

## Multi-Skills Course Requirements and Formats

For the courses below, we have identified the relevant formats. These are usually:

- **Online:** This includes self-directed learning content and learning material being delivered to learners virtually by a course tutor through a virtual classroom environment
- **Face to face:** Delivery is taught in person and excludes online delivery
- **Blended:** This includes a mixture of online (self-directed learning content and/or tutored delivery) along with face to face delivery.

For courses which are face to face or use a blended approach, all venues used for the delivery of multi-skills are required to:

- Comply with accepted health and safety practices
- Have appropriate access arrangements
- Be conducive to learning (e.g. appropriate lighting, temperature, and noise levels)
- Have access to a projector or TV screen with appropriate connections for laptops (e.g. HDMI)

### Course categories

We have two course organiser categories:

- **Closed course:** this is for a specific group and closed to the general public
- **Part course:** this is where the course organiser has a group of learners but cannot fulfil minimum learner numbers. We are able to advertise places externally and manage any external bookings.

**Please be aware we have specified minimum and maximum numbers. We can accommodate less numbers than the specified minimum but the price per person may need to increase to cover associated overheads.**

1 <sup>st</sup> 4Sport Level 1 Award for Activators (Multi-Skills)			
Face to face		Blended	
Format	<ul style="list-style-type: none"> <li>• 6 hours delivered practically</li> <li>• Completion of portfolio</li> </ul>	Format	<ul style="list-style-type: none"> <li>• 2 hours delivered virtually through a virtual classroom (ahead of the practical session)</li> <li>• 4 hours delivered practically</li> <li>• Completion of portfolio</li> </ul>
Facility / equipment requirements	<ul style="list-style-type: none"> <li>• A theory space which includes an adequate number of seats and tables (not benches)</li> <li>• A playing area/practical space wherein multi-skills sessions may take place in safety and comfort</li> <li>• Toilets and changing room facilities for both male and female learners/participants</li> <li>• Have access to multi-skills equipment e.g. bean bags, a range of balls, hurdles, hoops, floor markers, hurdles, bibs (access to this equipment is beneficial but not ultimately essential)</li> </ul>	Facility / equipment requirements	<ul style="list-style-type: none"> <li>• Access to a laptop with a microphone</li> <li>• A playing area/practical space wherein multi-skills sessions may take place in safety and comfort</li> <li>• Toilets and changing room facilities for both male and female learners/participants</li> <li>• Have access to multi-skills equipment e.g. bean bags, a range of balls, hurdles, hoops, floor markers, hurdles, bibs (access to this equipment is beneficial but not ultimately essential)</li> </ul>
Eligibility	Learners must be at least 14 years of age and be able to communicate effectively in English (this includes speaking, reading, writing and listening)		
Minimum / maximum numbers	12: 16 with one tutor		
Tutor fees and expenses	Included in the price per person up to a 200 mile round trip** Please note, venue fees are not included in the price per person.		

<b>1st4Sport Level 1 Award in Assistant Coaching (Multi-Skills) - Regulated</b>			
<b>Face to face</b>		<b>Blended</b>	
<b>Format</b>	<ul style="list-style-type: none"> <li>• Digital learning to be completed in learners own time</li> <li>• 2 x 4 hours delivered practically (over 2 days)</li> <li>• Completion of portfolio</li> </ul>	<b>Format</b>	<ul style="list-style-type: none"> <li>• Digital learning to be completed in learners own time</li> <li>• 2 hours delivered virtually through a virtual classroom (ahead of the practical session)</li> <li>• 8 hours delivered practically (including assessments)</li> <li>• Completion of portfolio</li> </ul>
<b>Facility / equipment requirements</b>	<ul style="list-style-type: none"> <li>• A theory space which includes an adequate number of seats and tables (not benches)</li> <li>• A playing area/practical space wherein multi-skills sessions may take place in safety and comfort</li> <li>• Toilets and changing room facilities for both male and female learners/participants</li> <li>• Have access to multi-skills equipment e.g. bean bags, a range of balls, hurdles, hoops, floor markers, hurdles, bibs (access to this equipment is beneficial but not ultimately essential)</li> </ul>	<b>Facility / equipment requirements</b>	<ul style="list-style-type: none"> <li>• Access to a laptop with a microphone</li> <li>• A playing area/practical space wherein multi-skills sessions may take place in safety and comfort</li> <li>• Toilets and changing room facilities for both male and female learners/participants</li> <li>• Have access to multi-skills equipment e.g. bean bags, a range of balls, hurdles, hoops, floor markers, hurdles, bibs (access to this equipment is beneficial but not ultimately essential)</li> </ul>
<b>Eligibility</b>	Learners must be at least 14 years of age and be able to communicate effectively in English (this includes speaking, reading, writing and listening)		
<b>Minimum / maximum numbers</b>	12: 16 with one tutor		
<b>Tutor fees and expenses</b>	Included in the price per person up to a 200 mile round trip** Please note, venue fees are not included in the price per person.		

