MQF/EQF Level 2

CS2-03-21

Foundation Certificate in Sport

Course Specification

Course Description

This programme of studies is the first step for those who want to become professionals within the sports industry. This course provides a comprehensive overview of practical units and the complementing theoretical foundations within sports and fitness related fields. The vocational study units cover the basics of health and active lifestyles, community sports and fitness training methods, and include an introduction to gym-based exercise. Concurrently, learners strengthen their knowledge of key skills.

Programme Learning Outcomes

At the end of the programme the students are able to -

1. *Consider and promote a healthy and active lifestyle.*
2. *Identify and manage health stressors and administer basic first aid in a sports environment.*
3. *Demonstrate safe and effective exercise techniques and become familiar with a gym environment.*
4. *Control and monitor development of fitness using appropriate testing procedures.*

Entry Requirements

MCAST Introductory Certificate

OR

Finished Compulsory Education

Initial Assessment Tests (as may be applicable)

Other Entry Requirements

Medical clearance is required.

Key Information

Awarding Body – MCAST

Accreditation Status – Accredited via MCAST's Self Accreditation Process (MCAST holds Self-Accrediting Status as per 1st schedule of Legal Notice 296/2012)

Type of Programme: Qualification

MQF Level	Examples of Qualifications	'Qualification' Minimum Credits Required	'Award' Credits Required
Level 8	Doctoral Degree Third Cycle Bologna Process	NA	NA
Level 7	Masters Second Cycle Bologna Process	90-120	Less than 30
	Post-Graduate Diploma	60	
	Post-Graduate Certificate	30	
Level 6	Bachelor[23]/Bachelor (Hons.)[24] First Cycle Bologna Process	180-240	Less than 180
Level 5	Short Cycle Qualification	120	Less than 60
	Undergraduate Higher Diploma	90	
	Undergraduate Diploma	60	
	Undergraduate Certificate	30	
	VET Level 5 Programme[25]	60-120	
Level 4	Pre-Tertiary Certificate	30	Less than 120
	VET Level 4 Programme[26]	120	
	MATSEC Certificate	NA	
Level 3	VET Level 3 Programme[27]	60	Less than 60
	General and Subject Certificate	NA	
Level 2	VET Level 2 Programme[28]	60	Less than 60
	General and Subject Certificate	NA	
Level 1	VET Level 1 Programme[29]	40	Less than 40
	General and Subject Certificate	NA	
Introductory Level A	Preparatory Programme	30	Less than 30
Introductory Level B	Pre-entry Basic Skills Course	30	Less than 30

Table 1: Minimum number of credits for 'Qualifications' and parameters for 'Awards'

Fig.1: p56, Ministry for Education and Employment & National Commission for Further and Higher Education Malta (2016). *Referencing Report, 4th Edition*. NCFHE.

Total number of Hours: 1500 hours

Mode of attendance: Fully Face-to-Face Learning

Duration: 1 Year

Target audience for MCAST full-time courses is 16 to 65+

Target group: Learners who have completed compulsory education.

The official language of instruction at MCAST is English. All notes and textbooks are in English (except for language courses, which will be in the respective language being instructed). International candidates will be requested to meet English language certification requirements for access to the course.

This course will be offered at

MCAST has four campuses as follows:

MCAST Main Campus
Triq Kordin, Paola, Malta

All courses except for the Institute for the Creative Arts, Centre of Agriculture, Aquatics and Animal Sciences are offered here.

Institute for the Creative Arts
Mosta Campus
Misraħ Għonoq Tarġa Gap,
Mosta

Institute of Applied Sciences,
Centre of Agriculture, Aquatics and Animal Sciences,
Luqa Road, Qormi

Gozo Campus
J.F. De Chambray Street
MCAST, Għajnsielem
Gozo

Teaching, Learning and Assessment

The programmes offered are vocational in nature and entail both theoretical lectures delivered in classes as well as practical elements that are delivered in laboratories, workshops, salons, simulators as the module requirements dictate.

