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GOVERNMENT NOTICE

SOUTH AFRICAN QUALIFICATIONS AUTHORITY (SAQA)

No. 20

12 January 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 & Fitness

registered by Organising Field 02, Culture & Arts, publishes the following qualification and unit standards for public comment.

This notice contains the titles, fields, sub-fields, NQF levels, credits, and purpose of the qualification and unit standards. The full qualification and unit standards can be accessed via the SAQA web-site at www.saqa.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 qualification and unit standards should reach SAQA at the address ***below and no later than 12 February 2007***. All correspondence should be marked **Standards Setting – Sport, Recreation and Fitness** addressed to

The Director: Standards Setting and Development
SAQA

Attention: Mr. D. Mphuthing

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DR. S. BHIKHA

DIRECTOR: STANDARDS SETTING AND DEVELOPMENT



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

QUALIFICATION:

Further Education and Training Certificate: Sport Administration

SAQA QUAL ID	QUALIFICATION TITLE		
58009	Further Education and Training Certificate: Sport Administration		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
QUAL TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD	
Further Ed and Training Cert	Culture and Arts	Sport	
ABET BAND	MINIMUM CREDITS	NQF LEVEL	QUALIFICATION CLASS
Undefined	141	Level 4	Regular-Unit Stds Based

PURPOSE AND RATIONALE OF THE QUALIFICATION

Purpose:

In the context of the sport industry, this qualification will enable a learner to acquire the knowledge skills and values that will enable them to administer, organise and facilitate creative and innovative sports programmes and physical activities within communities. A qualifying learner will be able to plan and implement safe sport experiences, and as such, contribute to the community and the sport industry itself.

This qualification is a step in a planned learning pathway that underpins a career in the sports administration and sports management, and will enhance career path progression within the Sport, Recreation or Fitness industry.

This FETC qualification is rooted in actual practice and the learners who successfully achieve this qualification will be competent in leading groups and coordinating sport programmes in the community.

In particular they will be able to:

- > Perform sport administration functions.
- > Plan and organise sport activities for an identified target group.
- > Promote the benefits of sport and fitness participation.
- > Apply exercise and fitness principles related to sport activities.
- > Demonstrate entrepreneurial skills in the SMME business environment.

Rationale:

South Africa has a well-developed and extensive sporting history as well as a multitude of amateur, community, professional and national sporting codes and bodies, which are spread nationally, with many international linkages. The sporting community consists of a number of role-players, from sporting individuals and teams, through coaches, trainers, agents, motivators and medical specialists, to volunteers, administrators, and support personnel. In addition there are also many related industries such as caterers, organisers, hospitality, sports entrepreneurs as well as the media related to the sporting environment, where mass participation in a variety of sport and physical activities from grassroots level, is able to create a learning path to:

- > Sports Club administrator.
- > Community sports leader.
- > Corporate sports officer.
- > Sports facility administrator.

The Further Education and Training Certificate: Sports Administration, NQF Level 4, is designed to meet the

needs of learners who are already employed or involved as volunteers in the sports industry. Furthermore, this qualification enables learners who want to enter the industry to develop careers in one or more of the related sub-fields. Since this certificate is part of an anticipated learning pathway it will allow mobility to persons operating within the context of the recreation or fitness field at community level.

This qualification will ensure implementation of the twin imperatives of transformation, namely "access" and "redress", and also fast track development of individuals in the volunteer movement and mass participation ranks to achieving nationally recognised, occupationally directed occupations, thus establishing a pool of highly skilled, competent individuals who will deliver professional performance far beyond the year 2010.

RECOGNIZE PREVIOUS LEARNING?

Y

LEARNING ASSUMED TO BE IN PLACE

It is assumed that learners are competent in:

- > Mathematical Literacy unit standards at NQF Level 3.
- > Communication unit standards in a First Language at NQF Level 3.
- > Communication unit standards in a Second Language at NQF Level 2.

The above can be achieved either through a previous qualification, or through the process of RPL, which assesses workplace-based experiential learning.

Recognition of Prior Learning (RPL)

This Qualification can be achieved wholly or in part through the Recognition of Prior Learning and the Qualification may be granted to learners who have acquired the skills and knowledge without attending formal courses providing they can demonstrate competence in the outcomes of the individual Unit Standards as required by the Fundamental, Core and Elective areas stipulated in the Qualification and by the Exit Level Outcomes.

An RPL process may also be used to credit learners with Unit Standards in which they have developed the necessary competency as a result of workplace and experiential learning.

