



QQI

Quality and Qualifications Ireland
Dearbhú Cáilíochta agus Cáilíochtaí Éireann

Certificate Specification NFQ Level 4

Sport and Recreation 4M4966

1. Certificate Details

Title	Sport and Recreation
Teideal as Gaeilge	Spóirt agus Áineasa
Award Type	Major
Code	4M4966
Level	4
Credit Value	90
Purpose	The purpose of this award is to enable the learner to acquire the relevant knowledge, skill and competence to develop personal proficiency in a range of sport and recreation activities, to work under supervision in a sport and recreation context and or to progress to further 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 and recreation activities and environments.
<i>Kind</i>	Demonstrate knowledge of some theoretical concepts and principles relevant to sport and recreation activities and their provision.
Know How & Skill	
<i>Range</i>	Demonstrate personal proficiency in a range of skills in a variety of sport and recreation settings.

Selectivity Select appropriate skills from known solutions to solve predictable problems arising in sport and recreation activities and environments.

Competence

Context Apply basic standards of professional conduct to sport, fitness, personal and interpersonal skills, following prescribed health and safety procedures, in a range of familiar and unfamiliar sport and recreation contexts.

Role Perform sport and recreation skills independently taking responsibility for quality of personal performance.

Learning to Learn Take responsibility for personal learning, time management, study skills, research skills, report writing, health and safety, and quality of work in a structured context, under direct supervision.

Insight Reflect on personal performance and learning to improve self understanding and behaviour.

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 90. This will be achieved by completing:

Award Code	Title	Level	Credit Value
All of the following component(s)			
4N2666	Health Related Fitness	4	10
4N0689	Communications	4	15
A minimum credit value of 10 from the following components			
4N1131	Personal and Interpersonal Development	4	10
4N1132	Personal Effectiveness	4	10
4N1169	Teamworking	4	10
4N1989	Customer Service	4	10
A minimum credit value of 15 from the following components			
4N1170	Work Practice	4	15
4N1168	Work Experience	4	15
A minimum credit value of 30 from the following components			
4N2830	Food and Nutrition	4	10
4N2910	Human Biology	4	10
4N3205	Basketball	4	10
4N3206	Soccer	4	10
4N3207	Mini Rugby	4	10
4N3208	Gaelic Games	4	10
4N3246	Rockclimbing Skills	4	10
4N3385	Badminton	4	10
4N3646	Powerboat Skills	4	15
4N3647	Sailing Skills	4	10
4N3648	Orienteering	4	10
4N3650	White Water Surf Skills	4	5
4N3651	Windsurfing	4	10
4N4635	Athletics	4	10
4N4637	Canoeing	4	5
4N4638	Tennis	4	10
4N4639	Volleyball	4	10
4N4750	Lifesaving	4	10
4N4751	Personal Water Safety	4	10

The remaining credit value of 10 can be obtained by using relevant component(s) from level 4. A maximum of 10 credits may be used from either level 3 or level 5.

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
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

Independence is the hallmark of this level. Learning outcomes at this level correspond to a growing sense of responsibility for participating in public life and shaping one's own life. The outcomes at this level would be associated with first-time entry to many occupational sectors.

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
Know How & Skill	Range	Demonstrate a moderate range of practical and cognitive skills and tools
	Selectivity	Select from a range of procedures and apply known solutions to a variety of predictable problems
Competence	Context	Act in familiar and unfamiliar contexts
	Role	Act with considerable amount of responsibility and autonomy
	Learning to Learn	Learn to take responsibility for own learning within a supervised environment
	Insight	Assume partial responsibility for consistency of self-understanding and behaviour

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