

BTEC Sport Unit 4: Sports Leadership Curriculum Summary

Name of unit	Unit 4: Sports Leadership
Why do we study this unit?	Learners study what makes a good leader, the different capacities of this role, and the leadership skills and techniques necessary when leading activities in different roles.
By the end of the unit, students will be able to....	This unit aims to develop your confidence in a variety of different roles when leading sport. These roles range from coach, to official, to captain or personal trainer. You will be guided through the requirements of effective leadership and this will develop your knowledge and understanding of the leader's role, the key skills, qualities and characteristics. You will be required to take on the role of a leader and demonstrate the necessary range of skills for the selected leadership role independently and as part of a team, when planning and running an event.
Links to previous units	
Key vocabulary	Coaching, leadership, skills, qualities, characteristics, psychological, expectation, effectiveness, SMARTER.
Week and summary topic	Knowledge and skills learned
1. Different leadership roles	Roles required in sport and exercise activities or environments: Activity leader, coach, teacher, instructor, trainer, manager, official, table official, team manager, score keeper, first aider, health and safety officer, risk assessor.
2. Skills, qualities, characteristics and application	<ul style="list-style-type: none"> ● Key skills of leaders in sport: ● Key qualities of leaders in sport: ● Key characteristics of leaders in sport ● Application of skills. ● Effective use of the skills, qualities and characteristics of a leader. ● Leads by example, is ethical, has integrity and potential, has a good sense of humour, is confident, is committed, inspires others, is not afraid to make decisions.

<p>3. Importance and effective use of skills, qualities and characteristics when leading</p>	<p>Importance of different leadership roles in sport, for example: To help athletes develop their full potential:</p> <ul style="list-style-type: none"> ● Responsible for creating the right conditions for improvements to take place ● To educate participants and develop their knowledge and understanding of sport ● To maintain order and ensure all rules and regulations are implemented effectively ● To enthuse and motivate individuals and teams, ensuring that the team is heard ● To help an individual or group of people to achieve their fitness goals.
<p>4. Psychological factors that could impact on leadership</p>	<ul style="list-style-type: none"> ● External psychological factors ● Internal psychological factors ● Importance of psychological factors
<p>5. Leadership and psychological factors</p>	<p>Learners are required to show clear knowledge and understanding of what effective leadership looks like and what forms this can take:</p> <ul style="list-style-type: none"> ● Leadership theories/forms ● Leadership can include:
<p>6. Expectations of leadership</p>	<ul style="list-style-type: none"> ● Effective leadership roles could encompass ● Expectations of effective leadership in a team
<p>7. Practical skills required for different leadership styles</p>	<ul style="list-style-type: none"> ● Types of effective leadership styles ● Practical skills
<p>8. Leading a sport and exercise activity</p>	<ul style="list-style-type: none"> ● Identification of aims and objectives. ● Identification of SMARTER (specific, measurable, achievable, realistic, time-related, exciting OR evaluated, recorded OR reviewed) targets. ● Identification of designated leadership role. ● Ideal effective leadership. ● Ideal leadership style
<p>9. Effectiveness and impact of leadership on a sport and exercise activity</p>	<ul style="list-style-type: none"> ● Against aims and objectives in plan. ● Against SMARTER targets. ● Strengths and areas for improvement. ● Effective leadership. ● Against other style leadership. ● Suggestions for future improvement with a clear action plan.