will display the logos of NZQA, Skills Active Aotearoa Limited and the organisation that has been granted consent to assess against standards that meet the requirements of the qualification (accredited).

## Classification

This qualification is classified according to the classification system listed on the Directory of Assessment Standards (DAS) and the New Zealand Standard Classification of Education (NZSCED) system as specified below.

DAS Classification		NZSCED	
Code	Description	Code	Description
2236	Community and Social Services > Recreation and Sport > Recreation and Sport - Coaching and Instruction	092103	Society and Culture > Sport and Recreation > Sports Coaching, Playing, Officiating and Instructing

**Quality Management Systems**

Providers and Industry Training Organisations must be granted consent to assess by a recognised Quality Assurance Body before they can register credits from assessment against standards. Accredited providers and Industry Training Organisations assessing against standards must engage with the moderation system that applies to those standards. Accreditation requirements and the moderation system are outlined in the associated Accreditation and Moderation Action Plan (AMAP) for each standard.

Reviewed