

# WKO: Level 2 Certificate in Coaching Martial Arts



## Qualification overview:

This qualification provides the learner with the understanding of their roles and responsibilities in coaching in Martial Arts at this level.

The learners will be required provided with the knowledge to be able to plan, deliver and review linked Coaching Martial Arts sessions that show progression.

## Progression Routes:

Learners who successfully achieve this qualification are eligible to seek employment in a paid capacity or as a volunteer. The skills and knowledge developed may be used to enable learners to progress to other industry-relevant qualifications in teaching sport, activity leadership, and sports development, refereeing, judging events staff.

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| <b>Qualification Objective:</b>   |
| <b>What does the qualification cover?</b>   |
| The objective of the WKO: Level 2 Certificate in Coaching Martial Arts is to provide a benefit to learners through an introduction into the principles/practice of safe, ethical and effective management and coaching of Martial Arts coaching sessions to adults and/or young people in an appropriate environment.   |
| <b>Who is the qualification for?</b>  |
| The qualification is designed for those who wish to become involved in Martial Arts as a coach, for the responsibility for the ongoing development of participants. This qualification is aimed at learners who have achieved a 1st Degree/Dan Black Belt/tag (dependent on pathway chosen), may currently coach within a martial arts club or aspire to do so. Those who already have an assistant instructor status or support a club instructor, under supervision, or who have achieved a leadership qualification in the delivery of Martial Arts. |
| <b>Who supports the qualification?</b>  |
| This qualification is recognised WKO industry standard, level 2 certificate martial arts qualification for coaches by WKO Global. The support is focused on the benefits of the qualification for learners, the objective of the qualification and the predicted learner demand. This information was gathered through valid research and consultation with the World Kickboxing Organisation (WKO).  |

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| <b>Qualification Progression:</b>   |
| <b>What future education could this qualification lead to?</b>  |
| Learners completing this qualification may choose to broaden their knowledge by undertaking the WKO Level 3 Diploma in Teaching Martial Arts. The skills and knowledge developed may be used to enable learners to progress to other industry-relevant qualifications in teaching sport, activity leadership, supporting PE in school sport and sports development, refereeing, judging events staff.   |
| <b>What future employment could this qualification lead to?</b>   |
| This qualification may lead to paid employment or unpaid voluntary roles in coaching Martial Arts, either working independently or as part of a coaching team. Other roles that the learner may consider exploring include Activity Leader, Official and Sports Volunteer.<br>This qualification will also support learners who aspire to, or are currently coaching Martial Arts within a community club, working in schools and/or with county sports partnerships and local authorities. |

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| <b>Qualification Achievement:</b>  |
| <b>Entry Requirements for the Qualification</b>  |
| The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification are considered and outcomes recorded during the application process. Prior to registration learners are required to: <ol style="list-style-type: none"> <li>1. Be accurately identified</li> <li>2. Be at least 18 years of age</li> <li>3. Be able to communicate effectively in English<sup>1</sup> (this includes listening, speaking, reading and writing)</li> <li>4. Hold minimum 1st Dan black belt</li> </ol> |
| <b>Certification Requirements</b>  |
| Learners certificates will only be released on successful completion of each element:<br>Written Assignments, Observation, Online Exam & Witness Testimony   |

## Assessments:

### What will be assessed

Learners must demonstrate:

1. Complete a series of written assessed tasks consisting of short assignments
2. Plan, deliver and evaluate a minimum of twelve coaching sessions in Martial Arts. Six of the twelve sessions must be linked and progressive, and working with the same group of participants in order to monitor and review any progress made.
3. Be Observed demonstrating their ability to plan, deliver and review one 30 minute practical coaching session in a simulated environment. This session will be planned for, and delivered to a different participant type to the linked and progressive sessions e.g. adults/youths/ children/disabled/non-disabled.
4. Pass the online examination with either 80% Pass 90% Merit or 100% Distinction.
5. Have a witness testimony supplied by their chief instructor.

### How it will be assessed

This qualification contains a range of units to be completed by the learner. Each unit is comprised of a number of learning outcomes and identified assessment criteria to be completed.

Learning Outcomes that begin 'The learner will understand...' will be assessed through theory based activities.

Learning Outcomes that begin 'The learner will be able to...' will be assessed through practical activities. For example:

## Qualification Delivery

### Who is required for the delivery of this qualification

The recognised centre is required to have a qualified and competent qualification workforce in place which includes as a minimum:

1. Qualification administrator
2. Qualification coordinator
3. Appropriately qualified tutor/assessor
4. Appropriately qualified internal quality assurer (IQA)

Further information on workforce requirements are available from WKO Qualifications on request.

### What facilities are required to be able to achieve this qualification

All delivery sites must include the following:

1. Practical space for Martial Arts coaching activities to be delivered
2. Space for theoretical sessions to be delivered with conditions conducive to learning
3. Toilets and changing room facilities for both male and female learners/participants.

### What equipment is needed to be able to deliver this qualification?

The recognised centres must provide:

1. Sports equipment to facilitate chosen coaching activities (kick shields, focus pads/paddles, cones, balls, skipping ropes, etc)
2. Enough tables and chairs for each learner
3. Clear wall or screen for projection
4. Projector or connection to screen
5. Power extension lead
6. Flip chart

All learners and persons being coached must

1. Wear appropriate sports apparel, including correct footwear for the surface and environment. This should include: martial art training shoes, clothing, sparring gear, referee apparel, etc. (Provided by recognised centre)

| Qualification Structure (Rule of Combination)   |       |        |     |  |
|---|-------|--------|-----|--|
| This qualification consists of 9 mandatory units. Learners are required to successfully complete all 9 mandatory units in order to achieve the qualification. The 9 mandatory units are all required to be delivered in full. |       |        |     |  |
| Unit Title  | Level | Credit | GLH | Assessment Methods   |
| Unit 1 - Understand a training plan<br>(Understand warm ups, skills training, and physical conditioning)  | 1     | 1      | 10  | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |
| Unit 2 - Contribute to a training environment   | 1     | 1      | 10  | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |
| Unit 3 - Understand method of training delivery<br>(Coaching students by breaking down complex techniques into simple moves)  | 1     | 1      | 10  | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |
| Unit 4 - Understand different training resources  | 1     | 1      | 10  | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |
| Unit 5 - Health, Wellbeing and Sport  | 1     | 1      | 10  | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |
| Unit 6 - Developing Coaching Skills   | 1     | 1      | 10  | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |
| Unit 7 - Applied Coaching Skills  | 1     | 1      | 10  | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |

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| Unit 8 - Nutrition for Physical Performance          | 1 | 1 | 10 | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |
| Unit 9 - Rules, Regulations and Officiating in Sport | 1 | 1 | 10 | Assignment (Minimum 250 Words)<br>Observation<br>Online Examination<br>Witness Testimony |





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*WKO Developing and awarding qualifications for the Martial Arts industry*

World Kickboxing Organisation Qualifications is an awarding organisation offering non regulated qualifications for the martial arts sector. Which was created with the aim of offering vocational and occupational qualifications in areas of Martial Arts instruction and teaching.

Any proceeds go directly back to UK Martial Arts events to help them develop and advance the sports globally.

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