RPL may also be used by learners, who are not in possession of a GETC or equivalent qualification, to gain access to the Qualification.

Learners submitting themselves for RPL should be thoroughly briefed prior to the assessment, and will be required to submit a Portfolio of Evidence in the prescribed format to be assessed for formal recognition. While this is primarily a workplace-based Qualification, evidence from other areas of endeavour may be introduced if pertinent to any of the exit level outcomes.

QUALIFICATION RULES

The certificate is made up of a planned combination of learning outcomes that have a defined purpose and will provide qualifying learners with applied competence and a foundation for further learning.

The Qualification is made up of unit standards classified as Fundamental, Core and Elective. A minimum of 141 credits is required to complete the Qualification. In this Qualification the credits are allocated as follows:

- > Fundamental: (compulsory), 56 credits, 34 %
- > Core: (compulsory), 75 credits, 44%
- > Elective: 38 credits, 22 %

(A minimum of 10 elective credits are required to achieve the qualification. If the pillars do not meet the minimum requirement then additional elective unit standards should be selected.)

Recommended electives to support the following areas of specialisation in this qualification are:

Sport administration

- > Analyse external factors influencing people who have special needs.
- > Demonstrate knowledge and understanding of HIV/AIDS in a workplace, and its effects on a business sub-sector, own organisation and a specific workplace.
- > Manage finance in a small business.

Exercise and Fitness

- > Recommend an exercise programme or activity.
- > Apply knowledge of anatomy and physiology to exercise training.

Sport entrepreneurship

- > Demonstrate entrepreneurial competence.
- > Manage finance in a small business.

EXIT LEVEL OUTCOMES

Qualifying learners will be able to:

1. Perform sport administration functions.
2. Plan and organise sport activities and programmes for an identified target group.
3. Promote the benefits of sport and fitness participation.
4. Apply exercise and fitness principles related to sport activities.
5. Demonstrate entrepreneurial skills in the SMME business environment.

ASSOCIATED ASSESSMENT CRITERIA

1.
 - > Administrative activities are performed to meet organisational requirements.
 - > Issues affecting people with special needs are resolved to conform to legislation.
 - > Safety is monitored and emergencies prevented to ensure secure participation in activities.
2.
 - > Sports programmes are designed and adapted to suit the needs of the respective community.
 - > Sport activities are planned, organised, facilitated and evaluated to ensure meaningful participation.
 - > Existing spaces are identified and utilised to achieve optimum participation.
3.
 - > The benefits of sport and fitness activities are communicated in the community to increase awareness and participation.
 - > Stakeholders and businesses are targeted, approached and engaged with a view to secure sponsorship or funding.
4.
 - > Exercise principles and injury prevention techniques are implemented to ensure safe and secure participation.
 - > Knowledge of healthy and unhealthy habits and their effects on participants are communicated to the target group.
 - > Intervention programmes are recommended to suit the needs, abilities and constraints of individuals.
5.
 - > A basic business plan is compiled to meet financial and statutory requirements.
 - > The potential of the intended market is researched to assess its viability in terms of sales, products and services.
 - > Financial records, documents and reports are compiled and sourced to stake holders.

Integrated Assessment

Integrated assessment at this level will evaluate the learner's ability to combine actions and ideas across a range of activities and knowledge areas. The integrated assessment must specifically assess the learner's ability to:

- > Demonstrate competence by means of the practical application of the embedded knowledge in a manner that meets the required performance standards required,
- > Illustrate a clear understanding of the concepts, theory and principles that underpin the practical action taken.

The assessment will require assessment methods, which measure and evaluate evidence generated during on-the-job activities into account. Because assessment practices must be open, transparent, fair, valid and reliable; ensuring that no learner is disadvantaged in any way whatsoever, an integrated assessment approach is incorporated into the qualification.

A variety of methods must be used in assessment and tools and activities must be appropriate to the context in which the learner is working or will work. Where it is not possible to assess the learner in the workplace, simulations, case studies, role-plays and other similar techniques should be used to provide a context appropriate to the assessment.

The term integrated assessment implies that theoretical and practical components should be assessed together. Whenever possible the assessment of knowledge, skills, attitudes and values shown in the Unit Standards should be integrated and, during integrated assessment, the assessor should make use of a range of formative and summative assessment tools and methods. Combinations of practical, applied, foundational and reflective competencies should be assessed. Assessment should further ensure that all specific outcomes, embedded knowledge and critical cross-field outcomes are evaluated in an integrated way.

