

## BTEC Sport Unit 4-Sports Leadership

### Learning aim A

#### What are the roles of sports leaders?

Activity leader  
 Coach  
 Teacher  
 Instructor  
 Trainer  
 Manager  
 Official  
 Table official  
 Team manager  
 Score keeper  
 First aider

#### What is the importance of these roles?

- To help athletes develop their full potential
- To educate participants
- To maintain order
- To help participants reach their fitness goals
- To motivate

#### What skills, qualities and characteristics do sports leaders need?

Skills		Qualities	Characteristics
Rapport building	collaborator	Knowledge of sports skills	Committed
Confidence	Use strategies well	Knowledge of rules and laws	Patient
Vocal	engaging	Understanding the mental needs of participants	Driven Approachable Consistent
Good communication	fearless	Understanding the physical needs of participants	Goal orientated Firm Fair
Authoritative	forgiving	Good communication	Empowering
Provide good feedback	Patient	High confidence	Objective Attentive
Motivator	Organised	Positivity	Persistent
Goal setter	Good listener	Empathy	Forgiving

#### How do sports leaders use skills effectively?

- Lead by example
- Ethical
- Has integrity and potential
- Has a good sense of humour
- Is confident
- Is committed
- Inspires others
- Is not afraid to make mistakes



