



SIXTH FORM

# Higher Sports

**LEADER  
AWARD**  
Year 13 only



## WHY CHOOSE HSLA?

The HSLA is a nationally recognised qualification, and can be seen as an excellent stepping-stone for voluntary work, jobs and further training for sports development, leisure management and sports coaching.

## HOW USEFUL WILL IT BE?

Through the Sports Leaders awards, Sports Leaders UK trains young people to be leaders in their community, providing them with communication, planning and organisation skills and the ability to motivate others. For many, the Sports Leader Awards are a gateway not just to gaining employment, National Governing Body Coaching Awards, and accessing further education, but also to a leading role in society. The higher Sports Leader Award has been recognised for its Disabled People & Sport component and the opportunities the course provides for sports leaders to work with disabled people.

The HSLA is divided into nine units of work, eight of which must be passed for the Sports Leaders to obtain the Award. The HSLA is a 120 hour course, requiring a minimum of 90 contact hours of instruction and practical work and a minimum of 30 hours of voluntary sports leadership experience.

## WHAT WILL YOU NEED TO DO TO BE SUCCESSFUL?

Students will need a genuine interest and enthusiasm for Sports Leader Awards. They will also need to be able to manage their time wisely to ensure that they complete voluntary hour deadlines. The success of the candidate and the course will depend on the ability of students to work both as individuals and as part of a team.

## WHAT WILL YOU STUDY ON THE COURSE IN YEAR 13 – THE HSLA?

Students will complete the following units:

**Unit 1:** Introductory Unit (2 hours).

**Unit 2: Sports Leaders in the Community.** 34 tutored hours.

**Unit 3: Introducing Children to Sport.** 22 hours. 12 tutored hours and 10 voluntary hours within the community. Students will have the opportunity to experience curriculum PE lessons within Primary schools.

**Unit 4: Older People and Sport (Optional Unit).** 22 hours. 12 tutored hours and 10 voluntary hours within the community.

**Unit 5: Disabled People and Sport (Optional Unit).** 22 hours. 12 tutored hours and 10 voluntary hours within the community. Students will have the opportunity to work with Access Sports for the Disabled.

**Unit 6: Fitness and Health.** 10 tutored hours.

**Unit 7: First Aid.** 8 tutored hours. Students will have the opportunity to gain the National Recognised Basic First Aid certificate through the British Red Cross.

**Unit 8: National Governing Body Award (NGBs).** 6 tutored hours. This will provide students with NGBs in a range of optional activities. Students must do one NGB award.

**Unit 9: Organising and Running a Sports Event.** 16 hours tutored time. This event is negotiable and will address the needs of the student and the community at that time.

## ENTRY REQUIREMENTS

Completion of the Community Sports Leader Award (CSLA).

## HOW IS THE AWARD ASSESSED?

Each unit within the HSLA has learning outcomes against which the sports leaders will be assessed. Once these learning outcomes have been met, the unit tutor can sign and issue the certificate for that unit.

The moderator for the HSLA will be appointed by the British Sports Trust and will normally be a BST area officer. The moderator will observe practical work, see records of student attendance, see sample course files, talk to sports leaders and talk to the course director.

Certificates will be issued by Sports Leaders UK. HSLA candidates have the right to appeal against a decision made by the course director. The final decision will be made by the external moderator and Sports Leaders UK.

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**For further information please contact: Mrs N. Hughes**