



Higher National Unit specification

General information for centres

Unit title: Golf Coaching: Intermediate Performance Skills

Unit code: F3CL 34

Unit purpose: This Unit is designed to develop the candidates' knowledge and understanding of the various shots in golf including: pitching, bunker play and shots from 'awkward' lies'. The Unit enables candidates to identify key components involved in the technique of each shot and how to apply them in a practical performance and coaching situations. The Unit outlines the key rules of golf and when they should be applied. On completion of the Unit the candidate should be able to:

- 1 Describe the key rules of golf.
- 2 Describe the technical model for various shots in golf.
- 3 Demonstrate practical skills in various shots in golf.
- 4 Plan, deliver and evaluate four coaching sessions in golf.

Credit points and level: 2 HN credits at SCQF level 7: (16 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Access to this Unit is at the discretion of the centre. However, it would be beneficial for candidates to possess an understanding of, or practical experience in, sports leadership or coaching. This may be evidenced by achievement of F3CM 34 *Golf Coaching: An Introduction* or equivalent.

Core Skills: There are opportunities to develop the Core Skills of *Communication, Working with Others, Information Technology, Numeracy* and *Problem Solving* at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: This Unit can be assessed by restricted response question papers and practical assessments. The assessment of Outcome 1 may take the form of a restricted response paper and/or practical task. Outcome 2 may be assessed by a practical demonstration and/or restricted response questioning. Outcome 3 involves the demonstration of various golf shots and is assessed using an observational checklist used to record evidence. Outcome 4 involves the planning, delivery and evaluation of coaching sessions. The plan and evaluation may take the form of completing the relevant coaching session plan template, with the delivery being assessed by assessor checklist.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Describe the key rules of golf

Knowledge and/or Skills

Correct procedure and identification of key rules of golf, including:

- ◆ Number of clubs permitted
- ◆ Replacement of a damaged club
- ◆ Water hazards
- ◆ Ball at rest moves
- ◆ Out of bounds and lost ball
- ◆ Playing out of turn
- ◆ Playing wrong ball

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can identify and describe the key aspects/rules of golf.

Candidates will be required to successfully answer questions on each of the Knowledge and/or Skills items which will assess their knowledge and understanding of the main rules and code of conduct for golf. Evidence should be presented as responses to a restricted response question paper. In addition candidates will be required to demonstrate their competence in applying the rules and code of conduct in a practical context. This will be assessed by a practical assessment which will observe the candidate correctly applying these rules on the golf course. Evidence for this task should be recorded on an observational checklist.

An acceptable standard of achievement would be the identification and successful completion of both instruments of assessment.

Assessment Guidelines

The instrument of assessments should cover all aspects of the basic rules and conduct for golf at intermediate level (competitive play). Where opportunities fail to occur naturally in practical sessions the assessor should set up scenarios to provide opportunities for assessment.

Higher National Unit specification: statement of standards (cont)

Unit title: Golf Coaching: Intermediate Performance Skills

Outcome 2

Describe the technical model for various shots in golf

Knowledge and/or Skills

- ◆ Long game
- ◆ Pitching, chipping and bunker play
- ◆ Awkward lies
- ◆ Putting

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ describe the whole technical model for the long game.
- ◆ describe any one pitch shot. This may be a short pitch, long pitch, lob shot and shots around the green as well as green side bunker shots.
- ◆ describe any one of the awkward lies in golf: side hill lie/down hill lie/uphill lie/fairway bunkers.
- ◆ describe the technical model for putting: including the aim, grip, ball position, stance, alignment and swing.

Candidates will be required to give accurate responses that clearly demonstrate their understanding of the importance and reasons for each of the shots of golf mentioned.

Assessment Guidelines

The assessment for the Outcome could be by means of extended response questioning or by practical demonstration under supervision. Evidence for the practical assessment could be recorded on an observational checklist.

