



Qualification Specification for:

- **OCN NI Level 2 Award in Sport
Qualification No: 603/2562/8**
- **OCN NI Level 2 Certificate in Sport
Qualification No: 603/2563/X**
- **OCN NI Level 2 Extended Certificate in Sport
Qualification No: 603/2565/3**
- **OCN NI Level 2 Diploma in Sport
Qualification No: 603/2566/5**

Qualification Regulation Information

OCN NI Level 2 Award in Sport: 603/2562/8

Operational start date: 01 November 2017
Operational end date: 31 October 2027
Certification end date: 31 October 2029

OCN NI Level 2 Certificate in Sport: 603/2563/X

Operational start date: 01 November 2017
Operational end date: 31 October 2027
Certification end date: 31 October 2029

OCN NI Level 2 Extended Certificate in Sport: 603/2565/3

Operational start date: 01 November 2017
Operational end date: 31 October 2027
Certification end date: 31 October 2029

OCN NI Level 2 Diploma in Sport: 603/2566/5

Operational start date: 01 November 2017
Operational end date: 31 October 2027
Certification end date: 31 October 2029

Qualification operational start and end dates indicate the lifecycle of a regulated qualification. The operational end date is the last date by which learners can be registered on a qualification. Learners have up to 2 years after this date to complete the qualification and claim their certificate.

All OCN NI regulated qualifications are published to the Register of Regulated Qualifications (<http://register.ofqual.gov.uk/>). This site shows the qualifications and awarding organisations regulated by CCEA Regulation and Ofqual.

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Foreword

This document explains OCN NI's requirements for the delivery and assessment of the following regulated qualifications:

- **OCN NI Level 2 Award in Sport**
- **OCN NI Level 2 Certificate in Sport**
- **OCN NI Level 2 Extended Certificate in Sport**
- **OCN NI Level 2 Diploma in Sport**

This specification sets out:

- Qualification features
- Centre requirements for delivering and assessing the qualification
- The structure and content of the qualification
- Assessment requirements for the qualification
- OCN NI's quality assurance arrangements for the qualification
- Administration

OCN NI will notify centres in writing of any major changes to this specification. We will also publish changes on our website at www.ocni.org.uk

This specification is provided online, so the version available on our website is the most up to date publication. It is important to note that copies of the specification that have been downloaded and printed may be different from this authoritative online version.

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About Regulation

OCN NI

Open College Network Northern Ireland (OCN NI) is a regulated Awarding Organisation based in Northern Ireland. OCN NI is regulated by CCEA Regulation to develop and award professional and technical (vocational) qualifications from Entry Level up to and including Level 5 across all sector areas. In addition, OCN NI is regulated by Ofqual to award similar qualification types in England.

The Regulated Qualifications Framework: an overview

The Regulated Qualifications Framework (RQF) was introduced on 1st October 2015: the RQF provides a single framework for all regulated qualifications.

Qualification Level

The level indicates the difficulty and complexity of the knowledge and skills associated with any qualification. There are eight levels (Levels 1-8) supported by three 'entry' levels (Entry 1-3).

Qualification Size

Size refers to the estimated total amount of time it could typically take to study and be assessed for a qualification. Size is expressed in terms of Total Qualification Time (TQT), and the part of that time typically spent being taught or supervised, rather than studying alone, is known as Guided Learning Hours (GLH).

Qualification Features

Sector Subject Area

8.1 Sport, leisure and recreation

Qualifications Aim

The OCN NI Level 2 qualifications in Sport have been designed to provide an introduction to skills and knowledge required for working within the sports and active leisure sectors.

Qualifications Objectives

Learners will have the opportunity to:

- develop skills and knowledge applicable across a range of sports and active leisure activities
- prepare for entry into employment in the sports and active leisure industries
- progress to further/higher education

The qualifications relate to the National Occupational Standards for Sport.

http://www.skillsactive.com/images/downloads/Exercise_and_Fitness_NOS_Core_Knowledge_Requirements_March_2016.pdf

Grading

Grading for these qualifications is pass/fail.

Qualification Target Group

The qualifications are targeted at learners who wish to develop their understanding of the sports and active leisure sectors.

