

SOUTH AFRICAN QUALIFICATIONS AUTHORITY
REGISTERED UNIT STANDARD:

Conduct coaching for beginners in wrestling

SAQA US ID	UNIT STANDARD TITLE			
264734	Conduct coaching for beginners in wrestling			
ORIGINATOR		ORIGINATING PROVIDER		
SGB Sport, Recreation & Fitness				
QUALITY ASSURING BODY				
-				
FIELD			SUBFIELD	
Field 02 - Culture and Arts			Sport	
ABET BAND	UNIT STANDARD TYPE	PRE-2009 NQF LEVEL	NQF LEVEL	CREDITS
Undefined	Regular	Level 3	NQF Level 03	7
REGISTRATION STATUS		REGISTRATION START DATE	REGISTRATION END DATE	SAQA DECISION NUMBER
Reregistered		2012-07-01	2015-06-30	SAQA 0695/12
LAST DATE FOR ENROLMENT		LAST DATE FOR ACHIEVEMENT		
2016-06-30		2019-06-30		

In all of the tables in this document, both the pre-2009 NQF Level and the NQF Level is shown. In the text (purpose statements, qualification rules, etc), any references to NQF Levels are to the pre-2009 levels unless specifically stated otherwise.

This unit standard does not replace any other unit standard and is not replaced by any other unit standard.

PURPOSE OF THE UNIT STANDARD

This unit standard is aimed at individuals operating as or envisaging operating at an entry-level coaching in support of the coaching of the skills of wrestling to individuals participating at beginners level in the sport. The qualifying learner will be able to explain the basis components of wrestling, showing understanding of the principles of the sport and be able to demonstrate the skills and techniques required for the coaching of beginners in the sport of wrestling.

On achievement of this unit standard the learner will understand and be able to:

- Describe the origins and evolution of wrestling as a sport.
- Explain the basic laws governing the sport of wrestling.
- Demonstrate wrestling principles and techniques.
- Plan and write up lesson plans.
- Conduct basic wrestling coaching activities.

LEARNING ASSUMED TO BE IN PLACE AND RECOGNITION OF PRIOR LEARNING

It is assumed that learners are competent in:

- Communication at NQF Level 2.

It is assumed that learners attempting this unit standard are familiar with the basics of wrestling.

UNIT STANDARD RANGE

Where applicable, range statements have been included under individual specific outcomes or assessment criteria.

Specific Outcomes and Assessment Criteria:

SPECIFIC OUTCOME 1

Describe the origins and evolution of wrestling as a sport.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

An overview of the history of wrestling is provided to show understanding of its evolution.

ASSESSMENT CRITERION RANGE

Condensed history of wrestling; the evolution of the sport from Greek to modern times.

ASSESSMENT CRITERION 2

The sport of wrestling is explained in terms of the basic styles and principles of wrestling.

ASSESSMENT CRITERION RANGE

Standing wrestling, mat wrestling, freestyle wrestling, Greco-roman wrestling, grappling or submission wrestling, local and international practicing of the sport, local and international wrestling sport structures.

ASSESSMENT CRITERION 3

The impact of the sport is explained in terms of benefits to the individual and the community.

SPECIFIC OUTCOME 2

Explain the laws governing the sport of wrestling.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

The principles of safety are explained as they apply to the sport of wrestling and the laws governing the sport.

ASSESSMENT CRITERION RANGE

Correct clothing, layout of the wrestling mat, interventions and equipment, importance of correct instruction of techniques, safety precautions.

ASSESSMENT CRITERION 2

An overview is provided of the laws of wrestling as it applies to the main principles of the sport.

ASSESSMENT CRITERION RANGE

Etiquette and protocol, Correct terminology, Laws pertaining to elements of wrestling as a contact sport, Scoring; value or points of specific action or hold; takedown, reversal, penalty, out of bounds, victory conditions, illegal moves, disqualification, weight classes, Structures of tournaments.

ASSESSMENT CRITERION 3

The official signals and control requirements is explained for the sport.

ASSESSMENT CRITERION 4

The role and general duties of different officials in the sport are explained.

ASSESSMENT CRITERION RANGE

Referee, judge, mat-chairman, coach.

ASSESSMENT CRITERION 5

The provincial constitution and standing orders of the wrestling coaches council are explained.

SPECIFIC OUTCOME 3

Demonstrate wrestling principles and techniques.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

The target areas of the human body are identified as it applies to the principles and techniques of wrestling.

ASSESSMENT CRITERION 2

The seven basic skills of wrestling are explained and demonstrated.

ASSESSMENT CRITERION RANGE

Stance and movement, penetration step or duck walk, getting to your base, hip heist, lifting, bridging, back stance.

ASSESSMENT CRITERION 3

A minimum of two basic holds, techniques and counter-holds are demonstrated as it applies to standing wrestling and mat wrestling.