Each module or unit entails a number of in person and/or online contact learning hours that are delivered by the lecturer or tutor directly (See also section 'Total Learning Hours).

Access to all resources is provided to all registered students. These include study resources in paper or electronic format through the Library and Resource Centre as well as tools, software, equipment and machinery that are provided by the respective institutes depending on the requirements of the course or module.

Students may however be required to provide consumable material for use during practical sessions and projects unless these are explicitly provided by the College.

All Units of study are assessed throughout the academic year through continuous assessment using a variety of assessment tools. Coursework tasks are exclusively based on the Learning Outcomes and Grading Criteria as prescribed in the course specification. The Learning Outcomes and Grading Criteria are communicated to the Student via the coursework documentation.

The method of assessment shall reflect the Level, credit points (ECTS) and the schedule of time-tabled/non-timetabled hours of learning of each study unit. A variety of assessment instruments, not solely Time Constrained Assignments/Exams, are used to gather and interpret evidence of Student competence toward pre-established grading criteria that are aligned to the learning outcomes of each unit of the programme of study.

Grading criteria are assessed through a number of tasks, each task being assigned a number of marks. The number of grading criteria is included in the respective Programme Specification.

The distribution of marks and assessment mode depends on the nature and objectives of the unit in question.

Coursework shall normally be completed during the semester in which the Unit is delivered.

Time-constrained assignments may be held between 8 am and 8 pm during the delivery period of a Unit, or at the end of the semester in which the Unit is completed. The dates are notified and published on the Institute notice boards or through other means of communication.

Certain circumstances (such as but not limited to the Covid 19 pandemic) may lead Institutes and Centres to hold teaching and assessment remotely (online) as per MCAST QA Policy and Standard for Online Teaching, Learning and Assessment (Doc 020) available via link https://www.mcast.edu.mt/college-documents/

The Programme Regulations referenced below apply. (DOC 003 available at: link https://www.mcast.edu.mt/college-documents/)

Total Learning Hours

The total learning hours required for each unit or module are determined as follows:

Credits (ECTS)	Indicative contact hours	Total Student workload (hrs)	Self-Learning and Assessment Hours
1	5 – 10 hrs	25 hrs	20-15 hrs*
2	10 – 20 hrs	50 hrs	40-30 hrs*
3	15 – 30 hrs	75 hrs	60-45 hrs*
4	20 – 40 hrs	100 hrs	80-60 hrs*
6	30 – 60 hrs	150 Hrs	120-90 hrs*
9	45 – 90 hrs	225 hrs	180-135 hrs*
12	60 – 120 hrs	300 hrs	240-180 hrs*

* The 'Self-Learning and Assessment Hours' amount to the difference between the contact hours and total student workload.

Grading system

All MCAST programmes adopt a learner centred approach through the focus on Learning Outcomes. The assessment of MCAST programmes is criterion-referenced and thus

assessors are required to assess learners' evidence against a pre-determined set of Learning Outcomes and assessment criteria.

For a student to be deemed to have successfully passed a unit, a minimum of 50% (grade D) must be achieved. In case of part time programmes, the student must achieve a minimum of 45% to successfully pass the unit.

All units are individually graded as follows:
A* (90-100)
A (80-89)
B (70-79)
C (60-69)
D (50-59)
Unsatisfactory work is graded as 'U'.

Work-based learning units are graded on a Pass/Fail basis only.

Detailed information regarding the grading system may be found in the following document: DOC 003 available at: link https://www.mcast.edu.mt/college-documents/

Intake Dates

•MCAST opens calls for application once a year between July and August of each year for prospective applicants residing in MALTA.
•Applications to full-time courses from international students not residing in MALTA are accepted between April and Mid-August.
•For exact dates re calls for applications please follow this link
https://www.mcast.edu.mt/online-applications-2/

Course Fees

MCAST course are free for Maltese and EU candidates. International candidates coming from outside the EU need to pay fees for the respective course. Course fees are set on a per-level and course duration basis. For access to course fee structure and payment methods please visit https://www.mcast.edu.mt/fee-payments-for-non-eu-candidates/.