Assessors must assess and give credit for the evidence of learning that has already been acquired through formal, informal and non-formal learning and work experience as the assessment process is capable of being applied to RPL, subject to the rules and criteria of the relevant ETQA.

INTERNATIONAL COMPARABILITY

This Qualification has been benchmarked against international practice in the THETA arena. However, it needs to be recognised that this Qualification is explicitly placed within the South African context.

In addition the following sites were visited for comparison.

The following sites were found in Australia, and were found as accredited training providers on the Australian Qualifications Framework.

Tafe South Australia: Certificate IV in Fitness

Core units:

- > Assist with Analysis & Use of Emerging Technology.
- > Conduct a Sport & Recreation Program.
- > Conduct Projects.
- > Implement, Monitor OH&S Policies/Procedures/Programs & Maintain OH&S Standards.
- > Lead, Manage & Develop Work Teams.
- > Organise a Sport & Recreation Program.
- > Participate in the Meeting Process.
- > Plan, Allocate & Evaluate Work Carried out by Teams, Individuals & Self.
- > Provide Advice in Order to Meet Current & Anticipated Client Requirements.
- > Utilise an Understanding of Motivational Psychology with Fitness Clients.
- > Provide Leadership to Groups.
- > Source & Present Information in Response to Requests.
- > Undertake Advanced Exercise Planning and Programming.
- > Undertake Postural Screening and Appraisal.
- > Utilise a Broad Knowledge of Exercise Science in Exercise Planning, Programming and Instruction.
- > Utilise a Broad Range of Fitness Equipment.
- > Provide Exercise for Fitness Industry Clients with Special Requirements.

Reference: <http://www.vlepub.sa.edu.au/GatewaySearch.aspx>

Tafe South Australia: Certificate IV in Community Recreation

Core Units

- > Assist with Analysis & Use of Emerging Technology.
- > Conduct Projects.
- > Co-ordinate Emergency Response.
- > Develop a Budget for a Recreation Initiative.
- > Develop Recreation Programs.
- > Implement, Monitor OH&S Policies/Procedures/Programs & Maintain OH&S Standards.
- > Improve Client Awareness & Implementation of Environmental Management Practices.
- > Lead, Manage & Develop Work Teams.
- > Participate in the Meeting Process.
- > Plan, Allocate & Evaluate Work Carried out by Teams, Individuals & Self.

- > Promote Compliance with Laws & Legal Principles.
- > Work Effectively with Government and Other Key Stakeholders.
- > Provide Leadership to Groups.
- > Source & Present Information in Response to Requests.
- > Provide Advice in Order to Meet Current & Anticipated Client Requirements.

Reference: <http://www.vlepub.sa.edu.au/GatewaySearch.aspx>

In comparison with this qualification, the following was noted:

- > Technology usage was not a focus in this qualification as it was in the comparisons.
- > Compliance with legal laws and principles are not noted in this qualification.

The following accredited institutions were chosen from a list of training providers as on the New Zealand Qualifications Authority Website:

New Zealand: Manukau Institute of Technology: Certificate in Applied Sport and Recreation Level 4.

Core Units

- > Anatomy and Physiology.
- > Aquatic Recreation.
- > Coaching Studies 1.
- > Community Recreation.
- > Introduction to Sport and Recreation in New Zealand.
- > Outdoor Education.
- > Sport and Exercise Training.
- > Teaching Sports Skills.
- > Teaching Tools for the Sport Environment.

Duration of course: one year including 4 weeks industry placement.

> Reference: <http://www.manukau.ac.nz>

In comparison to this qualification the following was noted:

- > Focussing on the different areas where exercise and recreation can take place, for example: aquatic recreation was not implied in this qualification.

New Zealand: Sport, Fitness and Recreation Industry Training Organisation: Certificate in Fitness Level 4

Core Units

- > Community Recreation.
- > Fitness Education.
- > Human Services. (empowering people with disabilities)
- > Sport Science and Technology.
- > Computing.
- > Self-Management.
- > Health Studies.
- > Communication Skills.
- > Service Skills.

Reference: www.sfito.org.nz

The areas of sport and fitness are dealt with in this qualification (National Certificate in Sports Administration) in detail. In addition, unit standards that may be included in the core are as follows.

- > Contribute to information distribution regarding HIV/AIDS.
- > Demonstrate appropriate values and ethics in sport.
- > Prevent and manage safety and emergency incidents.

ARTICULATION OPTIONS

The portability of skills between the FETC fitness and FETC community recreation and this certificate, allows for a learner to become multi skilled at this level.

