

**SOUTH AFRICAN QUALIFICATIONS AUTHORITY**  
**REGISTERED UNIT STANDARD:**

**Coach wrestling to intermediate level athletes**

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>			
264756	Coach wrestling to intermediate level athletes			
<b>ORIGINATOR</b>		<b>ORIGINATING PROVIDER</b>		
SGB Sport, Recreation & Fitness				
<b>QUALITY ASSURING BODY</b>				
-				
<b>FIELD</b>			<b>SUBFIELD</b>	
Field 02 - Culture and Arts			Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>PRE-2009 NQF LEVEL</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	NQF Level 04	8
<b>REGISTRATION STATUS</b>		<b>REGISTRATION START DATE</b>	<b>REGISTRATION END DATE</b>	<b>SAQA DECISION NUMBER</b>
Reregistered		2012-07-01	2015-06-30	SAQA 0695/12
<b>LAST DATE FOR ENROLMENT</b>		<b>LAST DATE FOR ACHIEVEMENT</b>		
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 already in possession of entry level coaching competencies in the sport of wrestling. The standard will provide the qualifying learner with the skills and competencies to coach wrestlers competing in the sport on intermediate level and is equivalent the South African Wrestling Federation's NQF Level 2 Provincial Coach programme. Individuals qualifying against this unit standard will be able to coach the techniques of wrestling at club level and will have a solid understanding of the principles of the sport as well as the laws governing the sport.

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

- Explain the laws governing the sport of wrestling.
- Identify safety requirements for the sport of wrestling.
- Plan practice sessions for intermediate level wrestling athletes.
- Coach the sport of wrestling to intermediate level athletes.
- Review practice and coaching sessions.

**LEARNING ASSUMED TO BE IN PLACE AND RECOGNITION OF PRIOR LEARNING**

It is assumed that learners are competent in:

- Communication at NQF Level 3.
- The unit standard "Conduct Coaching For Beginners In Wrestling".
- A current first aid certificate.

## **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**

Explain the laws governing the sport of wrestling.

### **ASSESSMENT CRITERIA**

#### **ASSESSMENT CRITERION 1**

The laws of wrestling are explained 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, Scorin-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 2**

The official signals and control requirements are utilised as it relates to the sport.

#### **ASSESSMENT CRITERION 3**

The role and general duties of the panel of officials are explained.

#### **ASSESSMENT CRITERION RANGE**

Referee, judge, mat-chairman, coach.

#### **ASSESSMENT CRITERION 4**

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

### **SPECIFIC OUTCOME 2**

Identify safety requirements.

### **ASSESSMENT CRITERIA**

#### **ASSESSMENT CRITERION 1**

Safety requirements are identified as they apply to the laws governing the sport.

#### **ASSESSMENT CRITERION RANGE**

Correct clothing, layout of the wrestling mat, interventions and equipment, safety precautions, unsafe situations on the mat both in terms of transfer of skills and techniques, the correction and application of techniques, conditioning during practice sessions personal conduct of athletes as it applies to the disciplines of standing and mat wrestling.

#### **ASSESSMENT CRITERION 2**

The role of the coach is explained in the context of the safety of athletes involved in club-level coaching.

#### **ASSESSMENT CRITERION RANGE**

Safety intervention, maintaining of individual and club discipline, official signals and control requirements as it applies to coaching, conditioning and drilling of techniques of the sport, individual contests.

### **ASSESSMENT CRITERION 3**

The principles of fair play and the ethics of the sport are explained in the context of individual safety.

#### **ASSESSMENT CRITERION RANGE**

Individual contact, preventative techniques including yielding, avoiding of personal injury, importance of effective learner supervision, correct warming up and preparation, use of correct equipment and facilities.

### **SPECIFIC OUTCOME 3**

Plan practice sessions.

#### **ASSESSMENT CRITERIA**

##### **ASSESSMENT CRITERION 1**

A coaching plan is finalised to incorporate personal and team objectives relating to competitive results and enjoyment of the sport.

##### **ASSESSMENT CRITERION 2**

A range of practice sessions are developed to address individual and team objectives.

##### **ASSESSMENT CRITERION RANGE**

Includes but is not limited to different techniques, logical sequencing of building on skills and techniques, conditioning for fitness, strength and flexibility.

##### **ASSESSMENT CRITERION 3**

Practice sessions are scheduled to reflect weekly and monthly activities and focus areas.

