



# SSF EDUCATION & TRAINING



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*I would absolutely recommend this training to others as it helps builds confidence and relationships with people.*

-SSF Education & Training Participant

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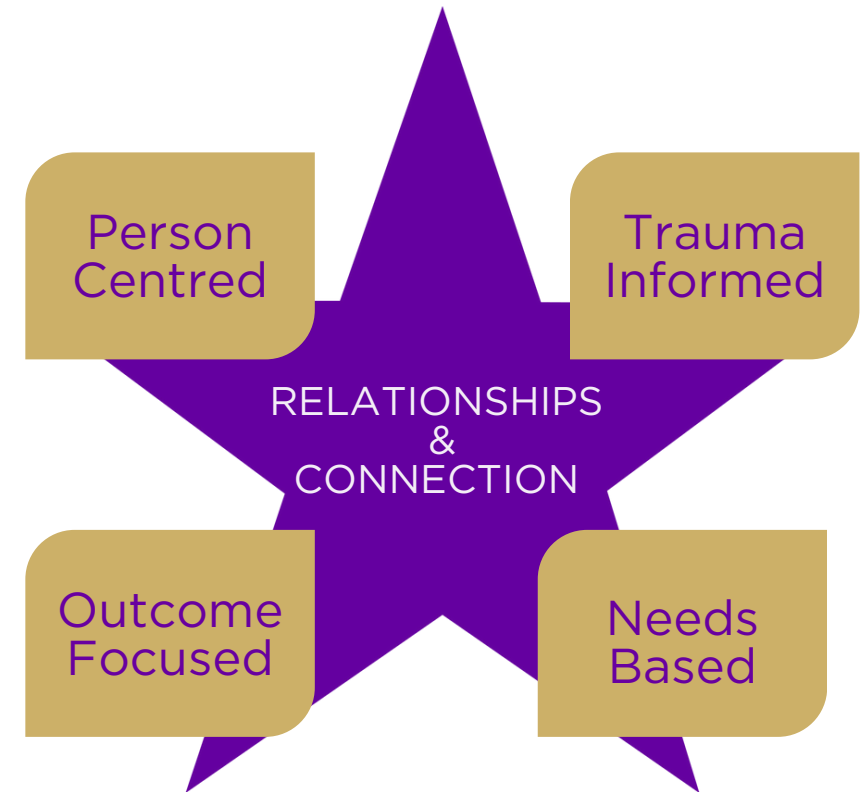
## Who we are

We were created over 20 years ago, and have established ourselves as an expert organisation taking a sport for development approach and harnessing the power of youth work and physical activity.

Our vision is of a world where all young people have the opportunity to fulfil their potential. We believe in the power of sport to transform lives and we use sport and physical activity to enable young people to be healthier, more confident and more resilient so that they are better prepared to combat the effects of poverty, trauma and adversity.

We are focused within some of the most challenged communities and support young people to reach a positive destination and become champions for good within society through our range of trauma informed, needs based and person-centred youth work and sport programmes.

## Our approach



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*“They invested in me, involved me, they cared about me.”*

– SSF Young Person

# SSF Education & Training

We believe that providing quality education and training is a core pillar of tackling widespread problems faced by society. Our education and training combines youth work principles and sport to develop skills and knowledge.

It is practical and interactive, facilitates personal development and can be delivered directly to young people, and practitioners working with young people.

## The purpose of our training

### To help enable the provision of inclusive, accessible and outcome focused sport and physical activity by:

- Upskilling practitioners who are working in a sport and youth work context. They will learn how to create inclusive and supportive environments to achieve a positive experience of sport and physical activity.
- Providing practitioners with skills to positively engage and connect with young people who might not typically participate in sport and physical activity and who may experience inequalities or challenges in their lives. They will learn to understand their needs and manage behaviours that can feel challenging.
- Upskilling the next generation of coaches and practitioners who will form the sport system workforce.

### To provide young people with opportunities to enhance their learning, future prospects and employment opportunities by:

- Delivering tangible and meaningful qualifications.
- Providing young people with knowledge and transferable life skills.
- Providing young people with opportunities to learn in a way that suits their needs, which might not always be in a traditional learning environment

### To raise awareness and increase knowledge of Adversity, Trauma, Mental Health and Wellbeing by:

- Upskilling practitioners who are working with people in a sport and physical activity context to understand the topics of adversity, trauma, mental health and wellbeing, and the role that sport can play to buffer the effects.
- Delivering bitesize workshops directly to young people which focus on topics which affect mental wellbeing and explore the role that sport and physical activity can play in improving mental health and wellbeing.



