



Qualification Specification for:

**OCN NI Level 3 Diploma in Performance
Coaching for Gaelic Sports
(Revised 2017)**

➤ **Qualification No: 600/4141/9**

Qualification Regulation Information

Qualification Number:	600/4141/9
Operational start date:	01 December 2011
Operational end date:	31 October 2020
Certification end date:	31 October 2023

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 and the certification end date is the last date by which learners can 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 qualification:

→ **OCN NI Level 3 Diploma in Performance Coaching for Gaelic Sports**

This specification sets out:

- Qualification features
- Centre requirements for delivering and assessing the qualification
- The structure and content of the qualification
- Unit details
- 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.ocnni.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.

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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).

For further information about the RQF see:

<https://www.ocnni.org.uk/blog/regulated-qualifications-framework-rqf/>

Qualification Summary

The OCN NI Level 3 Diploma in Performance Coaching for Gaelic Sports qualification has four mandatory units. Each Unit has a credit value of 10 building to 40 credits for the full qualification. Ulster GAA will offer a course to its volunteers/learners working towards this qualification.

The Ulster GAA's Personal Development Programme (PDP) is designed to maximise the opportunity that volunteers have when working within their club environment. The potential exists to access the opportunities within the club environment and enhance their personal competencies and skills as well as their knowledge within coaching, club governance and club administration. Volunteers often receive a "pat on the back" for the work that they do; the ambition is to provide the chance to get credit for their voluntary work. If the volunteer/learner over time takes a number of units they can begin to build towards a specific qualification. Going forward there will be additional units and qualifications developed to give volunteers/learners a greater choice.

Sector Subject Area

8.1 Sport, leisure and recreation

Grading

Grading for this qualification is pass/fail

Qualification Target Group

The OCN NI Level 3 Diploma in Performance Coaching for Gaelic Sports is aimed at GAA coaches who have achieved the GAA National Award 1 Coaching certification in either youth or adult streams. This programme is being delivered to meet the increasing needs of coaches who want to coach at the top level within club, college and county team structures. It recognises that these GAA Coaches need to be skilled up in all aspects of coaching, mentoring and sport education.

Entry Requirements

There are no formal restrictions on entry. It is expected, however, that a learner will receive appropriate advice and guidance regarding the suitability of the qualification and the pathway through the qualification suite in order to achieve their expected outcomes.

Learners must be:

- 18 years of age or older

Delivery Languages

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

Methods of Assessment

Methods of Assessment will be as listed in the unit details. All evidence will be internally assessed by qualified centre assessors and internally verified by the approved centres. External verification visits and monitoring activities will be conducted with centres annually to confirm the evaluation of risk and compliance and to ensure the integrity of the qualification.

Assessment guidance for each unit is contained in OCN NI's Unit Template and centres should design the method of assessment in accordance with OCN NI's Assessment Methods Document. If you have any queries about assessment guidance please contact OCN NI.

Structure and Content

The table below summarises the structure of this qualification. In order to achieve the qualification learners are required to complete four mandatory units achieving a total of 40 credits at level 3.

Total Qualification Time (TQT) for this qualification: 400 hours
 Guided Learning Hours (GLH) for this qualification: 240 hours

Unit Reference Number	OCN NI Unit Code	Unit Title	TQT	Credit Value	Level
A/503/5817	CAQ790	Coaching Strategies for Improving Performance in Gaelic Sports	100	10	Three
F/503/5818	CAQ791	Using Technology and Physical Preparation in Gaelic Sports	100	10	Three
F/503/5821	CAQ792	The use of Planning and Periodisation in Gaelic Sports	100	10	Three
L/503/5823	CAQ793	Building Team Success in Gaelic Sports	100	10	Three

Unit Details

Title	Coaching Strategies for Improving Performance in Gaelic Sports	
Level	3	
Credit Value	10	
Guided Learning Hours (GLH)	60	
OCN NI Unit Code	CAQ790	
Unit Reference No	A/503/5817	
<i>Unit purpose and aim(s):</i> This unit will enable learners to evaluate relevant strategies to improve sports performance, to plan appropriate diet plans and to understand the importance of motivation and having a positive mental attitude.		
Learning Outcomes		Assessment Criteria
1. Understand strategies for improving performance.	1.1. Evaluate strategies for improving performance. 1.2. Explain the relationship between diet and performance. 1.3. Critically compare the diet plans required by players.	
2. Understand motivational techniques in Gaelic sport.	2.1. Explain the importance of possessing a positive mental attitude. 2.2. Analyse how players process negative and positive thoughts. 2.3. Explain the process involved in creating a successful mindset.	
3. Understand the process of visualisation.	3.1. Explain the process of pre-match routines 3.2. Explain the concept of visualisation and how it may.	
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
Oral examination	An assessor poses questions to the learner in spoken form. The student has to answer the question in such a way as to demonstrate sufficient knowledge of the subject in order to pass the exam.	Tutor notes / record Audio/video record Record of observation
Task based controlled assessment	A form of internal assessment with 3 stages (task setting, task taking and task marking) where the control levels for each assessment stage are defined by the qualifications regulators	Set tasks Written reports