##### **ASSESSMENT CRITERION 4**

Resources are planned in relation to the requirements of a coaching programme on club level.

### **SPECIFIC OUTCOME 4**

Coach the sport of wrestling.

#### **ASSESSMENT CRITERIA**

##### **ASSESSMENT CRITERION 1**

Coaching sessions are conducted in order to develop the technical skills of the sport of wrestling.

##### **ASSESSMENT CRITERION RANGE**

Technical skills includes but is not limited to: Warming up techniques, Correct and incorrect positions, The seven basic skills of wrestling, initial and end result in wrestling, Target areas of the human body; Holds, techniques and counter holds as it applies to mat and standing wrestling; Standing wrestling-arm control, two facets or holds on a single leg with reference to levels of attach and penetration, double leg attack in the standing position with reference to levels of attack, penetration and pick ups, attacks and counter attacks aimed at the upper body, head locks, under-arm duck with counter attack, arm throw from a standing position. Mat wrestling-upper body attacks and counter attacks including half and quarter Nelson and reverse techniques, butterflies, arm bar, Caborra, Lower body attacks and counter attacks including single and double leg blocks, leg turns and cradles].

##### **ASSESSMENT CRITERION 2**

Athlete conditioning is incorporated in coaching sessions to enable appropriate levels of fitness as well as physical strength and endurance.

##### **ASSESSMENT CRITERION RANGE**

Conditioning includes but is not limited to: Stretching and flexibility exercises, cardio-vascular and respiratory endurance, general fitness.

### **ASSESSMENT CRITERION 3**

Coaching techniques and methods are used to transfer wrestling skills and techniques.

### **ASSESSMENT CRITERION RANGE**

Coaching techniques includes but is not limited to:

- Communication, demonstration, correction and support, motivation, instructional methods, coach/athlete relationship, drilling techniques.

### **ASSESSMENT CRITERION 4**

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

### **SPECIFIC OUTCOME 5**

Review practice and coaching sessions.

### **ASSESSMENT CRITERIA**

#### **ASSESSMENT CRITERION 1**

Practice and coaching sessions are recorded to enable the tracking of progress against coaching plans as it relates to individual and team coaching.

#### **ASSESSMENT CRITERION 2**

Individual athletes are monitored to track progress on individual and team level.

#### **ASSESSMENT CRITERION 3**

Sessions are adjusted in support of individual and team objectives.

#### **ASSESSMENT CRITERION 4**

Administration in support of coaching is concluded as per organisational needs and requirements.

### **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:

- Principles of motivation.
- Coaching administration.
- Role and duties of a coach.
- Equipment.
- Wrestling terminology.
- Wrestling positions.
- Target areas of the human body.
- Seven basic skills in wrestling.
- Scoring and point allocation.
- Rules of wrestling.

- Provincial constitution and orders of the coaches council.
- Coaching skills.
- Wrestling techniques as it applies to standing and mat wrestling.
- Advanced techniques as it applies to standing and mat wrestling.
- Conditioning techniques.
- Weight classes and categories in wrestling.
- Composition and responsibilities of wrestling officials.
- Values and ethical behaviour in sport.

#### **UNIT STANDARD DEVELOPMENTAL OUTCOME**

N/A

#### **UNIT STANDARD LINKAGES**

N/A

### **Critical Cross-field Outcomes (CCFO):**

#### **UNIT STANDARD CCFO IDENTIFYING**

The planning and conducting of coaching sessions requires and supports the addressing of situations associated with the progression of activities and skills of the individual wrestler and the wrestling team.

#### **UNIT STANDARD CCFO WORKING**

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

#### **UNIT STANDARD CCFO ORGANISING**

Self-organisation and management is supported in the planning, conducting and recording of coaching sessions as it applies to coaching at intermediate level.

#### **UNIT STANDARD CCFO COMMUNICATING**

Effective communication is supported in the planning and conducting of coaching sessions in the use of written and verbal communication skills. In addition written communication skills are supported via the administrative requirements associated with the coaching of wrestling.

#### **UNIT STANDARD CCFO DEMONSTRATING**

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. The consideration of personal objectives, coaching requirements as well as the individual performance of wrestlers enhances the requirement to understand the world as a set of interrelated systems.

#### **QUALIFICATIONS UTILISING THIS UNIT STANDARD:**

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