



British Weight Lifting RPL Strategy

British Weight Lifting guidance for Recognised Centres on Recognition of Prior Learning (RPL) for the:

- **1st4sport Level 1 Award in Coaching Weight Lifting (QCF), and**
- **1st4sport Level 2 Certificate in Coaching Weight Lifting (QCF).**

With the introduction of the Qualifications and Credit Framework (QCF), there has been an increase in the potential for learners' to request Recognition of Prior Learning (RPL) towards achieving a qualification. British Weight Lifting (BWL) and *1st4sport Qualifications* have provided this guidance for their Recognised Centres when they receive a request for RPL from a learner.

A request for RPL from a learner will normally be for one of the following:

- A request to by-pass some of the learning programme and/or assessment requirements based on the learner having prior experience as either a Weight Lifter or as a coach in weight lifting or another sport. This is termed a *request for RPL*.
- A request to have an existing weight lifting coaching qualification (either pre-QCF or from an international body) to be recognised as an equivalent. This is termed as a *request for equivalency*.
- A request to reduce the assessment requirements or need to attend the learning programme based on them having gained a coaching qualification in another sport/generic coaching qualification e.g. 1st4sport Award in the Principles for Coaching Sport. *This is termed as a request for credit transfer*.

British Weight Lifting Guidance for a request for RPL and Equivalency.

Due to the integrated delivery model used for delivering The 1st4sport Level 1 Award in Coaching Weight Lifting (QCF) and 1st4sport Level 2 Certificate in Coaching Weight Lifting (QCF) qualifications, all requests for RPL will not be accepted by British Weight Lifting.

Recognised Centres should use the following when communicating with learners:

Your request for RPL/Equivalency has not been accepted as it is our philosophy, and that of BWL with regards to coach education, that holistic teaching of the technical qualification inclusive of the units of accreditation is the best method to educate Weight Lifting coaches. The structure and manner of delivery of the 1st4sport Level 1 Award in Coaching Weight Lifting (QCF) and the 1st4sport Level 2 Certificate in Coaching Weight Lifting (QCF) qualifications incorporate the best practice of holistic and contextualised learning, and consequently do not lend themselves to individual RPL.

British Weight Lifting hope that this decision will not deter you from your aspirations to achieve the qualifications and passionately believe that you will value the experience of the holistic learning programme and will be a better-skilled Weight Lifting coach as a result of achieving this qualification in its entirety.



The tutor will review your prior learning and ensure that all learners' prior experience is recognised, celebrated and made use of, where appropriate, to support the course delivery and to enhance the learning experience.

British Weight Lifting's position on RPL is supported by their awarding organisation, 1st4sport Qualifications, who accept that the specific demands of Weight Lifting coaching and the integrated nature of the learning programme sits within their accepted exemptions to RPL."

British Weight Lifting's Guidance for a request for credit transfer

Requests by learners for Credit Transfer should be considered by Recognised Centres where the learner holds a QCF coaching qualification from another sport or can show that their generic coaching qualifications includes the core coaching units used by QCF coaching qualifications.

Additional information for Recognised Centre

1st4sport Recognised Centres approved to deliver any Weight Lifting qualification are recommended to refer to this Addendum along with the document *1st4sport Advice and Guidance to Recognised Centres on Recognising Prior Learning*

For further information on Recognised Prior Learning please refer to

Recognition of Prior Learning: Developing Process and Procedures (2012) **sports coach UK**, Leeds

This is available as a free resource at the following link

<http://www.sportscoachuk.org/resource/recognition-prior-learning-developing-process-and-procedures>

For more information please contact:

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