Outcome 3

Demonstrate practical skills in various shots in golf

Knowledge and/or Skills

- ◆ Club selection
- ◆ Golf shots in a closed context
- ◆ Golf shots in open context
- ◆ Posture and body positioning

Higher National Unit specification: statement of standards (cont)

Unit title: Golf Coaching: Intermediate Performance Skills

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by demonstrating competence in each of the skills identified, in closed and open play. Successful completion of each skill will be achieved when the candidate can demonstrate:

- ◆ ten drives of which six must hit the target fairway
- ◆ ten long irons of which six must hit the green
- ◆ ten pitches and chips of which six must be within twelve feet and eight feet respectively
- ◆ ten bunker shots of which six must leave the bunker and remain on the green
- ◆ correct posture and body position during uphill, downhill and side hill lies (weight following contours of the ground)
- ◆ ten putts from 6 ft of which six must be holed

Evidence will be generated through a practical exercise that allows candidates to demonstrate their competence in the skills in both open and closed contexts. Decision making and club selection should form part of the assessment. The practical assessment should be conducted under supervised conditions and evidenced by observational checklist and/or video.

Assessment Guidelines

The assessment of the six basic skills could be carried out during practice drills/demonstrations in a practice range environment and during practical performance in a game/match situation. Assessment in the open context could also provide evidence that the candidate can select the most appropriate shot for the situation they are in. This should be carried out under supervision with evidence being recorded in the form of a checklist and/or video.

Outcome 4

Plan, deliver and evaluate four coaching sessions in golf

Knowledge and/or Skills

- ◆ Coaching sessions
- ◆ Review Cycle

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ plan, deliver and evaluate four coaching sessions
- ◆ reflect on their own performance using the Review Cycle (Plan-Deliver-Review)

For assessment purposes candidates should prepare and deliver each coaching session for a minimum of 15 minutes. The practical assessment should be conducted under supervised conditions and evidence recorded by observational checklist and/or video.

Higher National Unit specification: statement of standards (cont)

Unit title: Golf Coaching: Intermediate Performance Skills

Assessment Guidelines

The practical exercise may be conducted on peers or appropriate external groups. Candidates will require evidence of session plans and evaluations — this may be presented in any suitable format. A template could be used to detail the plan and evaluation of each coaching session. To demonstrate reflective practice and application of the Review-Cycle, candidates should show development in their delivery and evaluations over the four sessions.

Administrative Information

Unit code: F3CL 34

Unit title: Golf Coaching: Intermediate Performance Skills

Superclass category: MA

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Higher National Unit specification: support notes

Unit title: Golf Coaching: Intermediate Performance Skills

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

The Unit is intended to provide candidates with the necessary skills and knowledge required for work in a golf performance and/or coaching environment.

Outcome 1

Candidates should be able to describe the fundamental rules of golf which any golfer may face. The key rules covered in this section are the recommended areas outlined by the Royal & Ancient Golf Club (R&A). Candidates should be aware of the importance of rules and etiquette in golf.

The areas covered should include: number of clubs a golfer is permitted to carry during a round; when a damaged golf club can be replaced if at all; lateral (red) and normal (yellow) water hazards; the procedures if a golf ball at rest moves; the out of bounds rule and the correct procedure thereafter; similarly with a lost ball; golfer playing out of turn during a match; and a golfer playing the wrong ball.

Each candidate should be given a copy of the rules of golf book, available for the R&A.

Outcome 2

Candidates should be able to describe the components of the technical model for various shots in golf. The technical model covered should follow exactly that of the PGA level 1 Coaching Award (see PGA manual).

Golf shots to be covered include:

- ◆ the long game (woods): ball position inside left foot, alignment and aim, stance shoulder width apart and swing plane.
- ◆ the pitch shot (wedges): including the short pitch (25 yards) and long pitch (50 yards) ball position centre of stance, weight 70/30 favouring left side, varying distance of wedges, lob shots and shots from greenside rough.
- ◆ bunker play (sand/lob wedge): body alignment left of target, open clubface aiming at target, firm static base, weight forward on left side 70/30 approx.
- ◆ awkward lies: uphill, downhill, side hill. Body position and stance to follow contours of the ground in these scenarios.
- ◆ putting: aim (choosing target), grip (choosing grip appropriate to group eg two handed thumbs pointing down the shaft for beginners), ball position (inside left foot), stance (shoulder width), alignment (railway tracks), swing (pendulum motion, rocking shoulders, toe to toe).

