

# Sports Leaders - Level 3 Qualification in Sports Leadership

What are the required skills and behaviours 'leaders' may need?

What makes a good 'leader', what makes a bad 'leader'?



Define what a 'good coach' is, what attributes should they have, can you name some and give reasons why?



# Section 1

**The Adapting Activities Challenge:**  
 'Developing activities for a changing environment'

Date Completed: \_\_\_\_\_



## Gaining Employability Skills Through Leadership

This course will take you on a journey to gain Employability skills. Through showing a set of behaviours, you will develop 5 essential skills that will help you progress in other areas of interest to you.

### The 5 employability skills

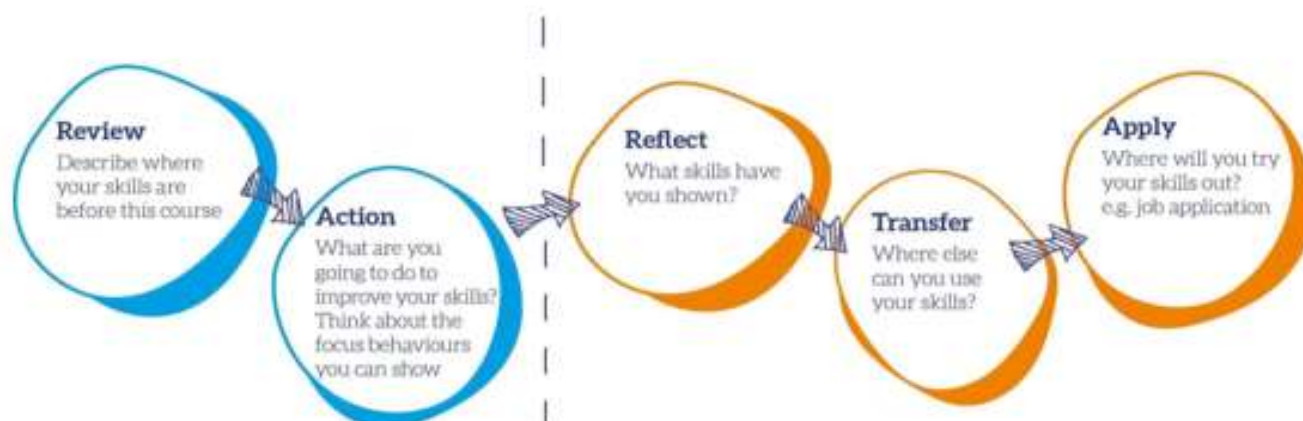
	Communication	Self-belief	Teamwork	Self-management	Problem solving
What this means to you	Your ability to listen and share information	Building confidence in your own ability	Enabling you to work with others	Taking responsibility for your actions and doing things to the best of your ability	Understanding the problem and finding solutions
Behaviours shown on this course	Active Listening Questioning Articulate Professional Passionate Succinct	Resilience Confidence Self-esteem Self-motivation Positive attitude	Integrity Empathy Inclusive Inspiring Reliable Respect	Accountable Determination Independence Initiative Motivated Self-starter	Creative Analytical Innovative Intuitive Rational

Showing these behaviours on this course is great. The more impactful thing will be to be able to tell others about what you have done and what it means for you and your future. Complete Task 1.3 to rate your skills at the start and end of the course.

The focus behaviours on this course are important to you because you can use them to:

1. Make your skills more effective
2. Make you stand out from the crowd
3. Become more employable

In Tasks 1.1 to 1.3 of your Learner Evidence Record you will Review and Action. After the course you will Reflect, Transfer and Apply.



# Task 1.1

**The Skills for Progression Challenge:**  
*'The personal skills you need to progress'*



Date Completed: \_\_\_\_\_

## Understanding the skills and behaviours a Sports Leader needs

Use the table below to consider what the role of the Sports Leader is and the other roles that can support or add to the development of your leadership skills and behaviours.

Role	Main responsibility	What makes this role unique	Is there anything about the role that is shared with another role?
Sports Leader			
Coach			
Teacher			

**Skills:** A skill is something that you can do e.g. communicating with others

**Behaviours:** What you need to show to make your skills more effective, e.g. being confident



**Maps to BTEC**  
TASK 1.1

**BTEC Unit C1**  
Mandatory Unit: ED, D, FD, EC  
Learning Aim: A (A1, A2)

**BTEC Unit 2**  
Mandatory Unit: ED, D, FD  
Learning Aim: A (A2)