

No. 449

8 May 2009

**SOUTH AFRICAN QUALIFICATIONS AUTHORITY (SAQA)**

In accordance with Regulation 24(c) of the 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 purposes of the Unit Standards. The full Unit Standards can be accessed via the SAQA web-site at www.saqa.org.za. Copies may also be obtained from the Directorate for 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 than 8 June 2009***. All correspondence should be marked **Standards Setting – SGB for Sport, Recreation and Fitness** addressed to

The Director: Standards Setting and Development
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ACTING DIRECTOR: STANDARDS SETTING AND DEVELOPMENT



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach gymnastics at introductory level

SAQA US ID		UNIT STANDARD TITLE	
264694		Coach gymnastics at introductory 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	4

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

SPECIFIC OUTCOME 1

Describe the development and sociological impact of gymnastics.

SPECIFIC OUTCOME 2

Implement a physical preparation programme for different age groups.

SPECIFIC OUTCOME 3

Establish and maintain a safe and conducive environment for gymnastics.

SPECIFIC OUTCOME 4

Demonstrate dominant movement patterns (DMPs).

SPECIFIC OUTCOME 5

Coach and assess basic skills in gymnastics.

SPECIFIC OUTCOME 6

Introduce gymnastic disciplines.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach goal keeping in hockey

SAQA US ID	UNIT STANDARD TITLE		
264695	Coach goal keeping in hockey		
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	4

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

SPECIFIC OUTCOME 1

Demonstrate the use of goal keeping equipment.

SPECIFIC OUTCOME 2

Explain the rules for goal keeping in hockey.

SPECIFIC OUTCOME 3

Coach hockey goal keeping skills.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

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

SAQA US ID		UNIT STANDARD TITLE	
264696		Coach the fundamental principles of 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 4	6

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

SPECIFIC OUTCOME 1

Explain the rules governing the game of netball.

SPECIFIC OUTCOME 2

Plan practice sessions for netball coaching.

SPECIFIC OUTCOME 3

Conduct netball coaching activities.

SPECIFIC OUTCOME 4

Reflect on performance as a coach.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach basic hockey skills to beginners

SAQA US ID	UNIT STANDARD TITLE		
264697	Coach basic hockey skills to beginners		
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	3

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

SPECIFIC OUTCOME 1

Create a safe playing environment for modified hockey.

SPECIFIC OUTCOME 2

Teach rules and principles of fair play for modified hockey.

SPECIFIC OUTCOME 3

Implement a hockey practice session at junior level.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach diving to beginners***

SAQA US ID		UNIT STANDARD TITLE	
264698		Coach diving to beginners	
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	4

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

SPECIFIC OUTCOME 1

Understand the nature and extent of the sport of diving.

SPECIFIC OUTCOME 2

Create a safe environment for diving.

SPECIFIC OUTCOME 3

Implement a diving practice session for beginners.

SPECIFIC OUTCOME 4

Evaluate the coaching process.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct coaching to beginners in sailing***

SAQA US ID		UNIT STANDARD TITLE	
264699		Conduct coaching to beginners in sailing	
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

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

SPECIFIC OUTCOME 1

Describe the evolution and sociology of sailing as a sport.

SPECIFIC OUTCOME 2

Explain the safety requirements impacting on the sailing environment.

SPECIFIC OUTCOME 3

Utilise the techniques associated with sailing and sailing instruction.

SPECIFIC OUTCOME 4

Conduct coaching activities for beginners in sailing.

SPECIFIC OUTCOME 5

Review coaching activities.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach senior athletes for the jumps events

SAQA US ID	UNIT STANDARD TITLE		
264700	Coach senior athletes for the jumps events		
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	10

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

SPECIFIC OUTCOME 1

Evaluate the development of the jumps events.

SPECIFIC OUTCOME 2

Explain the rules and use of equipment related to jumps events.

SPECIFIC OUTCOME 3

Demonstrate the various techniques and styles related to jumps events.

SPECIFIC OUTCOME 4

Plan and implement a training programme for jumps events.

SPECIFIC OUTCOME 5

Conduct coaching activities for jumps events.