Method of Application

Applications to full-time courses are received online via the College Management Information System. Candidates can log in using Maltese Electronic ID (eID) or European eIDAS (electronic identification and trust services) to access the system directly and create an account as the identity is verified electronically via these secure services.

Non-EU candidates need to request account creation though an online form by providing proof of identification and basic data. Once the identity is verified and the account is created the candidate may proceed with the online application according to the same instructions applicable to all other candidates.

Non-EU candidates require a study visa in order to travel to Malta and joint the course applied for. For further information re study-visa please access https://www.identitymalta.com/unit/central-visa-unit/.

For access to instructions on how to apply online please visit https://www.mcast.edu.mt/online-applications-2/

Contact details for requesting further information about future learning opportunities:

MCAST Career Guidance
Tel: 2398 7135/6
Email: career.guidance@mcast.edu.mt

Current Approved Programme Structure

Unit Code	Unit Title	ECTS	Semester
CSSPT-206-2000	Health and Lifestyle	6	Yearly
CSSPT-206-2001	Community Sport	6	Yearly
CSSPT-206-2002	Fundamentals of Fitness Training	6	Yearly
CSSPT-206-2003	Introduction to Gym Based Exercise	6	Yearly
CDKSK-206-2006	Mathematics	6	Yearly
CDKSK-206-2004	English	6	Yearly
CDKSK-206-2005	Malti	6	Yearly
CDKSK-206-2107	Information Technology	6	Yearly
CDKSK-206-2102	Community Social Responsibility	6	Yearly
CDKSK-206-2008	Science	6	Yearly
	Total ECTS	**60**	**/**

CSSPT-206-2000: Health and Lifestyle

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit Description

The roots of sport and physical activity may be traced back to the central key theme of healthy living and the development of healthy lifestyle practices. Modern sport, wellness, health and fitness as they relate to their respective industries, are based on the premise that good health is consistently statistically linked to definitive social, physiological, psychological and economic benefits.

The local obesity and inactivity statistics highlight the need for further education about the practice of daily healthy living, and learners committed to further education in the fields of sport and exercise represent the ideal ambassadors to fly the flag of formal and informal health promotion across society at large.

Furthermore, the local sports and fitness industries seek to employ individuals who buy in to the philosophy of healthy living. In order to practice healthy living learners must be first and foremost introduced to the knowledge and practices associated with healthy lifestyle choices such as increasing physical activity levels and eating healthy food. Learners must also acquire the ability to identify factors negatively affecting health like smoking, alcohol consumption and stress. Learners will be encouraged to reflect on the effects of such factors not only on the individual but on society at large.

This unit provides compliments the remainder of the course units by encouraging the learner to recognise good health as a foundation to physical fitness and sporting excellence, acquiring skills that are transferable across all spectrums of the care and health-related industries. The knowledge and skills covered in this unit encourage the learner to personally pursue a healthy lifestyle, and promote the benefits of such lifestyle choices to others.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Identify the lifestyle factors affecting health and associated national guidelines;*
2. *Understand the importance of promoting health and assist in planning and implementing a health promotion project;*
3. *Understand the benefits of physical activity and employ strategies for increasing activity levels;*
4. *Understand and apply the principles of healthy eating.*

CSSPT-206-2001: Community Sport

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit Description

In view of the thriving national interest in sport from a population of observers, spectators and perhaps leisure sport enthusiasts, this unit represents sport from the insider perspective of the practicing sports professional.

The unit is intended to facilitate a paradigm shift in the learner, from sports observer, sports enthusiast and sports participant, to a prospective sports professional. Learners are encouraged to diversify their experience of sport. While many might have had the opportunity to attempt and attain proficiency in one or several mainstream sports, here they are encouraged to experience alternative activities and experiences to which they may not have necessarily been previously exposed.

