



Scottish Sports Futures

Education Through CashBack

Training and Accreditation

What is ETC?

Education Through Cashback (ETC) is a training & accreditation programme developed and managed by Scottish Sports Futures combining youth work and sport to enhance knowledge of the Sport for Change approach. The training programme can be delivered across Scotland to all **sport practitioners, young leaders and young people facing challenge and disadvantage**.

There is increasing focus on how sport can be used to achieve a wide range of outcomes. In developing this training, a range of research was reviewed which concludes that there are two critical factors in positive youth development through sport programmes: **1) programme design 2) the practitioners who lead delivery**.

ETC has been designed to develop skills and knowledge by using sport as a tool. It is made up of eight practical and interactive modules that encourage personal development of individuals, including sport practitioners and young people.

ETC focuses on supporting coaches to recognise their role in supporting the development of the people they work with regardless of their setting. By building better relationships and understanding those you work with, coaches and youth workers have a greater chance to have a positive impact.

ETC will develop skills suited to all settings, from community to performance.

Six modules are SCQF-accredited, allowing participants to receive a qualification for completion of the programme. Training is flexible and adapted to suit the needs of the group.

“ I am really inspired and motivated now. I can't wait to get to classes and use some of things I have learnt. ”



Scottish Sports Futures (SSF)

Scottish Sports Futures use the power of sport and physical activity to engage with vulnerable and disadvantaged young people and families in Scotland and empower them to be confident, healthy, and happy.

We do this using our proven and recognised Sport for Change model and its range of person-centred, youth-led programmes that provide positive experiences, inspiring role models, engaging social education, training, and youth volunteering opportunities.

CashBack for Communities

To help deliver our ETC programme to young people who are facing challenge, disadvantage and have been affected by crime, we receive funding from Cashback for Communities. This is a Scottish Government programme which takes money seized from criminals under the proceeds of crime legislation and invests them in our future – our young people. The programme funds community projects which support young people into positive destinations, diverting some away from potentially criminal or anti-social behaviour.

This aligns with the mission of SSF, a Cashback for Communities partner organisation who have been delivering activities and opportunities to young people across Scotland for several years.

Sport for Change

Sport for Change is where sport and physical activity is used intentionally to bring about positive benefits for individuals and communities. Sport can bring out the best in people, help to support wellbeing and resilience and positively impact on people's lives.

“

SSF are very good at engaging with all people regardless of their ability, confidence, and experience. This makes everyone relax and achieve during workshops.

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What modules do SSF offer?

Mental Health and Wellbeing in Sport & Physical Activity *non accredited

(16+)

This interactive module provides an opportunity to explore mental health and wellbeing within a sporting context and looks at how to create conversations around these topics.

Learning Outcomes

- 1.1** Understand what mental health and wellbeing means to you.
- 1.2** Discover why mental health and wellbeing is important in sport and physical activity.
- 1.3** Explain what could impact an individual's mental health and wellbeing.
- 1.4** Understand how to create a supportive space to enable mental health and wellbeing conversations and the potential barriers.

Time to complete: Non SCQF: 3 – 4 hours

Human Connection and Adverse Childhood Experiences (ACEs) *non accredited

(16+)

This module aims to upskill and increase the knowledge of practitioners who are working with young people in a sport and physical activity environment on the importance of human connection and the relationship between ACEs and sport and physical activity.

Learning Outcomes

- 1.1** Explore GIRFEC and SHANARRI and the importance of these models in a sporting context.
- 1.2** Understand what ACEs are and how they effect individuals.
- 1.3** Explore the role a coach can play supporting an individual through the rupture, relate, repair cycle.
- 1.4** Understand the key principles for adopting a trauma informed practice in a sporting session.

Time to complete: Non SCQF: 3 – 4 hours



Working with Young People in Sport

(All Ages)

Working with Young People in Sport, offers an introduction to understanding young people and how they choose to participate in sport. This module introduces the concept of the role of the coach and the impact they can have on the lives of young people engaged in sport or physical activity programmes.

Learning Outcomes

- 1.1 Identify own area of expertise and areas for development within own practice.
- 1.2 Explain the role of a coach and the factors that can influence positive and negative outcome.
- 1.3 Demonstrate an understanding of factors that influence young people's behaviour.
- 1.4 Demonstrate appropriate behaviour management techniques.

Time to complete: Non SCQF: 4 hours / SCQF Accredited: 6 hours

Human Connection

(All Ages)

This module aims to develop awareness of the importance of building relationships and the 'human connection' as part of effective coaching. Learners will explore theory, research and experiential evidence of human connection within sport but also in the context of leadership. Learners will be challenged to think beyond technique, strategy and outcomes and look at the potential life-impacting influence of their position.

Learning Outcomes

- 1.1 Explain the importance of building relationships within coaching.
- 1.2 Identify barriers to building relationships within a coaching environment.
- 1.3 Explain the basic principles of motivation and practical strategies used in coaching.
- 1.4 Research generational learning theory and the potential impact when working with groups.

Time to complete: SCQF Accredited: 4 hours

Planning Effective Physical Activity Programmes

(All Ages)

This practical module investigates Kolb's Learning Cycle to explore the benefits that can be delivered through sport and physical activity and planning effective outcome-based programmes. Content should be designed to engage the participants while making progress towards programme outcomes. Kolb's Learning Cycle is a practical tool for personal development in ourselves and the young people involved in our programmes.

