

# Community Sports Leader Award (CSLA)

## (SCQF level 5)

### Entry Requirements

Pupils may have completed National 5 PE or Higher PE, but this is not a necessity. Pupils should have a keen interest in sport and be willing to help out at extra-curricular clubs.

### Progression through CSLA

As well as providing a recognised qualification for the industry, CSLA also equips pupils with skills for life beyond school.

### Course Content

CSLA Level 5 Award available to S5 and S6 students.

The aim is to produce responsible, motivated and confident individual who can lead safe and enjoyable sporting activities within the community. It is also designed to encourage people to get involved in organising or assisting with the provision of sport on a voluntary basis.

This is Life Skills through Sports Coaching. The award is a practical course which challenges and develops the candidates leadership skills across a range of activities.

Students must complete 8 units of work including a minimum of 10 hours voluntary which demonstrates leadership skills through sport.

1. Organise and deliver a sports activity session
2. Establish and maintain a safe sporting activity
3. Understand structure of sport recreation in the UK
4. Understanding and teaching fitness sessions
5. Principles and practice in running a sports event/competition
6. Adapting sports activity
7. Select, plan and lead an appropriate activity
8. Minimum 10 hours voluntary

### Skills Developed

Young people undertaking a qualification in Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community.

The courses involve both guided & peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.

### Assessment

Candidates are assessed on a continuous basis throughout the course.

The tutor will ensure that they provide sufficient opportunities for students to demonstrate their competence as the course progresses.

As well as assessing the learning outcomes for every unit, attitude and approach to leading others is taken into consideration.

### Related Careers

Possible careers relating to Physical Education include:

- PE Teaching
- Sports Development
- Sports Management
- Sports Science
- Sports Physiotherapy
- Fitness Instructor
- Armed Services
- Outdoor Education
- Police
- Firefighting
- Professional Sport
- Sports Journalism
- Professional Dancer
- Dance Teacher

Some famous faces in the sporting world include Joe Wicks, Clare Balding, Gary Lineker and our very own Laura Muir & Eilidh Doyle.