This Qualification will articulate vertically with all other qualifications registered within the envisioned learning

pathway or closely associated pathways in the sport, recreation and fitness industry. Possibilities for horizontal articulation outside of this environment include (for example):

- > Further Education and Training Certificate: Management and Administration, Level 4, ID: 49129.
- > Further Education and Training Certificate: Management, Level 4, ID: 23656.
- > National Certificate: Small Business Financial Management, Level 4, ID: 48736.
- > National Certificate: Human Resources Management and Practices Support, Level 4, ID: 20893.

Possibilities for vertical articulation inside and outside of the THETA environment include (for example):

- > National Certificate: Management and Administration, Level 5, ID: 49126.
- > National Certificate: Management, Level 5, ID: 24493.

MODERATION OPTIONS

- > Anyone assessing a learner, or moderating the assessment of a learner, against this Qualification must be registered as an assessor or moderator with the relevant Education and Training Quality Assurance body (ETQA), or with an ETQA that has a Memorandum of Understanding (MOU) with the relevant ETQA.
- > Any institution offering learning that will enable the achievement of this Qualification must be accredited as a provider with the relevant ETQA, or with an ETQA that has an MOU with the relevant ETQA.
- > Assessment and moderation of assessment will be overseen by the relevant ETQA according to the policies and guidelines for assessment and moderation of that ETQA, in terms of agreements reached around assessment and moderation between various ETQAs (including professional bodies), and in terms of the moderation guideline detailed immediately below.
- > Moderation must include both internal and external moderation of assessments at all exit points of the Qualification, unless ETQA policies specify otherwise. Moderation should also encompass achievement of the competence described both in individual Unit Standards as well as the integrated competence described in the Exit Level Outcomes of the Qualification.
- > Anyone wishing to be assessed against this Qualification may apply to be assessed by any assessment agency, assessor or provider institution that is accredited by the relevant ETQA, or with an ETQA that has an MOU with the relevant ETQA.

The options as listed above provide the opportunity to ensure that assessment and moderation can be transparent, affordable, valid, reliable and non-discriminatory.

CRITERIA FOR THE REGISTRATION OF ASSESSORS

- > For an applicant to register as an assessor or moderator of this Qualification the applicant needs:
 - > To be declared competent in all the outcomes of the National Assessor Unit Standards.
 - > To be in possession of a relevant Qualification.
 - > Minimum of three years practical and relevant occupational experience.
- > The Assessor must be qualified with the ETDP and registered with the relevant ETQA.
- > They must have subject matter expertise and hold a qualification at one level above.
- > Subject matter expertise of this assessor would be from Level 5 and upwards.

NOTES

This qualification replaces qualification 21500, "National Certificate in Sport, Recreation and Fitness Leadership", Level 4, 155 credits.

UNIT STANDARDS

(Note: A blank space after this line means that the qualification is not based on Unit Standards.)

	UNIT STANDARD ID AND TITLE	LEVEL	CREDITS	STATUS
Core	242819 Motivate and Build a Team	Level 4	10	Registered
Core	243293 Promote sport activity in a community	Level 4	4	Draft - Prep for P Comment
Core	243295 Administer sport or fitness facilities	Level 4	8	Draft - Prep for P Comment
Core	243296 Apply sports values and ethics	Level 4	3	Draft - Prep for P Comment
Core	243298 Apply administrative skills and knowledge in a sport organisation	Level 4	11	Draft - Prep for P Comment
Core	243299 Adapt available spaces in the community as a sports or fitness facility	Level 4	5	Draft - Prep for P Comment