1 <sup>st</sup> 4Sport Level 2 Award in Multi-Skills Development in Sport			
Face to face		Blended	
Format	<ul style="list-style-type: none"> <li>• 2 practical days (9-5pm)</li> <li>• Minimum of a 6 week gap</li> <li>• Assessment day (9-5pm)</li> <li>• Completion of portfolio</li> </ul>	Format	<ul style="list-style-type: none"> <li>• Online learning via our e-platform (maximum of 2 hours)</li> <li>• 2 virtual classroom sessions of 2 hours each</li> <li>• Practical day (9-5pm)</li> <li>• 1 virtual classroom session of 2 hours</li> <li>• Minimum of a 6 week gap</li> <li>• Assessment day (9-5pm)</li> <li>• Completion of portfolio</li> </ul>
Facility / equipment requirements	<ul style="list-style-type: none"> <li>• A theory space which includes a classroom containing an adequate number of seats and tables (not benches) for the cohort</li> <li>• A playing area/practical space wherein multi-skills sessions may take place in safety and comfort (ideally a minimum of 2 badminton courts for day 1 and 2 and a full sports hall for day 3)</li> <li>• Toilets and changing room facilities for both male and female learners/participants</li> <li>• Have access to multi-skills equipment e.g. bean bags, a range of balls, hurdles, hoops, floor markers, hurdles, bibs (access to this equipment is beneficial but not ultimately essential)</li> </ul>	Facility / equipment requirements	<ul style="list-style-type: none"> <li>• A playing area/practical space wherein multi-skills sessions may take place in safety and comfort (ideally a minimum of 1 badminton court for day 1 and a full sports hall for day 2)</li> <li>• Toilets and changing room facilities for both male and female learners/participants</li> <li>• Have access to multi-skills equipment e.g. bean bags, a range of balls, hurdles, hoops, floor markers, hurdles, bibs (access to this equipment is beneficial but not ultimately essential)</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• Learners must be at least 17 years of age (18 years of age to coach independently) and be able to communicate effectively in English (this includes speaking, reading, writing and listening)</li> <li>• Hold or working towards a minimum of recognised level 2 sports specific coaching qualification or equivalent. Equivalent qualification must include evidence of planning, delivering and reviewing coaching sessions. Undergraduate degree programmes (or completed undergraduate modules) which clearly evidence this experience will also be considered as suitable evidence</li> </ul>		
Minimum / maximum numbers	12: 16 with one tutor		

Tutor fees and expenses	Included in the price per person up to a 200 mile round trip** Please note, venue fees are not included in the price per person.
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We recommend a 4-6-week gap between the practical days and the assessment day as there is a requirement for learners to plan, deliver and evaluate 4 linked and progressive sessions. This is flexible and can be moved forward if required.

<b>1<sup>st</sup>4Sport Level 2 Certificate in Multi-Skills Development in Sport</b>			
<b>Face to face</b>		<b>Blended</b>	
Format	<ul style="list-style-type: none"> <li>• 4 x practical days (9-5pm)</li> <li>• Minimum of a 6 week gap</li> <li>• Assessment day (9-5pm)</li> <li>• Completion of portfolio</li> </ul>	Format	<ul style="list-style-type: none"> <li>• Online learning via our e-platform (maximum of 6 hours)</li> <li>• 2 x virtual classroom sessions of 2 hours each</li> <li>• Online learning via our e-platform (maximum of 6 hours)</li> <li>• 1 x practical day (9-5pm)</li> <li>• 1 x virtual classroom session of 2 hours</li> <li>• Minimum of a 6 week gap</li> <li>• Assessment day (9-5pm)</li> <li>• Completion of portfolio</li> </ul>
Facility / equipment requirements	<ul style="list-style-type: none"> <li>• A theory space which includes a classroom containing an adequate number of seats and tables (not benches) for the cohort</li> <li>• A playing area/practical space wherein multi-skills sessions may take place in safety and comfort (ideally a minimum of 2 badminton courts for days 1-4 and a full sports hall for day 3)</li> <li>• Toilets and changing room facilities for both male and female learners/participants</li> <li>• Have access to multi-skills equipment e.g. bean bags, a range of balls, hurdles, hoops, floor markers, hurdles, bibs (access to this equipment is beneficial but not ultimately essential)</li> </ul>	Facility / equipment requirements	<ul style="list-style-type: none"> <li>• A playing area/practical space wherein multi-skills sessions may take place in safety and comfort (ideally a minimum of 1 badminton court for day 1 and a full sports hall for day 2)</li> <li>• Toilets and changing room facilities for both male and female learners/participants</li> <li>• Have access to multi-skills equipment e.g. bean bags, a range of balls, hurdles, hoops, floor markers, hurdles, bibs (access to this equipment is beneficial but not ultimately essential)</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• Learners must be at least 17 years of age (18 years of age to coach independently)</li> <li>• Be able to communicate effectively in English (this includes speaking, reading, writing and listening)</li> </ul>		

1 <sup>st</sup> 4Sport Level 2 Certificate in Multi-Skills Development in Sport		
	Face to face	Blended
Minimum / maximum numbers	12: 16 with one tutor	
Tutor fees and expenses	Included in the price per person up to a 200 mile round trip** Please note, venue fees are not included in the price per person.	

We recommend a 6-week gap between the practical days and the assessment day as there is a requirement for learners to plan, deliver and evaluate 6 linked and progressive sessions. This is flexible and can be moved forward if required.

\*\* Course organisers will be asked to pay additional mileage if travel exceeds a 200 mile round trip at 30p per mile

### FAQs

*What if I have award and certificate learners? Can they attend the same course?*

It is possible to run a level 2 multi-skills course that has both award and certificate learners using the blended approach for both options.

If you have any questions, please do not hesitate to contact us via email [Education@sportstructures.com](mailto:Education@sportstructures.com).