## Why choose SSF Education & Training

	Young Person	Practitioner
Gain a nationally recognised SCQF accreditation (where appropriate).	<b>X</b>	<b>X</b>
Gain a nationally recognised CIMSPA endorsement and CPD points (where appropriate).		<b>X</b>
Offers practical tools to include in sessions to help support young people beyond sport participation.		<b>X</b>
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.		<b>X</b>
Complete a qualification in a fun and engaging environment which may be more appropriate for the learner than a traditional learning environment.	<b>X</b>	<b>X</b>
Our tutor workforce is experienced at facilitating to a diverse range of groups. We offer engaging, interactive and inclusive deliveries which can be adapted to suit the needs of your group.	<b>X</b>	<b>X</b>
Designed to complement sport specific coach education or young leaders programmes.	<b>X</b>	<b>X</b>

# Our modules

## Working With Young People in Sport

- ✓ SCQF 5
- ✓ Young People 13+
- ✓ Practitioners

## Planning Effective Physical Activity Programmes

- ✓ SCQF 5
- ✓ Young People 13+
- ✓ Practitioners

## Human Connection

- ✓ SCQF 5
- ✓ Young People 13+
- ✓ Practitioners

## Conflict Resolution

- ✓ SCQF 5
- ✓ Young People 13+
- ✓ Practitioners

## Goal Setting

- ✓ SCQF 5
- ✓ Young People 13+
- ✓ Practitioners

## Communication

- ✓ SCQF 4
- ✓ Young People 13+
- ✓ Practitioners

## Trauma Informed Sport and Physical Activity

- ✓ Practitioners 16+

## Understanding Trauma, Behaviour, and the Power of Positive Relationships

- ✓ Young People 13+
- ✓ Practitioners

## Mental Health and Wellbeing in Sport and Physical Activity

- ✓ CIMSPA CPD Points
- ✓ Practitioners 16+

## Taking a Person-Centred Approach to Coaching

- ✓ Practitioners 16+

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*I like the fact with SSF we do get to do both the practical and written side of it. The written side helping us gain that qualification and the practical side of it is actually being involved in activities and learning from that practical environment.*

- SSF Education & Training Participant

# MODULE LEARNING OUTCOMES

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*I 100% recommend SSF modules to other governing bodies or schools just because the variety of modules they offer is brilliant. Working with SSF, they like to adapt things so much to the group as well - they put the person first which is really important.*

- SSF Education & Training Participant



## Working with Young People in Sport



This module 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. Identify own area of expertise and areas for development within own practice.
2. Explain the role of a coach and the factors that can influence positive and negative outcomes.
3. Demonstrate an understanding of factors that influence young people's behaviour.
4. Demonstrate appropriate behaviour management techniques.

- ✓ **Complete in 6 hours**
- ✓ **SCQF 5**
- ✓ **Young People 13+**
- ✓ **Practitioners**

## Planning Effective Physical Activity Programmes



This 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. Identify the benefits (physical, mental, social) of participation in sport and physical activity.
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.
3. Demonstrate knowledge of Kolb's Learning Cycle (Plan - Do - Review) and apply to the practical delivery of a session.

- ✓ **Complete in 3 hours**
- ✓ **SCQF 5**
- ✓ **Young People 13+**
- ✓ **Practitioners**



## Human Connection



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

- ✓ **Complete in 3 hours**
- ✓ **SCQF 5**
- ✓ **Young People 13+**
- ✓ **Practitioners**

## Conflict Resolution



This module provides an in-depth understanding of conflict resolution and how to apply the theory to practice in a sporting environment.

Conflict can have negative connotations. The module explores how conflict is a natural process and that the problem is not the existence of conflict, but how we handle it.

### Learning Outcomes:

1. Define the concept of conflict and how it affects our interaction with others.
2. Explain the factors that can escalate conflict.
3. Explain key defusing techniques and apply these in a role play scenario.

- ✓ **Complete in 3 hours**
- ✓ **SCQF 5**
- ✓ **Young People 13+**
- ✓ **Practitioners**



## Goal Setting



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. Explain why goal setting is an important tool to enable progression in sports performance and in life.
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.
3. Explain the SMARTS method and give an example of how this could be used in physical activity or sport.

- ✓ **Complete in 3 hours**
- ✓ **SCQF 5**
- ✓ **Young People 13+**
- ✓ **Practitioners**

## Communication



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

- ✓ **Complete in 3 hours**
- ✓ **SCQF 4**
- ✓ **Young People 13+**
- ✓ **Practitioners**





## Trauma Informed Sport and Physical Activity

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. Explore GIRFEC and SHANARRI and the importance of these models in a sporting context.
2. Understand what Adverse Childhood Experiences (ACEs) are and how they affect individuals.
3. Explore the role a coach can play supporting an individual through the rupture, relate, repair cycle.
4. Understand the key principles for adopting a trauma informed practice in a sporting session.