SPECIFIC OUTCOME 4

Plan and write up lesson plans.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

The objectives of wrestling coaching sessions are listed as they apply to coaching individuals or a team.

ASSESSMENT CRITERION 2

Resources are planned in relation to the requirements of the coaching sessions.

ASSESSMENT CRITERION 3

The scheduling of activities within the coaching session is listed to ensure time management of the session.

ASSESSMENT CRITERION RANGE

Activities should include warming up and cool down requirements, technical transfer of elements associated with the seven basic skills of wrestling as is applicable to the level of participant coached.

ASSESSMENT CRITERION 4

A basic lesson plan is written to conduct a coaching session.

SPECIFIC OUTCOME 5

Conduct basic wrestling coaching activities.

ASSESSMENT CRITERIA

ASSESSMENT CRITERION 1

The core skills of wrestling are demonstrated and taught to participants in the sport of wrestling.

ASSESSMENT CRITERION RANGE

Techniques should be applicable to the level of wrestler coached and includes all seven the basic skills of wrestling.

ASSESSMENT CRITERION 2

Conditioning techniques are applied to either correct or confirm wrestling techniques.

ASSESSMENT CRITERION 3

Appropriate teaching and coaching methods are used to meet the needs of the athlete being coached.

ASSESSMENT CRITERION RANGE

Listening skills, communication feedback, teaching styles, instructional styles.

ASSESSMENT CRITERION 4

A logbook is maintained so as to record conducted coaching sessions.

UNIT STANDARD ACCREDITATION AND MODERATION OPTIONS

- Anyone assessing an individual against this unit standard must meet the assessor requirements of the relevant ETQA. In particular, such assessors must demonstrate that they assess in terms of the scope and context defined in all the range statements.
- Any institution offering learning towards this unit standard must be accredited as a provider with the relevant ETQA.
- External moderation of assessment will be conducted by the relevant ETQA at its discretion according to the moderation guidelines in the relevant qualification and the agreed ETQA procedures.

UNIT STANDARD ESSENTIAL EMBEDDED KNOWLEDGE

The knowledge, skill and understanding which should be embedded in the process to enable the learner to become competent in all of the Specific Outcomes, based on the appropriate Assessment Criteria, for this unit standard, includes:

- History of wrestling.
- Local and International practice of the sport.
- Rules/Laws of the game including the syllabus of Wrestling South Africa.
- Value and ethics.
- Terminology, language and signals used in the sport.
- Protocol of wrestling as a sport.
- Weight classes.
- Scoring structures.
- Conditioning techniques.
- Equipment and dress code.
- Roles and responsibilities of officials.
- Communication/leadership skills.
- Safety and injury prevention.
- Lesson planning.
- Keeping of registers, a log-book and how to notate the evidence of coaching and self-reflection of coaching methods.

UNIT STANDARD DEVELOPMENTAL OUTCOME

N/A

UNIT STANDARD LINKAGES

N/A

Critical Cross-field Outcomes (CCFO):

UNIT STANDARD CCFO IDENTIFYING

Problem solving:

- The planning and conducting of coaching sessions requires the addressing of situations associated with the progression of activities and skills.

UNIT STANDARD CCFO WORKING

Team work:

- Teamwork is supported in the working with others and in a team as it relates to the coaching of individuals and a wrestling team.

UNIT STANDARD CCFO ORGANISING

Organise and manage oneself:

- Self organisation and management is supported in the planning, conducting and recording of coaching sessions.

UNIT STANDARD CCFO COMMUNICATING

Effective communication:

- Effective communication is supported in the planning and conducting of coaching sessions in the use of written and verbal communication skills.

UNIT STANDARD CCFO DEMONSTRATING

Seeing the world as a set of inter-related systems:

- The practices associated with the sport internationally as well as the impact of the sport on an individual and group basis supports and understanding of the world as a set of interrelated systems.

QUALIFICATIONS UTILISING THIS UNIT STANDARD:

	ID	QUALIFICATION TITLE	PRE-2009 NQF LEVEL	NQF LEVEL	STATUS	END DATE	QUALITY ASSURING BODY
Elective	64369	Further Education and Training Certificate: Sport Coaching: Juniors/Beginners	Level 4	NQF Level 04	Reregistered	2015-06-30	CATHSSETA
Elective	67695	National Certificate: Coaching Science	Level 5	NQF Level 05	Reregistered	2015-06-30	As per Learning Programmes recorded against this Qual

PROVIDERS CURRENTLY ACCREDITED TO OFFER THIS UNIT STANDARD:

This information shows the current accreditations (i.e. those not past their accreditation end dates), and is the most complete record available to SAQA as of today. Some Quality Assuring Bodies have a lag in their recording systems for provider accreditation, in turn leading to a lag in notifying SAQA of all the providers that they have accredited to offer qualifications and unit standards, as well as any extensions to accreditation end dates. The relevant Quality Assuring Body should be notified if a record appears to be missing from here.

NONE