The unit serves those entering all areas of the local sport and fitness industries, and particular those with a special interest in pursuing a career in coaching. A wide range of non-mainstream sports will be explored, affording the learner with a fun and hands-on approach to building a richer sporting knowledge. Learners will experience the new sports hands-on, as well as investigate the inner-workings of organisations responsible for their management and administration locally. They will also investigate the role of sports in the community, gaining the in-depth understanding of sport required by prospective future employees in the sports, health or wellness industries.

The content of this unit will assist learners in furthering their studies in sport, by enriching their knowledge and experience of a greater variety of activities and sporting techniques, as well as introducing them to the unique requirements of sports and event organisation. Learners will work as part of a team and individually in order to hone a range of communication, organisational and practical skills.

They will take a proactive role in assisting in the organisation of a sports event, as well as promoting it and encouraging participation, motivating members of the community

to engage in a more active lifestyle, while themselves gaining full appreciation of the roles and benefits of sports in the community.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Practice a range of community and minor sports;*
2. *Understand the organisation and administration of a range of community and minor sports;*
3. *Promote sport and sports culture in the community;*
4. *Assist in the organisation of a community or minor sport event.*

CSSPT-206-2002: Fundamentals of Fitness Training

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit Description

Modern progress in sport and fitness has been in no small part due to the development of sport and exercise science; a science based at its grass-roots level on fundamental principles. Improvements in sport, athlete performance, and the efficacy of exercise methods and techniques for the development of better health and aesthetics draws upon an ever-growing body of scientific research conducted by sports and exercise scientists.

An understanding of the fundamental principles upon which sport and exercise scientific enquiry is built, is an essential characteristic of prospective professionals at entry level to the coaching and fitness sectors, and the solid foundation upon which career progression in either sphere may be built.

The fundamentals of fitness training also serve to allow the learner to progress to levels of further education in sport and exercise education, and compliment other units in the course by equipping learners with the essential tools required to understand improvements in their own fitness as well as the fitness of others.

A sound knowledge and definition of fitness and its various components as well as the ability to measure ability within those components, allows the prospective professional to implement the necessary strategies to facilitate improvement. This unit is intended to introduce learners at the experiential level to recognise the importance of fitness training principles and theories as they relate to progression of personal fitness, as well personal progression in sport both vocationally and academically.

Practitioners of sport and exercise utilise a number of practical methods and techniques in the pursuit of fitness goals, and learners should be given the opportunity to

experience these, as well as the ways they are implemented in line with the respective fitness improvement strategies.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Understand the basic components of fitness;*
2. *Identify a range of fitness tests applicable to the components of fitness;*
3. *Apply the principles of training;*
4. *Employ a range of training methods and techniques.*

CSSPT-206-2003: Introduction to Gym Based Exercise

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit Description

This unit serves learners aspiring to enter all areas of the local sport and fitness industries and particularly those with a special interest in the fitness industry as fitness instructors and personal trainers. Gym-based exercise has become an integral part of sports conditioning and physical training, and also constitutes and industry in it's own right catering for a wide range of individuals with an even wider range of fitness and health goals.

The local industry is no exception, and a growing workforce of qualified fitness instructors and personal trainers is required to meet the demands of this growing sector. Learners interested in breaking into this industry will need a solid base of gym-based exercise experience, which they will obtain in this unit first and foremost as participants.

Learners will familiarise themselves with the gym environment and also look behind the scenes at some of its inner workings. They will follow an exercise programme just as a member in a fitness centre would, with the hands-on and comprehensive support of the lecturing staff and fitness staff at the MCAST fitness centre.