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- ✓ **Complete in 4 hours**
  - ✓ **Practitioners 16+**

## Understanding Trauma, Behaviour, and the Power of Positive Relationships

This module aims to upskill and increase the knowledge of young people who are working with other 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. Explore behaviour, stress, and the brain.
2. Explore trauma and its effects.
3. Explore the power of sport and physical activity.
4. Explore human connection and the importance of relationships.

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- ✓ **Complete in 2.5 hours**
  - ✓ **Young People 13+**
  - ✓ **Practitioners**



## Mental Health and Wellbeing in Sport and Physical Activity

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. Understand what mental health and wellbeing means to you.
2. Discover why mental health and wellbeing is important in sport and physical activity.
3. Explain what could impact an individual's mental health and wellbeing.
4. Understand how to create a supportive space to enable mental health and wellbeing conversations and the potential barriers.

- ✓ **Complete in 3 hours**
- ✓ **CIMSPA CPD Points**
- ✓ **Practitioners 16+**



## Putting the Person First - Taking a Person-Centred Approach to Coaching

This module aims to upskill and increase the knowledge of practitioners who are working with people in a sport and physical activity environment on the importance of understanding their why and coaching values, human connection, and establishing and building relationships to create a person-centred coaching environment.

### Learning Outcomes:

1. Understand and articulate practitioners coaching “why” and what drives them to coach
2. Explore the difference between person centred coaching and service centred coaching
3. Explore the importance of human connection and the role a practitioner plays in establishing this within their coaching practice
4. Understand and explore the importance of understanding participant needs and establishing, building and maintaining relationships
5. Increase understanding of the broader impact coaching and physical activity can have on participants

- ✓ **Complete in 2 hours**
- ✓ **Practitioners 16+**



# SSF WELLBEING WORKSHOPS

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*I enjoyed it because we played games and learned about how we help stress.*

– SSF Wellbeing Workshop Participant

# SSF Wellbeing Workshop topics

Created in partnership between SSF and Scottish Action for Mental Health (SAMH) by young people for young people.

The five, 60 minute workshops use a series of physical activities to explore mental health and wellbeing and give young people a better understanding of how beneficial physical activity is for their overall wellbeing.

If a young person completes all 5 workshops, they may qualify to receive a Youth Scotland Hi-5 Award (SCQF Level 2).



**Stress**

**Pressure**

**Social  
Interactions**

**Motivation**

**Anxiety**



**ENQUIRE NOW**

# How is our training delivered?

Every module delivery is bespoke to your organisation or group. SSF will work with you to arrange the training package that best meets your organisation's needs. We ask that you provide a venue, and we will arrange for our highly trained and experienced tutors to deliver to your group.

- Tutor led, interactive online delivery and face-to-face options are available. In person delivery available across Scotland, with online delivery available globally.
- Modules can be split up over several days if this would suit your group better.
- As each training package is bespoke, pricing will vary based on your group's needs. There may also be fully funded opportunities available. This can be discussed on a case by case basis.





# CASE STUDIES

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*We chose SSF to support us as we've done lots of work with them in the past and it's been a very easy process and really easy engagement for us. They have very likeminded values so were really keen to work with people that want to help support our vision for developing our young people in our clubs, and SSF give us that. We've done some work with the tutors in the past and they are all so energetic, friendly, enthusiastic, and just great for working with the young people. They really bring the modules to life.*

- Andy Maguire, Regional Development Manager, Scottish Swimming.



# Lourdes Secondary School

We collaborated with Lourdes Secondary School to deliver a bespoke SSF Education and Training programme for 12 young people in S3, aged 14-15. The 20-week programme offered opportunities to achieve six SCQF qualifications at levels 4 and 5, participate in five SSF Wellbeing Workshops, and gain an SCQF Level 2 Youth Scotland Hi-5 award. The school nominated students with challenges such as low confidence, low attendance, and a likelihood of not attaining qualifications through the traditional curriculum.

The students showed a keen interest in football and active games, which were incorporated into their sessions. However, diverse teaching strategies were needed to support the written components. Building relationships and trust between the tutor and students took time, initially presenting challenges in engagement and behaviour management. A second tutor was introduced, enhancing support and creating a conducive learning environment.

Once trust was established, the programme became a safe space for students to express themselves and explore their capabilities, leading to improved school attendance, motivation, and performance in other classes. Achieving qualifications provided tangible pathways to future opportunities, instilling confidence and ambition. Students valued the qualifications as steps towards further education and employment.