Core	243300 Lead a community sport activity	Level 4	12	Draft - Prep for P Comment
Core	243301 Manage safety and emergency incidences	Level 4	6	Draft - Prep for P Comment
Core	243302 Develop and organise Sport programmes	Level 4	6	Draft - Prep for P Comment
Core	243303 Create, improvise and organize sport activities	Level 4	6	Draft - Prep for P Comment
Core	15234 Apply efficient time management to the work of a department/division/section	Level 5	4	Reregistered
Elective	13915 Demonstrate knowledge and understanding of HIV/AIDS in a workplace, and its effects on a business sub-sector, own organisation and a specific workplace	Level 3	4	Reregistered
Elective	117499 Demonstrate entrepreneurial competence	Level 4	12	Registered
Elective	117500 Manage finance in a small business	Level 4	8	Registered
Elective	243294 Recommend an exercise programme or activity	Level 4	5	Draft - Prep for P Comment
Elective	243297 Apply knowledge of anatomy and physiology to exercise training	Level 4	5	Draft - Prep for P Comment
Elective	9242 Analyse external factors influencing people who have special needs	Level 5	4	Reregistered
Fundamental	119457 Interpret and use information from texts	Level 3	5	Registered
Fundamental	119465 Write/present/sign texts for a range of communicative contexts	Level 3	5	Registered
Fundamental	119466 Interpret a variety of literary texts	Level 3	5	Registered
Fundamental	119472 Accommodate audience and context needs in oral/signed communication	Level 3	5	Registered
Fundamental	7468 Use mathematics to investigate and monitor the financial aspects of personal, business, national and international issues	Level 4	6	Reregistered
Fundamental	9015 Apply knowledge of statistics and probability to critically interrogate and effectively communicate findings on life related problems	Level 4	6	Reregistered
Fundamental	9016 Represent analyse and calculate shape and motion in 2-and 3-dimensional space in different contexts	Level 4	4	Reregistered
Fundamental	119459 Write/present/sign for a wide range of contexts	Level 4	5	Registered
Fundamental	119462 Engage in sustained oral/signed communication and evaluate spoken/signed texts	Level 4	5	Registered
Fundamental	119469 Read/view, analyse and respond to a variety of texts	Level 4	5	Registered
Fundamental	119471 Use language and communication in occupational learning programmes	Level 4	5	Registered



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

1

Promote sport activity in a community

SAQA US ID	UNIT STANDARD TITLE		
243293	Promote sport activity in a community		
SGB NAME		ORGANISING FIELD ID	PROVIDER NAME
SGB Sport, Recreation & Fitness		2	
UNIT STANDARD TYPE		ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION
Regular		Culture and Arts	Sport
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	4	Level 4	Regular

SPECIFIC OUTCOME 1

Scope and identify needs within the community.

SPECIFIC OUTCOME 2

Communicate and promote sport or recreation activities, events and programmes.

SPECIFIC OUTCOME 3

Identify suitable distribution points for advertisements to involve stakeholders and/or sponsors.

SPECIFIC OUTCOME 4

Access and secure sponsors.

SPECIFIC OUTCOME 5

Compile a promotion plan for sport or recreation activity in the community.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

2

Recommend an exercise programme or activity

SAQA US ID	UNIT STANDARD TITLE		
243294	Recommend an exercise programme or activity		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	5	Level 4	Regular

SPECIFIC OUTCOME 1

Conduct a physical activity readiness assessment.

SPECIFIC OUTCOME 2

Interpret results of a physical activity readiness assessment.

SPECIFIC OUTCOME 3

Select an appropriate pre-designed programme or activity for a participant/s.

SPECIFIC OUTCOME 4

Implement motivation methods and strategies to promote exercise adherence.

SPECIFIC OUTCOME 5

Monitor the progress of programme implementation.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

3

Administer sport or fitness facilities

SAQA US ID	UNIT STANDARD TITLE		
243295	Administer sport or fitness facilities		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	8	Level 4	Regular

SPECIFIC OUTCOME 1

Integrate financial and administrative functions.

SPECIFIC OUTCOME 2

Consider membership or user issues.

SPECIFIC OUTCOME 3

Implement maintenance and repair policies.

SPECIFIC OUTCOME 4

Administer staffing matters.

SPECIFIC OUTCOME 5

Administer ongoing and special events.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

6

Apply administrative skills and knowledge in a sport organisation

SAQA US ID	UNIT STANDARD TITLE		
243298	Apply administrative skills and knowledge in a sport organisation		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	11	Level 4	Regular

SPECIFIC OUTCOME 1

Demonstrate a working knowledge of the administrative systems required to administer a Sport or Fitness Organisation.

SPECIFIC OUTCOME 2

Supervise the system of documents, records and transactions for a sport or fitness organisation.

SPECIFIC OUTCOME 3

Apply sound business principles in a Sport or Fitness Organisation.

SPECIFIC OUTCOME 4

Apply financial best practices in a Sport or Fitness Organisation.

SPECIFIC OUTCOME 5

Conduct a formal meeting.

SPECIFIC OUTCOME 6

Draft and present a constitution for a club.

SPECIFIC OUTCOME 7

Identify the roles and functions of office bearers in a Sport or Fitness Organisation.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

4

Apply sports values and ethics

SAQA US ID	UNIT STANDARD TITLE		
243296	Apply sports values and ethics		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	3	Level 4	Regular

SPECIFIC OUTCOME 1

Demonstrate an understanding of the rules, regulations and code of conduct for the different sports activities.