Progression Opportunities

The OCN NI qualifications in Sport will allow learners to progress from award to certificate/diploma and also to:

- other level 2 vocational qualifications
- level 3 qualifications in a sports and/or active leisure related area
- employment within the sports and/or active leisure industries

NI Entitlement Framework

The Department of Education sets out the minimum number and range of courses a school should offer at Key Stage 4 and Post-16. The Entitlement Framework (EF) is the Post-14 curriculum which puts the needs of pupils first. It aims to provide access for pupils to a broad and balanced curriculum to enable them to reach their full potential no matter which school they attend or where they live.

The Entitlement Framework is designed to ensure equity and access to educational opportunities for all learners and enables schools to offer a broad and balanced, economically relevant curriculum to meet the needs and aspirations of all pupils. It will guarantee that all pupils have access to a minimum number of courses at Key Stage 4 and Post-16, of which at least one third must be general and one third applied.

The OCN NI Level 2 Certificate and the OCN NI Level 2 Extended Certificate in Sport have been approved by the Department of Education and added to the NIEFQAN file.

For further information visit: <https://www.education-ni.gov.uk/articles/qualifications>

Entry Requirements

There are no formal entry requirements however learners must be at least 14 years old on completion of the qualification and it is expected that learners will receive appropriate advice and guidance regarding the level and suitability of the qualification.

Delivery Languages

These qualifications are available in English only at this time. If you wish to offer the qualifications in Welsh or Irish (Gaeilge) then please contact OCN NI who will review demand and provide as appropriate.

Centre Requirements for Delivering the Qualification

Centre Recognition and Qualification Approval

New and existing OCN NI recognised centres must apply for and be granted approval to deliver the qualification prior to the commencement of delivery.

Centre Staffing

Centres are required to have the following roles in place as a minimum, although a member of staff may hold more than one role*:

- Centre contact
- Programme Co-ordinator
- Tutor
- Assessor
- Internal Verifier

*Note: A person cannot be an internal verifier for their own assessments.

Tutors

Tutors delivering the qualifications should be occupationally competent at a higher level than the qualification and have a minimum of one year's relevant experience in the sport and/or active leisure sectors.

Assessors

The qualifications are assessed within the centre and are subject to OCN NI's quality assurance processes. Units are achieved through internally set, internally assessed, and internally verified evidence.

Assessors must:

- be occupationally competent at a higher level than the qualification
- have a minimum of one year's experience in the area they are assessing
- have direct or related relevant experience in assessment
- have a sound understanding of the current National Occupational Standards (NOS)
- assess all assessment tasks and activities

Internal Verification

OCN NI qualifications must be scrutinised through the centre's internal quality assurance processes as part of the recognised centre agreement with OCN NI. The centre must appoint an experienced and trained centre internal verifier whose responsibility is to act as the internal quality monitor for the verification of the delivery and assessment of the qualifications.

The centre must agree a working model for internal verification with OCN NI prior to delivery of the qualifications.

Internal Verifiers must:

- have direct or related relevant experience in assessment and verification
- attend OCN NI's internal verifier training in order to be approved by OCN NI
- support tutors and assessors through centre standardisation meetings held within the centre at appropriate points in the year and records maintained for the external verifier
- sample assessments according to the centre's sampling strategy
- ensure tasks are appropriate to the level being assessed
- maintain up-to-date records supporting the verification of assessment and learner achievement

Structure and Content

OCN NI Level 2 Award in Sport

To achieve the qualification, learners must successfully complete 8 credits from any of the optional units.

Total Qualification Time (TQT) for this qualification: 80
Guided Learning Hours (GLH) for this qualification: 64

OCN NI Level 2 Certificate in Sport

To achieve the qualification, learners must successfully complete 16 credits from any of the optional units.

Total Qualification Time (TQT) for this qualification: 160
Guided Learning Hours (GLH) for this qualification: 128

OCN NI Level 2 Extended Certificate in Sport

To achieve the qualification, learners must successfully complete 32 credits from any of the optional units.