SPECIFIC OUTCOME 6

Evaluate coaching intervention.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:*Coach the game of tennis to intermediate and advanced level players*

SAQA US ID	UNIT STANDARD TITLE		
264701	Coach the game of tennis to intermediate and advanced level players		
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

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

SPECIFIC OUTCOME 1

Utilise a variety of coaching techniques to enhance tactical and technical game skills.

SPECIFIC OUTCOME 2

Plan tennis practice sessions.

SPECIFIC OUTCOME 3

Coach tennis to intermediate and advanced level players of the game.

SPECIFIC OUTCOME 4

Reflect on coaching performance.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct judo coaching on provincial level***

SAQA US ID	UNIT STANDARD TITLE		
264702	Conduct judo coaching on provincial 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 5	8

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

SPECIFIC OUTCOME 1

Utilise a variety of coaching techniques to enhance tactical and technical skills for the sport of Judo.

SPECIFIC OUTCOME 2

Plan Judo coaching sessions.

SPECIFIC OUTCOME 3

Coach Judo to intermediate and advanced level participants in the sport.

SPECIFIC OUTCOME 4

Review coaching sessions.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach senior athletes for throwing events in athletics***

SAQA US ID		UNIT STANDARD TITLE	
264703		Coach senior athletes for throwing events in athletics	
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	10

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

SPECIFIC OUTCOME 1

Evaluate the development of throwing events.

SPECIFIC OUTCOME 2

Explain the rules and use of equipment for throwing events.

SPECIFIC OUTCOME 3

Evaluate athlete characteristics and techniques for throwing events.

SPECIFIC OUTCOME 4

Implement a training programme for athletes of throwing events.

SPECIFIC OUTCOME 5

Conduct coaching activities for athletes of throwing events.

SPECIFIC OUTCOME 6

Evaluate coaching intervention.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Conduct Judo coaching at club level

SAQA US ID	UNIT STANDARD TITLE		
264704	Conduct Judo coaching at club 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 4	8

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

SPECIFIC OUTCOME 1

Coach the laws governing the sport of Judo.

SPECIFIC OUTCOME 2

Identify the safety requirements for Judo.

SPECIFIC OUTCOME 3

Plan practice sessions for beginner to intermediate Judokas.

SPECIFIC OUTCOME 4

Coach the entry-level skills and conditioning of Judo.

SPECIFIC OUTCOME 5

Review coaching sessions.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach senior athletes for middle and long distance events in athletics***

SAQA US ID		UNIT STANDARD TITLE	
264714		Coach senior athletes for middle and long distance events in athletics	
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	10

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

SPECIFIC OUTCOME 1

Evaluate the development of middle and long distance running.

SPECIFIC OUTCOME 2

Explain the rules and use of equipment related to middle and long distance events.

SPECIFIC OUTCOME 3

Evaluate athlete characteristics and tactics related to middle and long distance events.

SPECIFIC OUTCOME 4

Implement a training programme for middle and long distance athletes.

SPECIFIC OUTCOME 5

Conduct coaching activities for middle and long distance athletes.

SPECIFIC OUTCOME 6

Evaluate coaching intervention.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach gymnastics at beginner level

SAQA US ID		UNIT STANDARD TITLE	
264715		Coach gymnastics 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 4	6

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

SPECIFIC OUTCOME 1

Manage a gymnastics club.

SPECIFIC OUTCOME 2

Design and adapt a training program for appropriate level and age group.

SPECIFIC OUTCOME 3

Apply basic sport science principles and methods of training.

SPECIFIC OUTCOME 4

Apply positive philosophy of coaching.

SPECIFIC OUTCOME 5

Coach beginner level gymnastics skills.

SPECIFIC OUTCOME 6

Ensure a safe and secure coaching environment.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Conduct coaching to beginners in swimming

SAQA US ID		UNIT STANDARD TITLE	
264716		Conduct coaching to beginners in swimming	
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

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

SPECIFIC OUTCOME 1

Describe the evolution and sociology of swimming as a sport.

SPECIFIC OUTCOME 2

Explain the safety requirements impacting on the aquatic and swimming environment.