Learning Outcomes

- 1.1 Identify the benefits (physical, mental, social) of participation in sport and physical activity.
- 1.2 Provide a definition of a programme and an outcome. Give a specific example of an outcome that can be achieved for young people through participation in a physical activity programme.
- 1.3 Demonstrate knowledge of Kolb's Learning Cycle (Plan - Do - Review) and apply to the practical delivery of a session.

Time to complete: Non SCQF: 2 - 3 hours / SCQF Accredited: 4 hours

Communication**(All Ages)**

This module explores how to develop transferable communication skills through participation in sport. The module focuses on building understanding around how we use communication in sports, why these are important skills and how they can be transferred into everyday life.

Learning Outcomes

- 1.1** Explain verbal and non-verbal communication between the sender and receiver and challenges which can appear within the communication process.
- 1.2** Plan, deliver and review a coaching activity to support the development of communication skills.

Time to complete: Non SCQF: 2 - 3 hours / SCQF Accredited: 4 hours

Goal Setting**(All Ages)**

A module focused on building understanding around the process of setting goals in sports and how these skills can be transferred into everyday life and developed through participation in sport.

Learning Outcomes

- 1.1** Explain why goal setting is an important tool to enable progression in sports performance and in life.
- 1.2** Give a definition of both a long-term goal and short-term goal and give an example of both in the context of physical activity.
- 1.3** Explain the SMARTS method and give an example of how this could be used in physical activity or sport.

Time to complete: Non SCQF: 2 - 3 hours / SCQF Accredited: 4 hours

Conflict Resolution**(All Ages)**

This module will build on themes introduced in 'Working with Young People in Sport', to provide participants with practical tools for dealing with conflict, aggression, and challenging behaviour in a sports setting.

Learning Outcomes

- 1.1** Define the concept of conflict and how it affects our interaction with others.
- 1.2** Explain the factors that can escalate conflict.
- 1.3** Explain key defusing techniques and apply these in a role play scenario.

Time to complete: Non SCQF: 2 - 3 hours / SCQF Accredited: 4 hours

Who is ETC for?

- Sport coaches, youth workers, volunteers, and other practitioners looking to increase their knowledge of delivering programmes and understanding of the developmental value of sport and physical activity.
- Young leaders who are newer to coaching and looking to develop their skills and confidence in delivering activities effectively to a range of young people.
- Young people experiencing challenge, e.g., at risk of exclusion, low attainment, who wish to develop skills that can be transferred into everyday life, through participation in practical sessions adapted to their needs.

Why should I choose SSF and ETC modules?

- Our experienced and knowledgeable ETC tutor team offer exceptional engaging and interactive workshops which can be adapted to suit the needs of the group.
- Our Tutor Team are highly skilled at delivering to a range of learners - from young people facing challenge or disengaging from education to experienced practitioners who are looking to enhance their skills at delivering sport and physical activity to young people.
- Designed to complement sport specific coach education. Provides the confidence and tools to understand the needs of the people you are working with to then design and deliver a person-centred, inclusive approach.

Young People

Our modules offer young people (age 10 – 25 years) the opportunity to:

- Enhance knowledge and skills to progress into a career in sport and/or youth work.
- Help develop practical skills to volunteer or work in a sports and physical activity environment.
- Gain an SCQF accreditation.
- Complete a qualification in a fun and engaging environment which may be more appropriate for the learner than a traditional environment.*



**On successful completion of a SCQF module, verified by Glasgow Kelvin College.*



Practitioners

ETC is a proven and recognised product which will help to embed a Sport for Change approach within organisations. ETC modules for practitioners will:

- Enhance knowledge on how to embed a Sport for Change approach within their practice or organisation.
- Provide skills on how to support young people who may be facing challenge, disadvantage or trauma.
- Offer practical tools to include in sessions to help support young people beyond sport participation.

Tutor Training

Our 'Train the Trainer' model upskills practitioners, working directly with young people, to deliver our six SCQF-accredited ETC modules. An excellent option for those looking to embed the ETC modules within schools and community programmes, or simply for their own professional development.

What is the difference between SCQF and non-accredited modules?

The delivery of the SCQF-accredited modules is very similar to the non-accredited versions but requires learners to complete a small number of short answer questions in a written exercise. These questions have been designed to be straightforward and learners will be supported to complete them where required. Answers are marked by our ETC tutors, feedback is provided, and there is a chance to make edits before submission. These are then reviewed by Glasgow Kelvin College, who issue SCQF certificates to those who have achieved the accreditation.

How is ETC delivered?

ETC works with your organisation to arrange the best mode of delivery. If you would like to book a module, we ask that you provide a venue, and we can arrange with tutors to come to you to deliver to your group.

- Tutor led, interactive online delivery and face-to-face options are available. Delivery available across Scotland.
- Modules can be split up over several days, if this would suit your group better. They can be delivered in any order, and you can complete as many or as few as would suit your group.
- Modules can be delivered on weekdays, evenings or weekends; we work with each organiser to suit the group.
- Pricing will vary based on your delivery needs. There are also funded options available.



For further information or to book a delivery, contact etc@ssf.org.uk