Title	Using Technology and Physical Preparation in Gaelic Sports	
Level	3	
Credit Value	10	
Guided Learning Hours (GLH)	60	
OCN NI Unit Code	CAQ791	
Unit Reference No	F/503/5818	
<i>Unit purpose and aim(s):</i> This unit will enable learners to identify components of physical fitness, to compare demands of different team positions and analyse the training implications. Learners will compare the use of technology and the impact of subsequent results on training programmes.		
Learning Outcomes	Assessment Criteria	
1. Understand the physiological demands of Gaelic Games.	1.1. Summarise the key components of physical fitness. 1.2. Critically compare the variation in physical demands between team positions and codes. 1.3. Analyse the implications for training programmes of differing team positions and codes.	
2. Understand the use of technology in monitoring physiological demands.	2.1. Critically compare and analyse the potential of different technologies. 2.2. Describe how they can be utilised within Gaelic Sport.	
3. Understand how technological information can be used to inform the training regime.	3.1. Explain how technological information can be utilised. 3.2. Analyse how information can impact on outcomes.	
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

Oral examination	An assessor poses questions to the learner in spoken form. The student has to answer the question in such a way as to demonstrate sufficient knowledge of the subject in order to pass the exam.	Tutor notes / record Audio/video record Record of observation
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Title	The use of Planning and Periodisation in Gaelic Sports	
Level	3	
Credit Value	10	
Guided Learning Hours (GLH)	60	
OCN NI Unit Code	CAQ792	
Unit Reference No	F/503/5821	
<i>Unit purpose and aim(s):</i> This unit will enable learners to identify key planning stages in the GAA coaching model and potential risks. Learners will understand periodisation and design an appropriate performance model. Learners will also analyse the importance of player welfare.		
Learning Outcomes		Assessment Criteria
1. Understand the role planning has in relation to the Gaelic Athletic Association (GAA) coaching model.	1.1. Explain the stages in planning. 1.2. Describe how the FITT Principles can be used to assist planning. 1.3. Identify potential risks to successful planning. 1.4. Analyse the adverse outcomes of failing to plan.	
2. Understand the theory of periodisation.	2.1. Explain the meaning of periodisation. 2.2. Summarise the different models of periodisation. 2.3. Analyse the issues in designing a suitable periodisation model. 2.4. Explain the periodisation model used in GAA Performance Sport.	
3. Understand the importance of player welfare.	3.1. Explain why player welfare is important. 3.2. Analyse the demands pertaining to the GAA Athlete. 3.3. Describe how the demands that have been analysed may be addressed. 3.4. Explain the impact of demands experienced by players.	
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

Oral examination	An assessor poses questions to the learner in spoken form. The student has to answer the question in such a way as to demonstrate sufficient knowledge of the subject in order to pass the exam.	Tutor notes / record Audio/video record Record of observation
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Title	Building Team Success in Gaelic Sports	
Level	3	
Credit Value	10	
Guided Learning Hours (GLH)	60	
OCN NI Unit Code	CAQ793	
Unit Reference No	L/503/5823	
<i>Unit purpose and aim(s):</i> This unit will enable learners to understand shared sporting performance objectives, analyse and evaluate obstacles in coaching and understand fitness protocols and profiling. Learners will create a spreadsheet of fitness results, analyse data and apply this to a training plan.		
Learning Outcomes	Assessment Criteria	
1. Understand the importance of shared objectives in performance sports coaching.	1.1. Summarise the key components of sports needs analysis. 1.2. Explain the process of agreeing shared objectives in the Gaelic sports context.	
2. Understand how to negotiate obstacles in performance sports coaching.	2.1. Analyse and evaluate obstacles to progress. 2.2. Analyse strategies to overcome obstacles in the Gaelic sports context.	
3. Understand the process of testing and profiling in performance sports coaching.	3.1. Explain the physiological protocols for fitness testing. 3.2. Analyse and evaluate the benefits of individual & team profiling.	
4. Know how to interpret results data.	4.1. Perform interpretation of a fitness results spreadsheet. 4.2. Analyse how the results data can inform the training programme.	
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
Oral examination	An assessor poses questions to the learner in spoken form. The student has to answer the question in such a way as to demonstrate sufficient knowledge of the subject in order to pass the exam.	Tutor notes / record Audio/video record Record of observation

