



QQI

Quality and Qualifications Ireland
Dearbhú Cáilíochta agus Cáilíochtaí Éireann

Certificate Specification NFQ Level 5

Sports, Recreation and Exercise 5M5146

1. Certificate Details

Title	Sports, Recreation and Exercise
Teideal as Gaeilge	Spóirt, Áineasa agus Aclaíocht
Award Type	Major
Code	5M5146
Level	5
Credit Value	120
Purpose	The purpose of this award is to enable the learner to acquire the knowledge, skill and competence in a range of sports, recreation and exercise activities to work under supervision in a variety of sports related contexts and or to progress to further and or higher education and training.
Statements of Knowledge, Skill and Competence	Learners will be able to:
Knowledge	
<i>Breadth</i>	Demonstrate a broad range of knowledge related to sports, exercise, leisure and recreation activities and environments.
<i>Kind</i>	Demonstrate understanding of a range of theoretical concepts and practical applications relating to exercise, sports and recreation activities and facilities with significant depth in a specialist area.
Know How & Skill	
<i>Range</i>	Execute a broad range of skills in a range of sports, recreation and exercise activities and settings to include organisation, management, supervision and instruction and or coaching with

a view to improving knowledge, participation, enjoyment and performance.

Selectivity Exercise judgment in selecting appropriate instructional techniques and application of best practice while ensuring safe environments for participants.

Competence

Context Apply acquired knowledge and skills in a range of management, organisational, coaching and instructional contexts.

Role Contribute, under supervision, to the practical application of acquired knowledge in a range of organisational, management, coaching and instructional environments

Learning to Learn Take personal responsibility for own learning in both structured and unstructured contexts.

Insight Consider how the acquired knowledge and skills may enhance the quality of life of oneself and others.

The learning outcomes associated with this award are outlined in the associated Component Specifications.

Access To access programmes leading to this award the learner should have reached the standards of knowledge, skill and competence associated with the preceding level of the National Framework of Qualifications. This may have been achieved through a formal qualification or through relevant life and work experience.

Transfer Achievement of this award will enable the learner to transfer to other appropriate programmes leading to awards at the same level of the National Framework of Qualifications.

Progression Achievement of this award will enable the learner to progress to other appropriate programmes leading to awards at the next or higher levels of the National Framework of Qualifications.

Progression Awards Learners who successfully complete this award may progress to a range of different awards.

Grading Pass
Merit
Distinction

The grade achieved will be determined by the grades achieved on the components

2. Certificate Requirements

The total credit value required for this certificate is 120. This will be achieved by completing:

Award Code	Title	Level	Credit Value
All of the following component(s)			
5N2667	Sport and Recreation Studies	5	15
5N2668	Exercise and Fitness	5	15
A minimum credit value of 15 from the following components			
5N1367	Teamworking	5	15
5N1390	Personal Effectiveness	5	15
5N0690	Communications	5	15
5N0972	Customer Service	5	15
A minimum credit value of 15 from the following components			
5N1356	Work Experience	5	15
5N1433	Work Practice	5	15
A minimum credit value of 30 from the following components			
5N1794	Safety and Health at Work	5	15
5N2006	Nutrition	5	15
5N1207	Occupational First Aid	5	5
5N4545	Kinesiology	5	15
5N4646	Adventure Activities	5	15
5N4648	Sports Anatomy and Physiology	5	15
5N4666	Leisure Facility Administration	5	15
5N4667	Leisure Facility Operations	5	15
5N4885	Badminton Coaching	5	10
5N4886	Rugby Coaching	5	10
5N4887	Soccer Coaching	5	10
5N4888	Basketball Coaching	5	10
5N4889	Tennis Coaching	5	10
5N5085	Gaelic Football Coaching	5	10
5N5086	Hurling Coaching	5	10
5N5087	Volleyball Coaching	5	10

The remaining credit value of 30 can be obtained by using relevant component(s) from level 5. A maximum of 15 credits may be used from either level 4 or level 6.

3. Supporting Documentation

None

4. Specific Validation Requirements

The Provider must confirm that they have National Governing Body (NGB) approval to offer specific components within their programme.

5. Europass Certificate Supplement

The Europass Certificate Supplement for this award can be accessed at: www.qqi.ie.

6. FET Award Standards

QQI award standards are determined within the National Framework of Qualifications (NFQ), <http://www.nfq-qqi.com>. QQI determines standards for the education and training awards that it makes itself and that are made by providers to whom it has delegated authority to make an award. Providers offering programmes leading to QQI awards **must** have their programme(s) validated in accordance with current validation policy (see www.qqi.ie).

Award standards are designed to be consistent with the NFQ's award classes i.e. major, special purpose, supplemental and minor awards. They are expressed in terms of **learning outcomes** i.e. concise statements of what the learner is expected to know or be able to do in order to achieve a particular award. Learning outcomes for QQI awards are contained within the associated specifications:

AWARD CLASS	STANDARDS	AWARDS
Major Award	Certificate Specification	Certificate (Levels 1 to 5) Advanced Certificate (Level 6)
Supplemental Award	Supplemental Specification	Supplemental Certificate (Level 3 to 6)
Special Purpose	Specific Purpose Specification	Specific Purpose Certificate (Levels 3 to 6)
Minor Award	Component Specification	Component Certificate (Levels 1 to 6)

Award standards are thresholds, they describe standards of knowledge, skill or competence to be acquired, and where appropriate, demonstrated, by a learner before an award may be made.

Award standards will be reviewed from time to time as necessary. Minor changes may be made by the QQI executive outside the review cycle where necessary. Changes to standards are published on QQI's website. Providers with validated programmes and providers with delegated authority to make awards are responsible for monitoring relevant standards and making necessary responses to changes.

7. FET Credit

Every FET certificate and component specification includes an FET credit value (Table 1). FET credit is quantified in multiples of 5 FET credits (up to 50 hours of learner effort). Learner effort is based on the time taken by typical learners at the level of the award to achieve the learning outcomes for the award. It includes all learning time involved including: guided learning hours, self-directed learning and assessment.

Table 1: FET Credit Values

NFQ Level	Major Awards Credit Values	Default Credit Values Minor Awards	Other Permitted Minor Award Credit Values	Special Purpose and Supplemental Award Credit Value Ranges
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1	20	5	10	
2	30	5	10	
3	60	10	5,20	>5 and<60
4	90	10	5,15,20	>5 and<90
5	120	15	5,10,30	>5 and <120
6	120	15	5,10,30	>5 and <120

Guide to Level

Learning outcomes at this level include a broad range of skills that require some theoretical understanding. The outcomes may relate to engaging in a specific activity, with the capacity to use the instruments and techniques relating to an occupation. They are associated with work being undertaken independently, subject to general direction.

Strand	Sub-strand	Nature of learning
Knowledge	Breadth	Broad range of knowledge
	Kind	Some theoretical concepts and abstract thinking, with significant depth in some areas. Some underpinning theory
Know How & Skill	Range	Demonstrate a broad range of specialised skills and tools
	Selectivity	Evaluate and use information to plan and develop investigative strategies and to determine solutions to varied unfamiliar problems
Competence	Context	Act in a range of varied and specific contexts, taking responsibility for the nature and quality of outputs; identify and apply skill and knowledge to a wide variety of contexts
	Role	Exercise some initiative and independence in carrying out defined activities; join and function within multiple, complex and heterogeneous groups
	Learning to Learn	Learn to take responsibility for own learning within a managed environment
	Insight	Assume full responsibility for consistency of self- understanding and behaviour

Extract from 'Determinations for the Outline National Framework of Qualifications': NQAI