SPECIFIC OUTCOME 2

Promote fair play according to the rules and guidelines of the sports activity.

SPECIFIC OUTCOME 3

Practice ethical behaviour through implementing sports programmes or activities.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

5

Apply knowledge of anatomy and physiology to exercise training

SAQA US ID	UNIT STANDARD TITLE		
243297	Apply knowledge of anatomy and physiology to exercise training		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	5	Level 4	Regular

SPECIFIC OUTCOME 1

Identify the anatomical structures of the human body.

SPECIFIC OUTCOME 2

Explain the movements of the joints, bones and muscles.

SPECIFIC OUTCOME 3

Describe common exercise and their related movement.

SPECIFIC OUTCOME 4

Identify the physiological systems of the human body.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

7

Adapt available spaces in the community as a sports or fitness facility

SAQA US ID	UNIT STANDARD TITLE		
243299	Adapt available spaces in the community as a sports or fitness facility		
SGB NAME		ORGANISING FIELD ID	PROVIDER NAME
SGB Sport, Recreation & Fitness		2	
UNIT STANDARD TYPE		ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION
Regular		Culture and Arts	Sport
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	5	Level 4	Regular

SPECIFIC OUTCOME 1

Create safe facilities out of existing spaces.

SPECIFIC OUTCOME 2

Develop necessary resources for a specific activity.

SPECIFIC OUTCOME 3

Maintain different surfaces.

SPECIFIC OUTCOME 4

Manage volunteers.

SPECIFIC OUTCOME 5

Access sports relevant information.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

8

Lead a community sport activity

SAQA US ID	UNIT STANDARD TITLE		
243300	Lead a community sport activity		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	12	Level 4	Regular

SPECIFIC OUTCOME 1

Prepare the participants or groups of participants for an activity.

SPECIFIC OUTCOME 2

Facilitate the process of participation.

SPECIFIC OUTCOME 3

Ensure that participants remain interested in the activity.

SPECIFIC OUTCOME 4

Demonstrate an understanding of the community and its resources.

SPECIFIC OUTCOME 5

Introduce the benefits of physical activities to the participants.

SPECIFIC OUTCOME 6

Evaluate the activity.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

9

Manage safety and emergency incidences

SAQA US ID	UNIT STANDARD TITLE		
243301	Manage safety and emergency incidences		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	6	Level 4	Regular

SPECIFIC OUTCOME 1

Implement policy to promote the prevention of safety and emergency incidents.

SPECIFIC OUTCOME 2

Manage incidents which affect the safety of an individual, group or crowd.

SPECIFIC OUTCOME 3

Manage emergency incidents which affect an individual, group or crowd.

SPECIFIC OUTCOME 4

Manage the reaction of an individual, group or crowd to a safety or emergency incident.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

10

Develop and organise Sport programmes

SAQA US ID	UNIT STANDARD TITLE		
243302	Develop and organise Sport programmes		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	6	Level 4	Regular

SPECIFIC OUTCOME 1

Demonstrate an understanding of the concept of sport or recreation programmes.

SPECIFIC OUTCOME 2

Design a programme suitable to a sport or recreation context.

SPECIFIC OUTCOME 3

Implement a programme as related to a sport or recreation context.

SPECIFIC OUTCOME 4

Co-ordinate a sport or recreation programme.

SPECIFIC OUTCOME 5

Evaluate the programme in terms of the quality and standard of the programme.



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

11

Create, improvise and organize sport activities

SAQA US ID	UNIT STANDARD TITLE		
243303	Create, improvise and organize sport activities		
SGB NAME	ORGANISING FIELD ID	PROVIDER NAME	
SGB Sport, Recreation & Fitness	2		
UNIT STANDARD TYPE	ORGANISING FIELD DESCRIPTION	SUBFIELD DESCRIPTION	
Regular	Culture and Arts	Sport	
ABET BAND	CREDITS	NQF LEVEL	UNIT STANDARD TYPE
Undefined	6	Level 4	Regular

SPECIFIC OUTCOME 1

Establish an organising committee to oversee the activities.

SPECIFIC OUTCOME 2

Compile an activity plan for the agreed activities.

SPECIFIC OUTCOME 3

Administer the logistics of the activity.

SPECIFIC OUTCOME 4

Market the activities within the community.

SPECIFIC OUTCOME 5

Deal with participants and volunteers.

SPECIFIC OUTCOME 6

Evaluate the experience.