Total Qualification Time (TQT) for this qualification: 320
Guided Learning Hours (GLH) for this qualification: 256

OCN NI Level 2 Diploma in Sport

To achieve the qualification, learners must successfully complete 64 credits from any of the optional units.

Total Qualification Time (TQT) for this qualification: 640
Guided Learning Hours (GLH) for this qualification: 512

The Qualifications consist of the following units:

Unit Reference Number	OCN NI Unit Code	Unit Title	TQT	Credit Value	Level
<i>Optional Units</i>					
R/616/6097	CBD986	Fitness for Sport and Exercise	80	8	Two
Y/6106/6098	CBD987	Developing Exercise Programmes	80	8	Two
D/616/6099	CBD988	Sports Coaching	80	8	Two
J/616/6100	CBD989	Outdoor Adventure Sports	80	8	Two
L/616/6101	CBD990	Lifestyle improvement	80	8	Two
R/616/6102	CBD991	Undertaking a Sports Project	80	8	Two
Y/616/6103	CBD992	Undertaking a Sports Based Mentorship as a Mentee	80	8	Two
D/616/6104	CBD993	Applied Fitness Testing	80	8	Two
H/616/6105	CBD994	Engaging with the Sports Community	80	8	Two
K/616/6106	CBD995	Using Technology in Sport to Improve Performance	80	8	Two
M/616/6107	CBD996	Plan and Deliver a Sports Activity Session	80	8	Two
T/616/6108	CBD997	Anatomy and Physiology	80	8	Two
A/616/6109	CBD998	The Impact of Exercise on the Body	80	8	Two
M/616/6110	CBD999	Undertaking Sporting Activities	80	8	Two

Unit Details

Title	Fitness for Sport and Exercise	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD986	
Unit Reference No	R/616/6097	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the fundamentals of fitness training including understanding components of physical and skills related fitness, principles of training in terms of Frequency, Intensity, Time and Type (FITT), and training for fitness components.		
Learning Outcomes	Assessment Criteria	
1. Understand the components of physical fitness.	1.1. Describe six components of physical fitness. 1.2. Describe the importance of the physical fitness components for two contrasting athletes.	
2. Understand the components of skill-related fitness.	2.1. Illustrate five skill-related components of fitness. 2.2. Describe the importance of the skill-related fitness components for two contrasting athletes.	
3. Be able to apply the principles of training in terms of Frequency, Intensity, Time and Type (FITT).	3.1. Describe the principles of training in terms of the FITT principles. 3.2. Apply the FITT principles to a given athlete's training programme.	
4. Be able to use methods of training for fitness components.	4.1. Describe a method of training for four components of fitness. 4.2. Demonstrate a method of training for each of the following: a) cardiovascular fitness b) muscular endurance c) flexibility d) speed	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise	Record of observation Learner notes/written work Learner log

	and apply skills and knowledge	
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Title	Developing Exercise Programmes	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD987	
Unit Reference No	Y/616/6098	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to develop, monitor and review exercise programmes.		
Learning Outcomes	Assessment Criteria	
1. Know how to conduct effective warm-up and cool-down activities.	1.1. Describe the functions and structure of effective warm-up and cool-down activities. 1.2. Demonstrate effective warm-up and cool-down activities.	
2. Know how to develop an exercise programme.	2.1. Complete a Physical Activity Readiness Questionnaire (PARQ). 2.2. Set Specific Measurable Achievable Relevant Time-bound (SMART) goals for a four-week programme. 2.3. Develop a four-week programme applying the principles of training including identifying elements of choice.	
3. Know how to monitor the progress of an exercise programme.	3.1. Use at least three methods to monitor the progress of an exercise programme including the use of: a) training diary b) numerical data	
4. Be able to review an exercise programme.	4.1. Review an exercise programme identifying strengths and any recommendations for improvement.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary

E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests
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Title	Sports Coaching	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD988	
Unit Reference No	D/616/6099	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to plan, lead and review a sports coaching session.		
Learning Outcomes	Assessment Criteria	
1. Know the principles and skills required to develop a sports coaching session.	1.1 Summarise the key skills required to lead an effective sports coaching session. 1.2 Describe the principles on which a sports coaching session may be developed.	
2. Be able to develop a sports coaching session plan.	2.1 Illustrate the structure of a coaching session. 2.2 Produce a coaching session plan for a selected sport. 2.3 Identify key risk factors for a sports coaching session.	
3. Be able to deliver a sports coaching session.	3.1 Deliver a sports coaching session with support. 3.2 Deliver a sports coaching session independently.	
4. Be able to evaluate coaching performance.	4.1 Carry out a review of the planning and delivery of a sports coaching session. 4.2 Identify strengths and possible areas for improvement of a sports coaching session. 4.3 Describe coaching strategies that may be employed to improve a sports coaching session.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary

E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests
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Title	Outdoor Adventure Sports	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD989	
Unit Reference No	J/616/6100	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand outdoor adventure sports including environmental impact, differing types, equipment, health and safety and first aid.		
Learning Outcomes		Assessment Criteria
1. Know the impact of outdoor adventure sports on the environment.	1.1	Describe the impact of outdoor adventure sports on the environment.
2. Be able to participate in a variety of outdoor adventure sports.	2.1	Participate in three water-based and three land-based outdoor adventure sports and evaluate own performance including environmental considerations.
3. Understand the use of outdoor adventure sports equipment and appropriate personal protective equipment (PPE).	3.1	Describe and demonstrate the use of outdoor adventure sports equipment and PPE in at least three different environments.
4. Know how to respond and provide emergency first aid.	4.1	Describe at least three situations which require emergency first aid support and the appropriate procedures that should be followed.
	4.2	Apply effective first aid skills to at least three different simulated basic emergency situations.
5. Recognise the importance of maintaining appropriate health and safety standards when participating in outdoor adventure sports.	5.1	Describe health and safety standards for at least three outdoor adventure activities.
	5.2	Carry out health and safety checks for at least three outdoor adventure activities.
	5.3	Illustrate how to assemble and maintain the equipment and materials used in a first aid kit suitable for a given activity and location.
	5.4	Describe how to maintain and check the suitability of stock for a first aid kit.
Assessment Guidance		
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Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Title	Lifestyle Improvement
Level	Two
Credit Value	8
Guided Learning Hours (GLH)	64
OCN NI Unit Code	CBD990
Unit Reference No	L/616/6101
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand key health guidelines and techniques used to assess an individual's health, factors impacting on health and strategies used to improve the health of an individual.	
Learning Outcomes	Assessment Criteria
1. Know the factors which may impact on a healthy lifestyle.	1.1 Describe the characteristics of a healthy lifestyle for at least three different age groups. 1.2 Summarise the factors which may positively and negatively impact on an individual's health including: a) physical activity b) smoking c) alcohol consumption d) drug misuse
2. Know the factors which may adversely impact on sports performance and their effects on the body.	2.1 Describe the factors which may adversely impact on sports performance and their effects on the body.
3. Understand strategies which may positively impact on the lifestyle of a selected client.	3.1 Summarise the recommendations and guidelines for a healthy lifestyle for at least three different age groups. 3.2 Describe at least three strategies that may be used to improve a client's lifestyle.
4. Provide lifestyle advice for a selected client.	4.1 Conduct a one-to-one consultation session with a client in order to collect information on their lifestyle and areas they want to improve. 4.2 Select and use at least three strategies to improve the lifestyle of a selected client. 4.3 Provide feedback and recommendations to a selected client.
5. Prepare a health-related physical activity programme for a selected client.	5.1. Summarise the key elements that would comprise a health-related physical activity programme for a client. 5.2 Plan a 6-week health related physical activity programme for a selected client. 5.3 Review the progress of the client, detailing any changes in lifestyle.

Assessment Guidance

The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.

Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Title	Undertaking a Sports Project	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD991	
Unit Reference No	R/616/6102	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to plan, carry out, produce and review a sport-related project.		
Learning Outcomes	Assessment Criteria	
1. Plan a sport-related research project.	1.1 Define the aims of the project. 1.2 Describe the project design and research methods to be used. 1.3 Describe potential legal and ethical issues associated with the project. 1.4 Prepare a literature review.	
2. Perform a data review for a sport-related project.	2.1 Perform data review including: a) identifying data sources b) collecting and recording required data c) assessing data	
3. Produce a sport-related project report.	3.1 Produce a project report which includes: a) aims b) methodology c) results d) conclusion	
4. Review a sport-related project.	4.1 Compare project aims to the project outcomes identifying possible areas for improvement.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary

E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests
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Title	Undertaking a Sports Based Mentorship as a Mentee	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD992	
Unit Reference No	Y/616/6103	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the process of gaining and reviewing a sports based mentorship as a mentee to support own professional development.		
Learning Outcomes		Assessment Criteria
1	Be able to apply to become a mentee within a sports based mentorship.	1.1 Define what is meant by a sports based mentorship. 1.2 Describe the role of mentee and mentor within a sports based mentorship. 1.3 Use effective job-searching techniques to find three suitable mentee opportunities within a sports based mentorship. 1.4 Apply for a suitable mentee position within a sports based mentorship. 1.5 Demonstrate effective interview skills during an interview for a mentee position within a sports based mentorship.
2	Be able to document own professional development in sport.	2.1 Use an appropriate methodology or planning tool with a mentor to assist with setting achievable personal career goals. 2.2 Use an appropriate medium to record own development as a mentee during a sports based mentorship.
3	Be able to reflect on own experience as a mentee within a sports based mentorship.	3.1 Summarise the benefits of undertaking a sports based mentorship as a mentee. 3.2 Assess feedback from others on own performance as a mentee during chosen sports based mentorship. 3.3 Describe own experience as a mentee within a sports based mentorship including recommendations for future career development.
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Title	Applied Fitness Testing	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD993	
Unit Reference No	D/616/6104	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to conduct fitness assessments on individuals.		
Learning Outcomes	Assessment Criteria	
1. Be able to assess the health of a client.	1.1. Carry out a health assessment on a selected client to determine any potential health or fitness issues. 1.2. Assess client health test results identifying possible changes to lifestyle that may enhance client health.	
2. Be able to assess the level of fitness of a client.	2.1. Illustrate at least six fitness tests that may be conducted. 2.2. Select and conduct at least four appropriate fitness tests on a selected client. 2.3. Assess client fitness test results in relation to normative data identifying how a client's fitness may be improved.	
3. Be able to assess fitness and training requirements of an individual to excel at sport.	3.1. Describe the fitness profile of an elite athlete. 3.2. Assess the fitness and training requirements to achieve excellence in at least three different sports.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
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Title	Engaging with the Sports Community	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD994	
Unit Reference No	H/616/6105	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to participate in sports events and sports clubs, and plan, deliver and review sports events.		
Learning Outcomes	Assessment Criteria	
1. Be able to participate in delivery of sports events.	1.1. Identify six future sports events being run in own community. 1.2. Compare the planning process for at least two of the above sports events. 1.3. Participate in the delivery of a chosen sports event and evaluate own contribution.	
2. Be able to participate in sports clubs.	2.1. Describe four voluntary sports clubs from at least two differing sports in own community. 2.2. Describe the importance of the role of volunteers within at least two differing sports clubs. 2.3. Contribute to a sports club or facility as a volunteer for a minimum of six hours. 2.4. Describe own contribution as a volunteer within chosen sports club or other sports facility.	
3. Plan, deliver and review a sports event.	3.1. Produce a proposal for a sports event. 3.2. Plan and deliver a sports event. 3.3. Review your own role in planning and delivering an event identifying possible areas for improvement.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Title	Using Technology in Sport to Improve Performance	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD995	
Unit Reference No	K/616/6106	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the different types of technology used in sport and how they can be used to assess performance.		
Learning Outcomes		Assessment Criteria
1. Know various types of technology used in sport to improve performance.	1.1 Identify at least six different types of technology used in sport. 1.2 Assess the potential benefits of using technology in three different sports.	
2. Be aware of the use of performance criteria when assessing performance in a chosen sport.	2.1 Summarise key performance criteria for a chosen sport or activity that may be assessed using technology.	
3. Carry out performance analysis using sports technology.	3.1 Apply key performance criteria to a specific sport or activity using technology. 3.2 Use technology to assess performance in a chosen sport or activity.	
4. Know how to evaluate sports performance using sports technology.	4.1 Identify strengths and areas for improvement based on technology based assessment of key performance criteria. 4.2 Provide recommendations to improve performance in a sport or activity based on technology based assessment findings.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary

E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests
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Title	Plan and Deliver a Sports Activity Session
Level	Two
Credit Value	8
Guided Learning Hours (GLH)	64
OCN NI Unit Code	CBD996
Unit Reference No	M/616/6107
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to plan, prepare, lead, conclude and review a sports activity session.	
Learning Outcomes	Assessment Criteria
1. Know how to plan a sports activity session.	1.1 Describe the types of information required to tailor a sports activity session for a group or an individual. 1.2 Demonstrate how to check objectives, sequences and timings for a sports activity session. 1.3 Describe the health and safety aspects of preparing and delivering a sports activity session. 1.4 Create a sports activity session plan.
2. Know how to prepare a sports activity session.	2.1 Summarise the types of equipment and facilities required for a sports activity session. 2.2 Choose equipment appropriate to group or individual needs and the venue usage procedures. 2.3 Describe why it is important to be mentally and physically prepared for a sports activity session.
3. Be able to lead a sports activity session.	3.1 Summarise the supervision levels for at least two different sports activities, types of participants, and changing situations during a given session. 3.2 Describe why risks, needs or opportunities during a session may necessitate changes to a session plan. 3.3 Deliver a sports activity session including: <ol style="list-style-type: none"> using at least three different types of communication methods with participants adherence to organisational standards and procedures identifying risks, needs and opportunities
4. Understand how to conclude and review a sports activity session.	4.1 Describe the purpose and techniques used to conclude and review a sports activity session with participants. 4.2 Describe the importance of encouraging participants to take responsibility for the equipment and facilities after use. 4.3 Describe the procedures for recording session information and reporting any incidents or accidents. 4.4 Review a sports activity session identifying areas for improvement.

Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Title	Anatomy and Physiology	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD997	
Unit Reference No	T/616/6108	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the structure and function of the skeletal, muscular, cardiovascular and respiratory systems.		
Learning Outcomes		Assessment Criteria
1. Understand the structure and function of the skeletal system.	1.1 Locate the major bones of the body. 1.2 Classify the different types of bone. 1.3 Classify all three types of joints in the body and the type of movement of each. 1.4 Describe the functions of the human skeleton.	
2. Understand the structure and function of the muscular system.	2.1 Classify the three different types of muscle. 2.2 Describe the different muscle fibre types. 2.3 Locate the major muscles of the body and describe their function.	
3. Understand the structure and function of the cardiovascular system.	3.1 Locate the main components of the human heart. 3.2 Illustrate the function of the cardiovascular system. 3.3 Classify the different types of blood vessels and blood cells.	
4. Understand the structure and function of the respiratory system.	4.1 Locate the main components of the human lungs. 4.2 Illustrate the function of the respiratory system including: a) gaseous exchange b) the mechanism of breathing	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and	Record of observation Learner notes/written work Tutor notes/record