SPECIFIC OUTCOME 3

Explain the techniques associated with swimming and swimming instruction.

SPECIFIC OUTCOME 4

Plan and write up an aquatic programme for beginner swimmers.

SPECIFIC OUTCOME 5

Conduct swimming coaching activities.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:*Coach the principles of triathlon as a competitive sport*

SAQA US ID		UNIT STANDARD TITLE	
264717		Coach the principles of triathlon as a competitive sport	
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

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

SPECIFIC OUTCOME 1

Coach the laws governing triathlon.

SPECIFIC OUTCOME 2

Identify safety requirements for competitive triathlon.

SPECIFIC OUTCOME 3

Plan and implement practice sessions.

SPECIFIC OUTCOME 4

Coach the skills and conditioning of triathlon.

SPECIFIC OUTCOME 5

Review coaching sessions.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

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

SAQA US ID		UNIT STANDARD TITLE	
264718		Coach 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 5	8

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

SPECIFIC OUTCOME 1

Apply the rules governing the game of netball.

SPECIFIC OUTCOME 2

Plan a series of netball coaching sessions.

SPECIFIC OUTCOME 3

Coach the game of netball to intermediate and advanced players of the game.

SPECIFIC OUTCOME 4

Reflect on coaching performance.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach senior athletes for race walking events in athletics***

SAQA US ID		UNIT STANDARD TITLE	
264719		Coach senior athletes for race walking events in athletics	
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	10

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

SPECIFIC OUTCOME 1

Evaluate the development of the race walking.

SPECIFIC OUTCOME 2

Explain the rules and use of equipment related to race walking events.

SPECIFIC OUTCOME 3

Evaluate athlete characteristics and tactics related to race walking.

SPECIFIC OUTCOME 4

Implement a training programme for race walking athletes.

SPECIFIC OUTCOME 5

Conduct coaching activities for race walking athletes.

SPECIFIC OUTCOME 6

Evaluate coaching intervention.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct coaching to beginners in tennis***

SAQA US ID	UNIT STANDARD TITLE		
264720	Conduct coaching to beginners in tennis		
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

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

SPECIFIC OUTCOME 1

Explain the tactical approach to the coaching of game of tennis.

SPECIFIC OUTCOME 2

Plan tennis practice sessions.

SPECIFIC OUTCOME 3

Instruct the techniques of the game of tennis.

SPECIFIC OUTCOME 4

Apply coaching techniques in the instruction of the game.

SPECIFIC OUTCOME 5

Reflect on coaching performance.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach football to senior amateur and youth players

SAQA US ID		UNIT STANDARD TITLE	
264721		Coach football to senior amateur and youth players	
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

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

SPECIFIC OUTCOME 1

Explain the rules governing the game of football.

SPECIFIC OUTCOME 2

Plan practice sessions for football coaching.

SPECIFIC OUTCOME 3

Conduct football coaching activities.

SPECIFIC OUTCOME 4

Reflect on performance as a coach.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach full field hockey at club and school level***

SAQA US ID		UNIT STANDARD TITLE	
264722		Coach full field hockey at club and 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 4	4

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

SPECIFIC OUTCOME 1

Execute the roles and responsibilities of a hockey.

SPECIFIC OUTCOME 2

Demonstrate hockey coaching skills.

SPECIFIC OUTCOME 3

Coach beginner to intermediate level hockey skills.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach senior athletes for sprint events in athletics

SAQA US ID	UNIT STANDARD TITLE		
264723	Coach senior athletes for sprint events in athletics		
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	10

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

SPECIFIC OUTCOME 1

Evaluate the development of sprinting.

SPECIFIC OUTCOME 2

Explain the rules and use of equipment related to sprint events.

SPECIFIC OUTCOME 3

Evaluate athlete characteristics and techniques related to sprinting.

SPECIFIC OUTCOME 4

Implement a training programme for sprint athletes.

SPECIFIC OUTCOME 5

Conduct coaching activities for sprint athletes.

SPECIFIC OUTCOME 6

Evaluate coaching intervention.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct coaching for beginners in wrestling***

SAQA US ID		UNIT STANDARD TITLE	
264734		Conduct coaching for beginners in wrestling	
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

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

SPECIFIC OUTCOME 1

Describe the origins and evolution of wrestling as a sport.