Learners will master the basic techniques of gym-based exercise, skills that will serve them throughout the rest of the units of the course, as they implement the principles and methods of training in a personalised and experiential manner.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Understand gym regulations and health and safety considerations;*
2. *Implement a gym-based training programme using a training diary;*
3. *Perform a range of gym-based exercises safely and effectively;*
4. *Understand a range of administrative functions in a fitness industry organisation.*

CDKSK-206-2102: Community and Social Responsibility

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit description

This key skill presents the opportunity for MQF level 2 learners to explore their individual self and their social environment whilst also reflecting about future goals. Learners will identify and understand different aspects of their personal self, whilst reflecting upon what composes their self-confidence. Learners will also become familiar and grasp different life skills that would empower them to explore their surroundings and become responsible and inclusive members in society.

The learners will also be presented with tools and techniques, which will assist them in becoming more employable whilst honing their organisational skills. Through the completion of a compulsory community work experience, learners will recognise the benefits of self-management skills towards the acquisition of balance within one's lifestyle. The completion of the compulsory community work project will also present the ideal opportunity for the learners to analyse their experience and evaluate their own performance.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Identify personal attributes and experiences that influence the development of the self.*
2. *Examine ways and means towards becoming more employable.*
3. *Recognise responsible interactions between the individual and the surrounding communities.*
4. *Explain duties and requirements for engaging in a community work experience.*

CDKSK-206-2004: English

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit description

In all Foundation Certificate programmes across MCAST, the ability to communicate in our second language becomes both a necessity for life as well as education and work.

The speaker of English should be aware of the importance and daily use of English as a tool for interacting in the immediate community, whether domestic, public or professional. English is also the main language of instruction in higher education nowadays.

Communicating in English takes into account all the four language skills of listening, speaking, reading and writing according to the prescribed level. Emphasis is placed on knowing how to use a language, rather than just knowing about a language.

This unit is targeted at learners proceeding from Level 1 (therefore taking into account successful completion of Level 1 English) as well as those whose entry level is directly at Level 2.

It is assumed that no entry qualifications such as SEC English (Ordinary Level) are necessary for learners to undertake this unit.

This unit is internally assessed and verified. Assessment is carried out through assignments based on the Learning Outcomes below.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Listen to connected speech on a range of vocational topics;*
2. *Speak clearly during interactive communication scenarios and deliver a clear message;*
3. *Read to identify and comprehend information presented textually in formal, vocational and familiar contexts;*
4. *Organise and write text in paragraphs of simple, complete and syntactical sentences.*

CDKSK-206-2005: Malti

Il-Livell tal-Unità: (MQF/EQF): 2

L-Għadd ta' Kreditu: 6

Mod ta' Tagħlim: Preżenti

Total ta' Sigħat ta' Tagħlim: 150

Deskrizzjoni tal-Unità

Fil-korsijiet preliminari tat-Tieni Livell tal-Kulleġġ Malti tal-Arti, ix-Xjenza u t-Teknoloġija, l-ilsien Malti jintgħallem għax:

1. ninqdew bih biex nikkomunikaw u nirrelataw man-nies ta' madwarna;
2. nużawh biex b'mod kreattiv nesprimu ħsusna, ħsibijietna u xewqatna;
3. jintuża fl-oqsma vokazzjonali u għandu reġistru tekniku prattiku u funzjonali;
4. jiġbor fih l-identità lingwistika u kulturali ta' ġensna.

L-Għanijiet

Biex l-istudenti jiksbu din l-unità jridu juru li kapaċi:

1. *jwieġbu mistoqsijiet, jitkellmu b'Malti tajjeb kif ukoll jieħdu sehem f' taħditiet u f'diskussjonijiet;*
2. *jifhmu dak li jisimgħu;*
3. *jaqraw u jifhmu testi varji;*
4. *jiktbu b' Malti tajjeb skont ir-regoli tal-ortografija u s-sintassi.*