Beyond academics, the programme fostered personal growth and improved wellbeing, contrasting with traditional classroom experiences. It also facilitated the formation of new friendships and strengthened relationships among students.

**The partnership with Lourdes Secondary School was highly successful, resulting in the attainment of 59 SCQF qualifications, the completion of 43 SSF Wellbeing Workshops, and improved school attendance.**

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*SSF have been a welcomed partner, delivering an engaging, dynamic, and innovative course that extends our curriculum to meet the needs and improve outcomes for a targeted group of young people.*

– Jonny Carroll, Deputy Head Teacher, Lourdes Secondary School.



# Scottish Football Association

We have created a 3-year partnership with the Scottish Football Association (SFA). Having previously included our modules as part of their workforce education, the SFA recognise the value of our training, particularly our focus on relationship building and taking a person-centred approach and were keen to continue to embed our modules within their training programmes to add value and additional knowledge and skill development.

**This year we have delivered 11 modules to 131 participants on the Volunteer and Inspire Programme, which is for emerging football coaches. They have collectively achieved 189 SCQF accreditations and developed skills in areas such as communication, resolving conflict, teamwork and leadership.**

Improvements in confidence and engagement with local communities was also noted, with participants applying what they have learned into their own coaching and community work.

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*The experience I've had with SSF has been great. I would really encourage other coaches to do it because you're learning about real world scenarios that are tough to deal with that you might not be able to learn about in other environments. So, coming here and doing their modules is really beneficial because you're learning new things that you will take into your coaching practice on a day to day basis.*

- SSF Education & Training Participant



# Highlife Highland

We partnered with High Life Highland and Dingwall Academy to deliver three Education & Training modules: Communication, Goal Setting, and Conflict Resolution.

**These modules supplemented a long-term Employability & Positive Destinations pilot run by High Life Highland and were delivered to 17 S4 students, resulting in the attainment of 37 qualifications accredited to SCQF Levels 4 and 5.**

At the beginning of the three days, the students were notably quiet and reserved. This was understandable given the ongoing exam period, which added stress and distraction. However, as relationships between the tutors and the group were established, the students began to open up, actively participating in discussions and engaging with the activities.

Course organisers highlighted several key outcomes from the modules:

**Gaining Confidence:** Many students reported a significant boost in their confidence, particularly in leading activities and speaking in front of their peers. This supported them in being more aspirational about their lives and futures, becoming more resilient, and feeling more supported in their communities.

**Enjoyment of Activities:** The incorporation of fun and interactive games made the learning process enjoyable and less intimidating.

**Improved Prospects:** The non-traditional learning environment and dynamic approach to education provided a welcomed change from their usual academic routine, making the experience both enjoyable and enriching.

At the end of the three days, the young people were noticeably more confident and engaged. Many students voiced how the modules had helped them develop essential life skills, enhancing their overall educational experience.

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*“You’ve done in three days what I couldn’t do in three years”*

- Teacher, Dingwall Academy



# Accreditation and endorsement

## SCQF

(Scottish Credit and Qualifications Framework)

When a candidate completes any of our SCQF modules they receive a credit towards an SCQF level 5 (equivalent to National 5 award, or National 4 in the case of the Communication module). This qualification can supplement the learner's SCQF record and strengthen their chances of reaching a positive destination; bridging the gap between the young person and the world of work or further education. A full National 5 award consist of 24 credits, if a candidate were to complete all 6 SCQF modules SSF offer they would gain 6 credits.

A full breakdown of what SCQF is, and how it works can be found here - [SCQF - SQA](#)

Along with an interactive SCQF framework, which outlines the SCQF levels and how they correspond to Higher Education and the Workplace - [Know your Level - Job Roles | Scottish Credit and Qualifications Framework \(scqf.org.uk\)](#)

## Insight Tarrif Points

Insight Tariff Points is a benchmarking guide used by local authorities and schools to measure levels of attainment in S4-S6 pupils. The 6 SCQF modules SSF offer are collectively ranked at 8.3 Insight Tariff Points. Schools where SSF modules are delivered can use these points to increase their attainment data.

Additional information on Insight Tariff Points can be found here - [Guide to Tariff Points \(scotxed.net\)](#)

## CIMSPA

(Chartered Institute for the Management of Sport and Physical Activity)

This endorsement guarantees that the training meets rigorous professional standards, enhancing the credibility of the qualification. Learners benefit from improved employability, quality assured resources and nationally recognised continuous professional development points. For more information, visit [CIMSPA](#).





**SSF**★

Transforming young lives  
through sport

To discuss your groups  
needs and how SSF  
Education & Training can  
support contact:

**[Training@ssf.org.uk](mailto:Training@ssf.org.uk)**



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