**BTEC Assignment Brief**

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| **Qualification** | | Pearson BTEC Level 3 National Extended Diploma in Sport |
| **Unit number and title** | | **Unit 4: Sports Leadership** |
| **Learning aim(s)** (For NQF only) | | **A:** Understand the roles, qualities and characteristics of an effective sports leader  **B:** Examine the importance of psychological factors and their link with effective leadership |
| **Assignment title** | | Investigating appropriate leadership strategies. |
| **Assessor** | | Charlie German |
| **Issue date** | |  |
| **Hand in deadline** | |  |
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| **Vocational Scenario or Context** | | You have been involved in Peterborough’s Norwich City RDP for a number of years and are respected by club mates for both your playing ability and also leadership characteristics. These skills have been noted by the head coach who is also responsible for delivering football sessions to different population groups. The organisation has contacted you suggesting that you apply for a current activity leader vacancy within the organisation. The application process involves a written essay and a report demonstrating your understanding of the psychological factors influencing leadership. |
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| **Task 1** | | **Essay on leadership skills qualities and characteristics**  The essay should be in four sections. You must firstly discuss the differences between three selected sports leaders. This should be followed by a discussion of how your selected leaders apply their skills, qualities and characteristics to their role. Next, you are required to provide a discussion of the effective use of the skills, qualities and characteristics of your three selected leaders. Finally you should conclude your essay by discussing the effective use of skills providing logical practical examples.  **The required content of the essay is detailed below:**  **Part 1**   * Including appropriate job descriptors discuss the differences between 3 specific leaders. You can choose from the following options: activity leader, coach, teacher, instructor, trainer, manager, official, table official, team manager, score keeper, first aider, health and safety officer, risk assessor). * You must discuss the specific skills, qualities, characteristics associated with your selected 3 roles. * **Skills** should include: Rapport building, confidence, vocal, good communication, authoritative, provide good feedback, motivator, goal setter, collaborator, uses strategies and tactics well, engaging, fearless, forgiving, patient, organised, good listener, good demonstrator. * **Qualities** should include: Knowledge of sports skills, knowledge of rules and laws, understanding the mental needs of participants, understanding the physical needs of participants, good communication, high confidence, positive, empathy. * Key **characteristics** should include: Committed, patient, driven, goal orientated, empowering, objective, persistent, forgiving, attentive, approachable, consistent, firm, and fair.   **Part 2**   * Your essay must discuss, explain analyse and evaluate the application of skills, qualities and characteristics in different roles and provide real life examples of the effective use of the skills, qualities and characteristics of your three selected leaders * You should consider in your essay how the leader leads by example, is ethical, has integrity and potential, has a good sense of humour, is confident, is committed, inspires others and should not be afraid to make decisions.   Examples of essential content for the different types of leader are outlined below:   * Captain – can read the game well, confident, inspires, knowledge of the rules, lead by example, motivates, passionate, praises others, skilful, team mates, uses strategies and tactics well, vocal. * Coach – analysis, delivery, demonstration, feedback, organisation, observation, questioning, rapport building, safety. * Official – authoritative, common sense, communication, consistent, courageous, judgement, knowledge of rules, timekeeper. * Teacher – accountable, adaptable, caring, creative, dedicated, determined, engaging, fearless, forgiving, generous, inspirational, joyful, organised, passionate, patient, resilient, resourceful. * Personal trainer/instructor – adapting, commitment, communication, energy, friendly, knowledge, listening skills, motivator, organisation, outgoing.   **Part 3**   * Finally, your essay should conclude by discussing, explaining, analysing and evaluating the impact of skills, qualities and characteristics of your 3 selected sports leaders. * You should consider factors such as helping athletes develop their full potential. * Taking responsibility for creating the right conditions for improvements to take place * Educating participants and develop their knowledge and understanding of sport * Maintaining order and ensure all rules and regulations are implemented effectively * Enthusing and motivating individuals and teams ensuring that the team is heard * To help an individual or group of people to achieve their fitness goals. |