Quality Assurance of Centres

Offering OCN NI Qualifications

This qualification is only available through OCN NI recognised centres. If you would like to find out more about either becoming a recognised centre or working in partnership with a recognised centre, please access the “[New Centre Enquiry](#)” area of the website or contact a member of the Customer Services Team for more information. OCN NI will advise you on the best and most efficient methods for offering this qualification to learners. All procedures for the use of this qualification or units of this qualification, including approval, registration of learners, verification and certification will be completed through OCN NI who will provide an identified member of staff to support your centre.

OCN NI will produce and publish on an annual basis, the **OCN NI Centre Handbook**. This document outlines the Qualification/Course delivery arrangements in line with regulatory requirements. In summary our approach to recognising, approving and monitoring centres is informed by the nature and risks associated with particular qualification types and as with the approach adopted by regulators we will use these groupings to help plan how we allocate resources and undertake various activities. Centre staff should familiarise themselves with the Centre Handbook.

Additional Information for Centres

1. OCN NI will provide ongoing support and advice on the use of OCN NI units and qualifications including the requirements for assessment.
2. Approval should always take place through the normal OCN NI processes and will be explicitly recorded.
3. All centres approved to offer OCN NI units and qualifications will be allocated a unique OCN NI Centre Number.
4. Each centre should identify a centre contact who will be responsible for OCN NI unit and qualifications within the centre.
5. The centre contact must ensure all procedures relating to the delivery of the qualification operate effectively in the centre.
6. The centre contact is the person responsible for confirming and ensuring that the centre meets all the OCN NI requirements for Centre Recognition.
7. The centre contact is responsible for ensuring all relevant OCN NI documentation is distributed as required within the centre and that the security requirements for External Assessment (where applicable) are adhered.

Assessment

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

Assessors must:

- have a minimum of one year's experience in the occupational 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

The qualification 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 qualification.

Note: the centre must agree a working model for internal verification with OCN NI prior to delivery of any programme.

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

External Verification

External verification visits and monitoring activities will be conducted with centres annually to confirm the evaluation of risk and compliance and to ensure the integrity of the qualification.

External verifiers' reports will be based on actual evidence provided by the centre internal verifier and a selection of sampled assessed evidence from registered candidates. This will inform both OCN NI and the centre about training needs for tutors, assessors or internal verifiers, if observed within centres. OCN NI will consider these needs and the actions required to remedy any problems when agreeing the centre offer for the following year.

External Verifiers:

- will be appointed by OCN NI
- must have direct or related relevant experience in assessment and verification
- must have a sound understanding of the current National Occupational Standards (NOS)

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 on its website and correspond directly with centres regarding event outcomes.

Recognition of Prior Learning (RPL), exemptions and/or equivalences

Learners will often embark on a qualification with some form of prior achievement and experience and as such OCN NI operates a process whereby these can be recognised so as to remove unnecessary duplication and repetition. Centres should refer to the OCN NI guidance for making Recognition of Prior Learning (RPL), exemptions and/or equivalence document which can be located in the Qualification/Course Delivery Manual.

Retention of Evidence

OCN NI has published guidance for centres on the retention of evidence. Details can be accessed via the OCN NI website www.ocnni.org.uk

Certification

Certificates will be sent to centres within 20 working days of receipt of correctly completed results marksheet.

It is the responsibility of the centre to distribute certificates to learners promptly and securely.

Charges

OCN NI publish all up to date qualification fees annually in its Fees and Invoicing Policy document. Further information can be found on OCN NI's website www.ocnni.org.uk

Progression Opportunities

The long-term vision for the Ulster GAA is to have a number of mandatory units/modules that can be offered to volunteers. These will build into certificates in respective areas. If the volunteer over time takes a number of these they can begin to build a qualification at level 3/4 by taking these mandatory units and then by accessing further optional units that exist within the Qualifications Credit Framework.

Equality and Inclusion

We have considered the requirements of equalities legislation in developing this specification. Vocational qualifications often require the assessment of a broad range of competences. This is because they are designed to prepare learners for the vocational area being studied.

For further information and guidance relating to access to fair assessment and the reasonable adjustments and special considerations policies, please refer to the OCN NI website.

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