SPECIFIC OUTCOME 2

Explain the laws governing the sport of wrestling.

SPECIFIC OUTCOME 3

Demonstrate wrestling principles and techniques.

SPECIFIC OUTCOME 4

Plan and write up lesson plans.

SPECIFIC OUTCOME 5

Conduct basic wrestling coaching activities.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct coaching to beginners in Judo***

SAQA US ID	UNIT STANDARD TITLE		
264735	Conduct coaching to beginners in Judo		
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

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

SPECIFIC OUTCOME 1

Describe the evolution Judo as a sport.

SPECIFIC OUTCOME 2

Explain the safety requirements of Judo.

SPECIFIC OUTCOME 3

Explain the laws governing the sport of Judo.

SPECIFIC OUTCOME 4

Plan and write up lesson plans.

SPECIFIC OUTCOME 5

Conduct Judo coaching activities.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach the Game of Rugby on Provincial Level***

SAQA US ID		UNIT STANDARD TITLE	
264736		Coach the Game of Rugby on Provincial 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 5	8

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

SPECIFIC OUTCOME 1

Apply the laws governing the game of rugby.

SPECIFIC OUTCOME 2

Plan and implement rugby coaching sessions.

SPECIFIC OUTCOME 3

Apply coaching techniques for technical and tactical skills development.

SPECIFIC OUTCOME 4

Apply rugby strategy and record keeping skills.

SPECIFIC OUTCOME 5

Reflect on coaching performance.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Conduct coaching for beginners in triathlon***

SAQA US ID		UNIT STANDARD TITLE	
264737		Conduct coaching for beginners in triathlon	
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

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

SPECIFIC OUTCOME 1

Describe the origins and evolution of triathlon as a sport.

SPECIFIC OUTCOME 2

Explain the laws governing the sport of triathlon.

SPECIFIC OUTCOME 3

Plan and write up lesson plans.

SPECIFIC OUTCOME 4

Conduct triathlon coaching activities.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach basketball to beginners

SAQA US ID	UNIT STANDARD TITLE		
264738	Coach basketball to beginners		
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	4

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

SPECIFIC OUTCOME 1

Understand the nature and extent of the sport of basketball.

SPECIFIC OUTCOME 2

Create a safe environment for basketball.

SPECIFIC OUTCOME 3

Implement a basketball practice session for beginners.

SPECIFIC OUTCOME 4

Evaluate the coaching process.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach sailing to beginner and intermediate participants in the sport***

SAQA US ID		UNIT STANDARD TITLE	
264739		Coach sailing to beginner and intermediate participants in the sport	
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	10

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

SPECIFIC OUTCOME 1

Explain the rules governing the sport of sailing.

SPECIFIC OUTCOME 2

Demonstrate the techniques of sailing.

SPECIFIC OUTCOME 3

Assess risk as it applies to safety in the sailing environment.

SPECIFIC OUTCOME 4

Prepare and implement sailing practice sessions.

SPECIFIC OUTCOME 5

Evaluate coach performance and record keeping.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Coach Lifesaving to Beginners

SAQA US ID	UNIT STANDARD TITLE		
264740	Coach Lifesaving to Beginners		
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	5

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

SPECIFIC OUTCOME 1

Understand the nature and extent of the sport of lifesaving.

SPECIFIC OUTCOME 2

Create a safe environment for lifesaving.

SPECIFIC OUTCOME 3

Implement a lifesaving practice session for beginners.

SPECIFIC OUTCOME 4

Evaluate the coaching intervention.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach basketball to seniors***

SAQA US ID		UNIT STANDARD TITLE	
264741		Coach basketball to seniors	
ORIGINATOR		PROVIDER	
SGB Sport, Recreation & Fitness			
FIELD		SUBFIELD	
2 - Culture and Arts		Sport	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 5	10

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

SPECIFIC OUTCOME 1

Explain the scope of basketball coaching.

SPECIFIC OUTCOME 2

Plan and implement training programme for team and individuals.

SPECIFIC OUTCOME 3

Coach basketball techniques.

