

Title	Demonstrate knowledge of basic skills and rules at a beginner level for a sport		
Level	2	Credits	2

Purpose	People credited with this unit standard are able to: explain the basic skills developed at a beginner level for a sport; and explain the basic rules applied at a beginner level for a sport.
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Classification	Recreation and Sport > Recreation and Sport - Core Skills
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Available grade	Achieved
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Explanatory notes

- 1 Sport and Recreation New Zealand (SPARC) groups participants into the following communities: social adult, competitive adult, high performance, late teenage (17-19), early teenage (13-16), late childhood (9-12), middle childhood (6-8), and early childhood (0-5). These communities are characterised by the physical, social, emotional and cognitive development their participants display.
- 2 Where the terms *beginner*, *intermediate* or *advanced participant* are used they refer to the following communities:
beginner – middle childhood, late childhood, social adult;
intermediate – early teenage, late teenage, competitive adult;
advanced – high performance.
 Although these definitions exist there are exceptions within many sports environments and as such these definitions should be used as a guide and applied within the context of the sport in which the coach is involved.
- 3 Definitions
Basic rules of a sport are the rules outlined by the National Sporting Organisation of that sport and indicates what should be applied at the beginner level of participation by individuals acting as referees or umpires.
Basic skills of a sport are the skills outlined by the National Sporting Organisation of that sport and indicates what should be coached or performed at the beginner level of participation.
Coachable moments are situations that occur in a drill or performance that the coach can use to demonstrate the tactics being developed. The coach may see a critical incident occur (success or failure) and use a variety of strategies to praise, or further develop or alter a performance.

Outcomes and evidence requirements

Outcome 1

Explain the basic skills developed at a beginner level for a sport.

Evidence requirements

1.1 Sport skills developed at a beginner level are explained.

Range explanations include – skill name, when used, components or technique through each phase of performance (preparation, execution, follow through), key coaching points, basic drills for skill development, coachable moments; at least four basic skills are required.

Outcome 2

Explain the basic rules applied at a beginner level for a sport.

Evidence requirements

2.1 Sport rules applied at a beginner level are explained.

Range rule, how and when applied.

Planned review date	31 December 2012
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	19 May 2006	31 December 2012
Rollover and Revision	2	20 May 2011	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMRs). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.