

No. 654

20 July 2007

**SOUTH AFRICAN QUALIFICATIONS AUTHORITY (SAQA)**

In accordance with Regulation 24(c) of the National Standards Bodies Regulations of 28 March 1998, the Standards Generating Body (SGB) for

Sport, Recreation and Fitness

registered by Organising Field 02, Culture and Arts, publishes the following Unit Standards for public comment.

This notice contains the titles, fields, sub-fields, NQF levels, credits, and purpose of the Unit Standards. The full Unit Standards can be accessed via the SAQA web-site at www.saq.org.za. Copies may also be obtained from the Directorate of Standards Setting and Development at the SAQA offices, SAQA House, 1067 Arcadia Street, Hatfield, Pretoria.

Comment on the Unit Standards should reach SAQA at the address below and **no later 20 August 2007**. All correspondence should be marked **Standards Setting – Sport, Recreation and Fitness** and addressed to

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SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct basic coaching to beginners of rugby***

SAQA US ID	UNIT STANDARD TITLE		
244550	Conduct basic coaching to beginners of rugby		
ORIGINATOR		PROVIDER	
SGB Sport, Recreation & Fitness			
FIELD		SUBFIELD	
2 - Culture and Arts		Sport	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 3	7

SPECIFIC OUTCOME 1

Describe the history and sociology of the game of rugby.

SPECIFIC OUTCOME 2

Explain the safety requirements of the sport of rugby.

SPECIFIC OUTCOME 3

Explain the basic laws governing the game of rugby.

SPECIFIC OUTCOME 4

Plan and write up rugby practice sessions.

SPECIFIC OUTCOME 5

Conduct basic rugby coaching activities for beginners.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach the game of volleyball at beginner level***

SAQA US ID	UNIT STANDARD TITLE		
244551	Coach the game of volleyball at beginner level		
ORIGINATOR	PROVIDER		
SGB Sport, Recreation & Fitness			
FIELD	SUBFIELD		
2 - Culture and Arts	Sport		
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 3	6

SPECIFIC OUTCOME 1

Impart knowledge of the game of volleyball.

SPECIFIC OUTCOME 2

Plan volleyball practice sessions.

SPECIFIC OUTCOME 3

Conduct coaching for beginners.

SPECIFIC OUTCOME 4

Demonstrate the ability to reflect on coaching performance.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct basic coaching to beginners of football***

SAQA US ID	UNIT STANDARD TITLE		
244552	Conduct basic coaching to beginners of football		
ORIGINATOR	PROVIDER		
SGB Sport, Recreation & Fitness			
FIELD	SUBFIELD		
2 - Culture and Arts	Sport		
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 4	8

SPECIFIC OUTCOME 1

Describe the evolution and sociology of coaching football.

SPECIFIC OUTCOME 2

Identify safety requirements for the game of football.

SPECIFIC OUTCOME 3

Explain the basic laws governing the game of football.

SPECIFIC OUTCOME 4

Develop football strategy and record keeping skills.

SPECIFIC OUTCOME 5

Plan and implement practice sessions.

SPECIFIC OUTCOME 6

Teach the basic skills and conditioning of football.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:*Coach athletics to youth and junior athletes*

SAQA US ID	UNIT STANDARD TITLE		
244553	Coach athletics to youth and junior athletes		
ORIGINATOR	PROVIDER		
SGB Sport, Recreation & Fitness			
FIELD	SUBFIELD		
2 - Culture and Arts	Sport		
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 4	8

SPECIFIC OUTCOME 1

Describe the evolution and sociology of coaching athletics.

SPECIFIC OUTCOME 2

Explain the safety requirements of athletics for youth and juniors.

SPECIFIC OUTCOME 3

Explain the rules applicable to athletics at junior and youth level.

SPECIFIC OUTCOME 4

Plan and implement a practice session.

SPECIFIC OUTCOME 5

Conduct basic athletic coaching activities for juniors and youth.

SPECIFIC OUTCOME 6

Demonstrate the ability to reflect on coaching performance.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach athletics to children at primary school level***

SAQA US ID	UNIT STANDARD TITLE		
244557	Coach athletics to children at primary school level		
ORIGINATOR		PROVIDER	
SGB Sport, Recreation & Fitness			
FIELD		SUBFIELD	
2 - Culture and Arts		Sport	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 3	7

SPECIFIC OUTCOME 1

Describe the evolution and sociology of coaching athletics.

SPECIFIC OUTCOME 2

Explain the safety requirements of athletics for children.

SPECIFIC OUTCOME 3

Explain the basic rules applicable to athletics for children.

SPECIFIC OUTCOME 4

Plan and implement training programmes for children.

SPECIFIC OUTCOME 5

Conduct basic athletic coaching activities for children.

SPECIFIC OUTCOME 6

Demonstrate the ability to reflect on coaching performance.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach beginners in the game of netball***

SAQA US ID	UNIT STANDARD TITLE		
244559	Coach beginners in the game of netball		
ORIGINATOR	PROVIDER		
SGB Sport, Recreation & Fitness			
FIELD	SUBFIELD		
2 - Culture and Arts	Sport		
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 3	6

SPECIFIC OUTCOME 1

Demonstrate knowledge of the game of netball.

SPECIFIC OUTCOME 2

Plan netball practice sessions.

SPECIFIC OUTCOME 3

Conduct coaching for beginners of netball.

SPECIFIC OUTCOME 4

Review own coaching methods and performance.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach the fundamental principles of the game of rugby***

SAQA US ID	UNIT STANDARD TITLE		
244561	Coach the fundamental principles of the game of rugby		
ORIGINATOR		PROVIDER	
SGB Sport, Recreation & Fitness			
FIELD		SUBFIELD	
2 - Culture and Arts		Sport	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 4	7

SPECIFIC OUTCOME 1

Teach the basic laws that govern the game of rugby.

SPECIFIC OUTCOME 2

Identify safety requirements for the game of rugby.

SPECIFIC OUTCOME 3

Plan and implement practice sessions.

SPECIFIC OUTCOME 4

Develop rugby strategy and record keeping skills.

SPECIFIC OUTCOME 5

Teach the basic skills and conditioning of rugby.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct basic coaching to beginners in cricket***

SAQA US ID	UNIT STANDARD TITLE		
244562	Conduct basic coaching to beginners in cricket		
ORIGINATOR		PROVIDER	
SGB Sport, Recreation & Fitness			
FIELD		SUBFIELD	
2 - Culture and Arts		Sport	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 3	7

SPECIFIC OUTCOME 1

Describe the development and origin of the game of cricket.

SPECIFIC OUTCOME 2

Explain the safety requirements of cricket.

SPECIFIC OUTCOME 3

Explain the basic laws governing the game of cricket.

SPECIFIC OUTCOME 4

Plan and write up cricket practice sessions.

SPECIFIC OUTCOME 5

Conduct basic cricket coaching activities for beginners.