CDKSK-206-2006: Mathematics

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit description

This unit aims to develop basic mathematical knowledge and skills needed in real-life situations. In a supportive environment, the student will be challenged to understand mathematical problems, reflect on different plans that could be used to solve the given problem, attempt an answer and check the validity of an answer to the problem. By the end of this unit, students will be able to describe orally or in writing the reasons behind the mathematical arguments used and to break down complex problems into smaller and simpler problems. These problems will involve:

- (a) numerical calculations,
- (b) classification of shapes,
- (c) understanding and simple application of symbolic notation,
- (d) communication in graphical form,
- (e) manipulating simple algebra, and
- (f) extraction and interpretation of information from statistical tables and charts.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Compute numerical calculations by showing all the necessary working;*
2. *Carry out harder numerical calculations;*
3. *Collect data and represent it graphically;*
4. *Use simple algebraic formulae;*
5. *Draw and work with lines, shapes and objects;*
6. *Read and use measurement scales.*

CDKSK-206-2107: Information Technology

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit description

This unit is made up of a number of competences including the competence to use personal computers; the competence to manage efficiently a personal computer; the competence to operate effectively within the operating system and the competence to make productive, creative, and efficient use of the main office application software packages: word processing software, spreadsheet software, presentation software, web-browsing software & e-mail management software.

This unit is designed to ensure that learners are not only taught the knowledge and skills associated with productive, creative, and effective use of personal computers but should be given sufficient opportunities to find, exchange and share information. This should also ensure that learners develop the proper and correct attitudes associated with the use of information and ICT.

This unit should guide the learners to have a broad understanding of how ICT can help their learning, their work, and their social life. Learners will start to develop the ability to decide when and how to use ICT and be aware of the limitations associated with this use.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Identify the main concepts of ICT and computer management.*
2. *Use a word processing application to accomplish basic everyday tasks.*
3. *Use a spreadsheet application to input, format data and prepare charts.*
4. *Create basic presentations using presentation software.*
5. *Apply essential web browsing and electronic communication concepts and skills.*

CDKSK-206-2008: Science

Unit Level (MQF/EQF): 2

Credits: 6

Delivery Mode: Fully Face-to-Face Learning

Total Learning Hours: 150

Unit description

In this Level 2 key skill, learners will enhance their knowledge on the aspect of natural sciences, mainly via focusing on three different areas which consist of the living world, the physical world and the world of technology.

As part of the living world, learners will learn about the basic unit of which all living things are composed of – the cell and its components. Furthermore, they will become familiar with the differences and similarities between plants, animals and fungi based on their physical characteristics and the way they obtain food. Learners will also enhance their knowledge on the organisation of the human body – different organs that carry out different functions, are located in different areas of the body and are grouped forming body systems. Also, learners will increase their awareness on factors that affect the overall well-being of an individual, including diet and lifestyle.

In the case of the physical world, learners will become familiar with different materials found in the immediate environment. They will observe and describe their physical properties and then be able to compare and classify objects/materials/tools based on their physical properties. It is strongly suggested that lectures refer to objects/materials/tools that are related to the learners' area of study so as to increase the relevance of the topic. Learners will discuss advantages and disadvantages of local energy sources, combustion of fuels, associated hazards and action to prevent accidents, methods via which heat is transferred and the importance of insulation.

The main focus of the area 'the world of technology' will be on health and safety whereby the learner will describe and explain ways of reducing exposure to threats to health and safety at home and in the workplace, discuss how one can increase the

body's resistance to disease, and recognise situations of risk to safety and increase awareness about how to avoid accidents.

The remainder of the unit will consist of an investigation related to the environment; with one of these investigations completed in collaboration with Birdlife Malta.

Learning Outcomes

On completion of this unit the learner will be able to:

1. *Communicate scientific information by using the scientific process skills of observing and grouping;*
2. *Apply science to enhance the quality of everyday life;*
3. *Promote sustainable living by exploring the link between the natural world and human behaviour;*
4. *Investigate the impact of anthropogenic activities on the environment.*