

Community Sport and Health Officer.



AURELIA TRAINING

Who is it for?

The primary role of a Community Sport and Health Officer (CSHO) is to initiate behavioural change in residents in terms of engagement in sport and physical activity across local communities. By working within & across local organisations, individuals will scope, organise and coordinate the delivery of opportunities for local communities to get more physically active. A CSHO will require a understanding of the principles of behaviour change, an ability to adapt delivery to different groups in society, knowledge of how to manage and lead colleagues or volunteers, practical experience of how to develop and devise appropriate sports of physical activity programmes and the expectations of collaborative work with a network of partners/stakeholders.

About the course

The standards for this programme are made up of:

Knowledge, skills and behaviours.

Knowledge

- How to initiate meaningful behaviour change based on utilizing a strength and asset-based approach.
- How to plan programmes of engaging and innovative activities using sports and physical activity.
- Understanding the importance of physical activity and healthy lifestyles – basic understanding of nutrition, fitness to work, regular daily activity, mental wellbeing.
- The fundamental principles of safeguarding, child protection and working with vulnerable adults.

Skills

- Successful application of a range of approaches that brings about changes in attitudes and behaviours within target communities.
- Managing disruptive behaviour in clients and customers before, during and after activities.
- Building partnerships and developing meaningful relationships with local partners and stakeholders in sport and physical activity.
- Supporting people within target communities to become involved in the preparation, planning and delivery of sport and active lifestyles.

Behaviours

A strong work ethic including attention to detail, willingness to adapt to change and time management.

A positive attitude to work and act as a role model within local community.

Ability to work individually and as a member of a team.

Functional skills English and Maths – If the learner does not have English and Maths Qualifications GCSE or equivalent at grade C & above, then to complete the course they will work with a qualified functional skills tutor to complete the qualifications required.

End Point Assessment – This is when the learner will need to demonstrate they have learnt the required knowledge, skills and behaviours, through a panel interview, presentation with questions and answers, work-based observation and case study challenge.

Support and guidance will be through a mixture of blended learning, which will include face to face, online and telephone support as needed.

For further information about the delivery of this award please contact
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