	demonstrate the skills and/or knowledge gained throughout the course	Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Title	The Impact of Exercise on the Body	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD998	
Unit Reference No	A/616/6109	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the body's response to acute/steady-state exercise, fatigue and how the body adapts to long-term exercise.		
Learning Outcomes		Assessment Criteria
1. Understand the body's response to acute exercise.	1.1 Illustrate the responses of the cardiovascular and respiratory systems to acute exercise. 1.2 Describe the responses of the neuromuscular and energy systems to acute exercise.	
2. Understand the body's response to steady-state exercise.	2.1 Illustrate the responses of the cardiovascular and respiratory systems to steady-state exercise. 2.2 Describe the responses of the neuromuscular and energy systems to steady-state exercise.	
3. Understand exercise fatigue and recovery from exercise.	3.1 Describe what is meant by exercise fatigue. 3.2 Illustrate how the body recovers from exercise.	
4. Understand how the body adapts to exercise over the long term.	4.1 Describe how the body adapts to exercise over the long term.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Title	Undertaking Sporting Activities	
Level	Two	
Credit Value	8	
Guided Learning Hours (GLH)	64	
OCN NI Unit Code	CBD999	
Unit Reference No	M/616/6110	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the rules, skills and techniques for differing sports through practical application.		
Learning Outcomes	Assessment Criteria	
1. Be able to demonstrate at least one skill or technique used in selected sports.	1.1. Identify at least five skills and techniques required to perform at least two different sports effectively. 1.2. Demonstrate and record one skill or technique used in at least two different sports. 1.3. Apply skills and techniques in game scenarios for at least two different sports.	
2. Understand the rules, regulations and scoring systems of selected sports.	2.1. Identify the primary rules and laws applied by the governing body for at least two different sports. 2.2. Identify methods of scoring and requirements of winning in at least two different sports.	
3. Be able to review sports performance.	3.1. Summarise how sports performance is scored/judged for at least two different sports. 3.2. Produce a scoring system that may be used to analyse sports performance in at least two different sports. 3.3. Review key performance indicators for at least two different sports. 3.4. Provide performance feedback to the participants and/or coaches in at least two different sports.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	Record of observation Learner notes/written work Tutor notes/record Learner log/diary
E-assessment	The use of information technology to assess learners' work	Electronic portfolio E-tests

Quality Assurance of Centre Performance

External Verification

All OCN NI recognised centres are subject to External Verification. External verification visits and monitoring sports activities will be conducted annually to confirm continued compliance with the conditions of recognition, review the centre's risk rating for the qualifications and to assure OCN NI of the maintenance of the integrity of the qualifications.

The External Verifier will review the delivery and assessment of the qualifications. This will include the review of a sample of assessment evidence and evidence of the internal verification of assessment and assessment decisions. This will form the basis of the EV report and will inform OCN NI's annual assessment of centre compliance and risk. The External Verifier is appointed by OCN NI.

Standardisation

As a process, standardisation is designed to ensure consistency and promote good practice in understanding and application of standards. Standardisation events:

- make qualified statements about the level of consistency in assessment across centres delivering a qualification
- make statements on the standard of evidence that is required to meet the assessment criteria for units in a qualification
- make recommendations on assessment practice
- produce advice and guidance for the assessment of units
- identify good practice in assessment and internal verification

Centres offering units of an OCN NI qualification must attend and contribute assessment materials and learner evidence for standardisation events if requested.

OCN NI will notify centres of the nature of sample evidence required for standardisation events (this will include assessment materials, learner evidence and relevant assessor and internal verifier documentation). OCN NI will make standardisation summary reports available and correspond directly with centres regarding event outcomes.

Administration

Registration

A centre must register learners within 20 working days of commencement of a qualification.

Certification

Certificates will be issued to centres within 20 working days of receipt of correctly completed results marksheets. It is the responsibility of the centre to ensure that certificates received from OCN NI are held securely and distributed to learners promptly and securely.

Charges

OCN NI publishes all up to date qualification fees in its Fees and Invoicing Policy document. Further information can be found on the centre login area of the OCN NI website.

Equality, Fairness and Inclusion

OCN NI has considered the requirements of equalities legislation in developing the specification for these qualifications. For further information and guidance relating to access to fair assessment and the OCN NI Reasonable Adjustments and Special Considerations policies, centres should refer to the OCN NI website.

Retention of Evidence

OCN NI has published guidance for centres on the retention of evidence. Details are provided in the OCN NI Centre Handbook and can be accessed via the OCN NI website.

OCN NI Level 2 Award in Sport - Qualification Number: 603/2562/8
OCN NI Level 2 Certificate in Sport – Qualification Number:
603/2563/X
OCN NI Level 2 Extended Certificate in Sport – Qualification Number:
603/2565/3
OCN NI Level 2 Diploma in Sport – Qualification Number: 603/2566/5

Operational start date: 01 November 2017
Operational end date: 31 October 2027
Certification end date: 31 October 2029

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