Higher National Unit specification: support notes (cont)

Unit title: Golf Coaching: Intermediate Performance Skills

Outcome 3

Within this Outcome, the candidate must demonstrate practical skills in various shots in golf. The candidate must demonstrate competence in each of the following skills outlined below in both open and closed play (open play = performance of skills on the golf course and/or competitive situation and closed play = performance of an isolated demonstration on the practice range):

- ◆ ten drives (using a driver) of which six must hit the intended fairway
- ◆ ten long irons (using 3, 4, 5 irons) of which six must hit the intended green
- ◆ ten pitches (wedges), five from 25 yards and five from 50 yards of which six must be hit within 12 feet of the hole
- ◆ ten chips (wedges/9/8 iron) from greenside of which six must be hit within 8 feet of the hole
- ◆ ten bunker shots of which six must leave the bunker and remain on the green
- ◆ ten putts from 6 feet of which six must be holed

Outcome 4

This Outcome introduces the candidate to the process of planning, delivering and evaluating coaching sessions in golf. The candidate must plan, deliver and evaluate four separate sessions.

Candidates should reflect on their own performance using the review cycle: Plan-Deliver-Review. Development and improvement of the candidate's coaching in regard to the sessions — planning, delivering and evaluating/reviewing — should be evident as the four sessions progress.

Guidance on the delivery and assessment of this Unit

This Unit is likely to form part of a Group Award designed to provide candidates with knowledge and skills for employment within a golf performance and/or coaching environment.

Outcome 1 could be assessed both by restricted response paper and in a practical context on the golf course. Delivery of this Outcome should also take place on the course in real life situations, as well as hypothetical scenarios set up by the subject tutor. Video clips of actual rulings in tournament situations should also be used to highlight correct procedure. Delivering centres should ensure suitable resources accommodating the flexible nature of this Outcome are available.

For Outcomes 2, 3 and 4 candidates could demonstrate their knowledge and understanding through extended response questioning and/or practical demonstration. Where an Outcome is assessed practically, the delivering centre should create an observational checklist to record evidence. Where appropriate video evidence may be used. Within Outcome 4, the candidate could demonstrate competence in regard to the structure of designing a coaching session using an appropriate session plan template. Evaluations of each assessed session could be logged and kept along with the session plan as part of a portfolio of evidence.

Higher National Unit specification: support notes (cont)

Unit title: Golf Coaching: Intermediate Performance Skills

Opportunities for developing Core Skills

There are opportunities to develop the Core Skill *Communication* at SCQF level 5 and the Core Skill *Working with Others* at SCQF level 5. *Communication*, both oral and written may be undertaken during lecturer led and class based discussion surrounding Unit topics. This Unit also lends itself to developing the Core Skill of *Working with Others*, as candidates will be working with their peers in class as well as external client groups in delivery. The Unit also requires some degree of *Information Technology* in the use of designing coaching session plans, along with *Numeracy* in the calculation of equipment required, size of the activity area and number of participants. The Unit also requires some degree of *Problem Solving* at SCQF level 5 either during the delivery of a session or after when evaluating the session. These Core Skills may be developed during the Unit. Hypothetical problem solving exercises will also be part of the Unit.

Open learning

This Unit could be delivered by distance learning. However, while candidates can study out with the centres using materials provided, it would require planning by the Centre to ensure the sufficiency and authenticity of candidate evidence.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Golf Coaching: Intermediate Performance Skills

This Unit enables you to acquire key skills and qualities in golf coaching and performance. Most college graduates in this field will embark upon a career in either golf performance and/or coaching therefore an awareness of the various elements covered in this Unit is invaluable.

This Unit introduces you to the key rules of golf, as outlined by The Royal & Ancient Golf Club of St Andrews (R&A), which are essential in understanding correct procedure along with the etiquette and integrity of the game of golf. The performance side of golf with regard to the technical model for various shots in golf, along with demonstrating these shots, forms a fundamental part to this Unit. Your own performance will also improve over the course of this Unit.

For many golfers, the performance side of golf (in terms of playing golf for a living) is not the ultimate goal. In this case, coaching becomes the main focus and it is in this Unit that you will understand and acquire the skills to plan, deliver and evaluate coaching sessions.

The Unit will give you a flavour of the challenges of both performing at a higher level and delivering practical coaching sessions to external client groups.

The assessment for this Unit will be through restricted response question papers and practical observation. You will also be required to plan four assessed coaching sessions, deliver and evaluate them while at the same time taking cognisance of improvements necessary and embedding them in future sessions.

There are opportunities for you to develop the Core Skills of *Communication*, *Working with Others*, *Information Technology*, *Numeracy* and *Problem Solving* in this Unit.