SPECIFIC OUTCOME 4

Coach team systems and tactics.

SPECIFIC OUTCOME 5

Analyse a basketball game.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach lifesaving at advanced level***

SAQA US ID		UNIT STANDARD TITLE	
264754		Coach lifesaving at advanced 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 4	12

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

SPECIFIC OUTCOME 1

Explain the scope of lifesaving coaching.

SPECIFIC OUTCOME 2

Plan and implement a lifesaving training programme.

SPECIFIC OUTCOME 3

Coach lifesaving techniques for specific events.

SPECIFIC OUTCOME 4

Conduct competitor and competition analyses.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:*Coach the fundamental principles of competitive swimming*

SAQA US ID		UNIT STANDARD TITLE	
264755		Coach the fundamental principles of competitive swimming	
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

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

SPECIFIC OUTCOME 1

Coach the laws governing competitive swimming.

SPECIFIC OUTCOME 2

Identify safety requirements for competitive swimming.

SPECIFIC OUTCOME 3

Plan and implement practice sessions.

SPECIFIC OUTCOME 4

Coach the skills and conditioning of swimming.

SPECIFIC OUTCOME 5

Review coaching sessions.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach wrestling to intermediate level athletes***

SAQA US ID		UNIT STANDARD TITLE	
264756		Coach wrestling to intermediate level 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

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

SPECIFIC OUTCOME 1

Explain the laws governing the sport of wrestling.

SPECIFIC OUTCOME 2

Identify safety requirements.

SPECIFIC OUTCOME 3

Plan practice sessions.

SPECIFIC OUTCOME 4

Coach the sport of wrestling.

SPECIFIC OUTCOME 5

Review practice and coaching sessions.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach synchronized swimming to beginners***

SAQA US ID		UNIT STANDARD TITLE	
264757		Coach synchronized swimming to beginners	
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	4

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

SPECIFIC OUTCOME 1

Understand the nature and extent of the sport of synchronized swimming.

SPECIFIC OUTCOME 2

Create a safe environment for synchronized swimming.

SPECIFIC OUTCOME 3

Implement a synchronized practice session for beginners.

SPECIFIC OUTCOME 4

Evaluate the coaching process.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach volleyball at senior level***

SAQA US ID	UNIT STANDARD TITLE		
264758	Coach volleyball at senior 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 5	12

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

SPECIFIC OUTCOME 1

Analyse volleyball techniques and game strategy.

SPECIFIC OUTCOME 2

Explain and analyse team systems and tactics.

SPECIFIC OUTCOME 3

Evaluate team offensive and defensive tactics.

SPECIFIC OUTCOME 4

Explain the rhythm of physical performance.

SPECIFIC OUTCOME 5

Evaluate player and team performance.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach water polo to beginners***

SAQA US ID	UNIT STANDARD TITLE		
264774	Coach water polo to beginners		
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	5

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

SPECIFIC OUTCOME 1

Understand the nature and extent of the sport of water polo.

SPECIFIC OUTCOME 2

Create a safe environment for water polo.

SPECIFIC OUTCOME 3

Implement a water polo practice session for beginners.

SPECIFIC OUTCOME 4

Evaluate the coaching process.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach the Game of Football***

SAQA US ID		UNIT STANDARD TITLE	
264775		Coach the Game 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 5	5

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

SPECIFIC OUTCOME 1

Apply the rules governing the game of football.

SPECIFIC OUTCOME 2

Plan a series of football coaching sessions.

SPECIFIC OUTCOME 3

Coach the game of football.

SPECIFIC OUTCOME 4

Reflect on coaching performance.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:***Coach volleyball***

SAQA US ID	UNIT STANDARD TITLE		
264834	Coach volleyball		
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	6

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

SPECIFIC OUTCOME 1

Understand the nature and extent of the sport of volleyball.

SPECIFIC OUTCOME 2

Create a safe environment for volleyball.

SPECIFIC OUTCOME 3

Implement a volleyball practice session for beginners.

SPECIFIC OUTCOME 4

Evaluate the coaching process.

QUALIFICATIONS UTILISING THIS UNIT STANDARD

None