| **Checklist of evidence required** | | An essay discussing, explaining analysing and evaluating the skills, qualities and characteristics of 3 selected leaders. The essay includes three sections  Job descriptors discussing the differences between 3 specific leaders  An investigation into the application of skills, qualities and characteristics in different roles and provide real life examples of the effective use of the leadership skills.  A conclusion discussing, explaining, analysing and evaluating the impact of skills, qualities and characteristics of your different sports leadership. |
| **Criteria covered by this task:** | | |
| Unit/Criteria reference | To achieve the criteria you must show that you are able to: | |
| A.P1 | Discuss the skills, qualities and characteristics of three different leadership roles within different sport and exercise activities or environments. | |
| A.P2 | Explain the importance of skills, qualities and characteristics in the leadership role within different sport and exercise activities or environments. | |
| A.M1 | Analyse the importance of skills, qualities and characteristics in the leadership role within different sport and exercise activities or environments. | |
| A.D1 | Evaluate the impact of skills, qualities, characteristics on sports leadership within different sport and exercise activities or environments. | |
| **Task 2** | | **A Report on Psychological Factors**  Your report for this section of the assignment should consider the psychological factors that could impact on leadership and provide examples from different sport and exercise activities or environments. Specifically you should discuss, analyse and evaluate the internal and external factors and the importance of these. This should be followed by an evaluation of the forms of leadership and what effective leadership should look like from a psychological theoretical standpoint.   * Discuss, analyse and evaluate external psychological factors which could include: group/team cohesion, social loafing, the Ringlemann effect, personalities, confidence, motivation, anxiety and arousal. * Discuss, analyse and evaluate internal psychological factors which could include: attribution theory, self-confidence self-esteem, past experiences the self-serving bias, accidental vs intentional behaviour. * Discuss, analyse and evaluate the importance of psychological factors considering safety, the environment, goal/outcome, participant interaction. * You are required to show clear knowledge and understanding of what effective leadership looks like, and what forms this can take, by evaluating the Leadership theories including: situational leadership, transformational leadership, and transactional leadership. * You are required to conclude your report by providing a good practice guide evaluating the implementation of appropriate leadership strategies. This should include the following features: strong relationship building, clear vision, positive and assertive personal image, positive attitude to and learning from failure, planning, organising and setting clear objectives, decision making and finding solutions and perseverance. |
| **Checklist of evidence required** | | A report including information on the psychological factors that could impact on leadership. The following features should be included:   * External psychological factors * Internal psychological factors * Importance of psychological factors * Leadership theories * Good practice guide |
| **Criteria covered by this task:** | | |
| Unit/Criteria reference | To achieve the criteria you must show that you are able to: | |
| B.P3 | Discuss how key psychological factors may affect sports leadership within different sport and exercise activities or environments. | |
| B.M2 | Analyse key psychological factors that may affect sports leadership within different sport and exercise activities or environments. | |
| B.D2 | Evaluate the impact of key psychological factors on sports leadership within different sport and exercise activities or environments. | |
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| **Sources of information to support you with this Assignment** | | Websites  Dorfman, H A – *Coaching the Mental Game: Leadership Philosophies and Strategies for Peak Performance*  *in Sports and Everyday Life* (Taylor Trade, 2005) ISBN 9781589792586  Edginton C et al – *Leadership for Recreation and Leisure Programs and Settings* (Sports Publishing, 1999)  ISBN 9781571674371  Hellison P and Martinek T – *Youth Leadership in Sport and Physical Education* (Palgrave Macmillan, 2009)  ISBN 9780230612365  Martens R – *Successful Coaching* (Human Kinetics Europe, 2004) ISBN 9780736040129  Rhodes R and Hayward S – *Basic Coaching Skills: Building Leadership in Youth Sports. Based on the National Standard for Athletic Coaches* (American Coaching Institute, 2000) ISBN 9780967794105  American College of Sports Medicine [www.acsm.org](http://www.acsm.org)  British Association of Sport and Exercise Sciences [www.bases.org.uk](http://www.bases.org.uk)  Coachwise [www.1st4sport.com](http://www.1st4sport.com)  Human Kinetics [www.humankinetics.com](http://www.humankinetics.com)  Sport Science [www.sportsci.org](http://www.sportsci.org)  Sports Coach UK [www.sportscoachuk.org](http://www.sportscoachuk.org)  Top End Sports [www.topendsports.com](http://www.topendsports.com) |
| **Other assessment materials attached to this Assignment Brief** | | *eg, work sheets, risk assessments, case study* |