**BTEC Assignment Brief**

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| **Qualification** | Pearson BTEC Level 3 National Extended Diploma inSport |
| **Unit number and title** | **Unit 4: Sports Leadership**  |
| **Learning aim(s)** (For NQF only) | **C:** Explore an effective leadership style when leading a team during sport and exercise activities. |
| **Assignment title** | Applying appropriate leadership strategies.  |
| **Assessor** | Charlie German |
| **Issue date** |  |
| **Hand in deadline**  |  |
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| **Vocational Scenario or Context** | Following your application for the job vacancy with Peterborough’s RDP they have invited you for a skills assessment day which involves delivering a suitable practical session to demonstrate your leadership capabilities. Your session should meet the needs of the group and show confidence whilst maintaining control and motivate the participants. Following your practical session you are also asked to complete a review to show you have the appropriate reflective and developmental skills to be an effective leader for the role.  |
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| **Task 1** | **Practical Delivery and Performance Review**For this task you are required to lead a team during a sport and exercise activity whilst demonstrating a chosen leadership style that is suitable to the activity and group. This session will be recorded for assessment purposes and to help you with the next task requiring you to review the effectiveness of the session following the delivery. During the session you are required to demonstrate clear expectations for the group and the session should encompass each of the following features. * You should demonstrate the confidence to lead an individual or group/team to improve and succeed in achieving a common goal.
* You should demonstrate the ability to control and educate an individual or a team to reach specified goals.
* Within the session you must demonstrate the knowledge to develop the skills, techniques and tactical understanding of an individual or team effectively.
* You should demonstrate the ability to share an individual’s or team’s goals and motivate them to achieve their full potential
* You should demonstrate the ability to create an inspiring event and lead by example
* You should demonstrate the ability to empower, inspire and energise people.
* You should communicate effectively with the team or individual.
* Where applicable you should work as a team and help collaborate towards agreed goals.
* The session should be delivered confident manner whilst being fair to all participants.
* Optimism in the delivery and demonstrating your ability as a trustworthy leader should be demonstrated.
* Appropriate employment and maintenance of rules and regulations should be successfully delivered.
* Where applicable scores should be accurately recorded whilst showing good knowledge of rules and regulations.
* Patience and passion for the activity should be shown.

**Review of leadership performance** A written review of the delivery of your practical session is required for this task. This review should focus on the impact of your leadership style on the performance of the group analysing and justifying your selected leadership style. The review should be structured in 3 sections as outlined below: Section 1: A review, analysis and justification of the impact of your style of leadership with actual examples from the session. Consider the following different leadership styles:* Transactional
* Transformational
* Situational
* Autocratic
* Democratic
* Laissez-faire
* Paternalistic

 Section 2: An investigation reviewing, analysing and justifying how and if targets were met during the delivery of the session. * Questions to ask yourself in your review:
* Did you have and make clear aims and objectives for the session.
* Were SMARTER targets applied
* Was your overall leadership effective in your designated role and was your selected approach the most logical style for the activity.

Section 3:Key finding and action planning* Review your overall strengths and areas for improvement.
* Create a SMARTER targets for your development as a sports leader

Consider your leadership style against other leadership styles and provide analyses and justification for future improvement with a clear action plan. |
| **Checklist of evidence required**  | Lead the practical delivery of sports session applying appropriate leadership techniques supported by video evidence of the session. A review of the practice session including 3 sections:* A review of the impact of your style of leadership with actual examples from the session
* An investigation of how and whether targets were met during the delivery of the session
* Key finding and action planning
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| **Criteria covered by this task:** |
| Unit/Criteria reference | To achieve the criteria you must show that you are able to: |
| C.P4 | Demonstrate a chosen leadership style, using appropriate skills when leading a team during a sport and exercise activity. |
| C.M3 | Demonstrate a chosen leadership style, using effective skills when leading a team during a sport and exercise activity. |
| C.P5 | Review the impact of own leadership style on the performance of the team during the sport and exercise activity. |
| C.M4 | Analyse your chosen leadership style and the impact of it on team performance, considering own strengths and areas of weakness. |
| C.D3 | Justify your leadership style and its impact on team performance, suggesting alternative leadership styles that could be used to improve team performance. |
| **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 9781589792586Edginton C et al – *Leadership for Recreation and Leisure Programs and Settings* (Sports Publishing, 1999)ISBN 9781571674371Hellison P and Martinek T – *Youth Leadership in Sport and Physical Education* (Palgrave Macmillan, 2009)ISBN 9780230612365Martens R – *Successful Coaching* (Human Kinetics Europe, 2004) ISBN 9780736040129Rhodes 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 9780967794105American 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* |