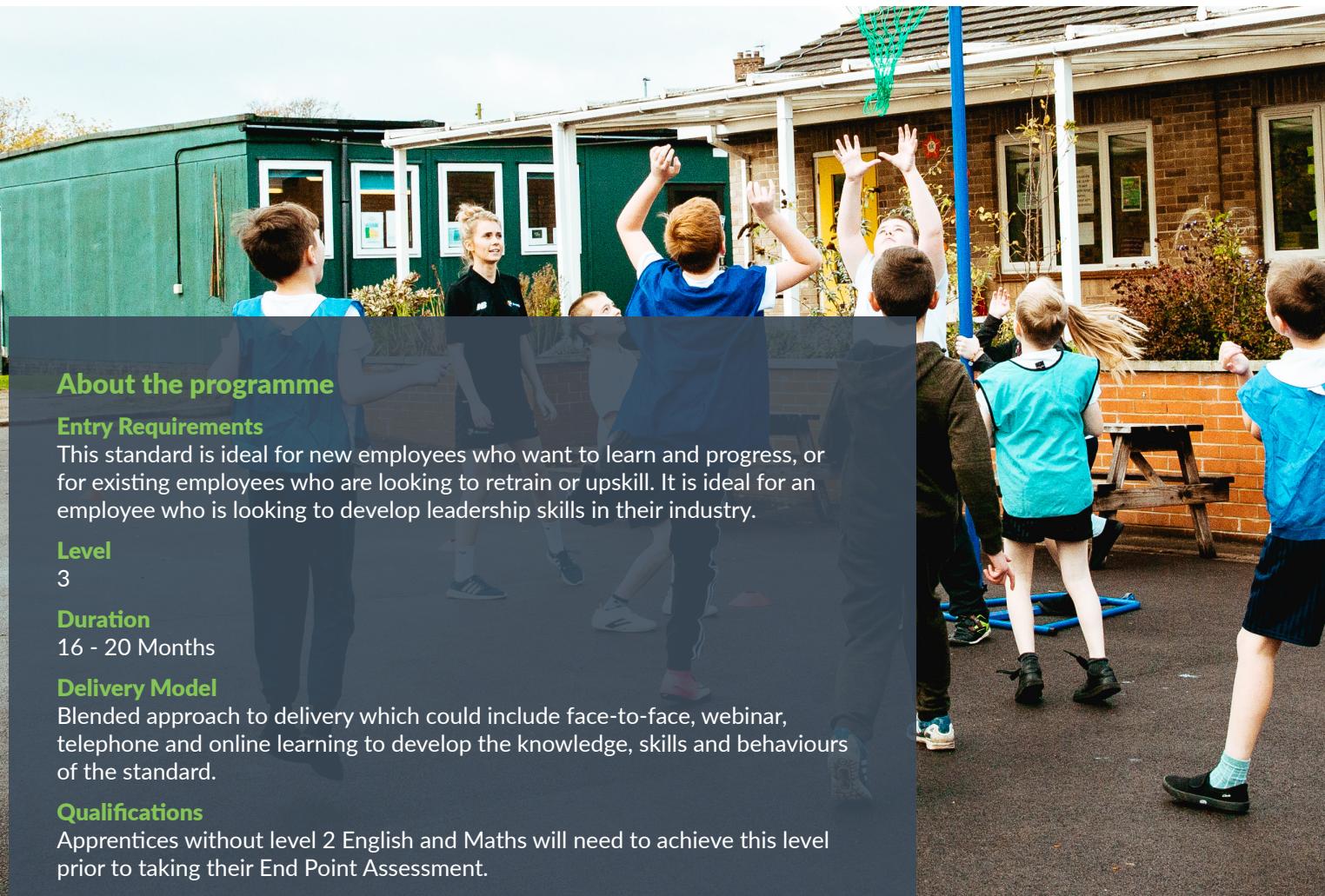


# Community Support and Health Officer (Level 3)

## Overview

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

This standard is ideal for new employees who want to learn and progress, or for existing employees who are looking to retrain or upskill. It is ideal for an employee who is looking to lead and engage individuals in physical activity sessions.



### About the programme

#### Entry Requirements

This standard is ideal for new employees who want to learn and progress, or for existing employees who are looking to retrain or upskill. It is ideal for an employee who is looking to develop leadership skills in their industry.

#### Level

3

#### Duration

16 - 20 Months

#### Delivery Model

Blended approach to delivery which could include face-to-face, webinar, telephone and online learning to develop the knowledge, skills and behaviours of the standard.

#### Qualifications

Apprentices without level 2 English and Maths will need to achieve this level prior to taking their End Point Assessment.

#### End Point Assessment

- Panel interview
- Presentation with questions and answers
- Work based observation
- Case study challenge

#### Progression

Successful completers will be able to move into senior roles within the Sector – leading teams of people or specialising with certain populations, particular sports or programmes.

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## Learning Journey

**1. 16 - 20 months on programme** - This is when the individual will learn the skills, knowledge and behaviours which will support them for their End Point Assessment. The learner could partake in a combination of activities, such as classroom-based sessions, mentoring, shadowing, bespoke resources and off-site visits in order to support their learning and development. Learners must also partake in 20% off-job training.

**2. Gateway** - After 16 - 20 months teaching and learning, you, your training provider and the learner will review the learners' journey and decide whether it is the right time for the on-programme assessment.

**3. 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.

## How your employees will learn

We want to help your employees get the most from their training programme. Therefore, we will provide them with the support and guidance they need through a mixture of face-to-face and online learning. Learners will have a dedicated tutor who is there to guide them through their training programme. As well as their tutor, learners have access to learning and support materials online. All of this will help the learners to meet the standards set, resulting in them becoming competent and fully qualified. We will facilitate the delivery of the learners' End Point Assessment through an approved Assessment Organisation registered on the Register of Apprentice Assessment Organisations.

## What your employees will learn

### Knowledge

- How to initiate meaningful behaviour change based on utilising a strength and asset-based approach.
- How to plan programmes of engaging and innovative activities using sport 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 bring about changes in attitudes and behaviours within target communities.
- Managing disruptive behaviour of 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 their local community.
- Ability to work individually and as a member of a team.
- Truthful, sincere and trustworthy in their actions; can demonstrate integrity by doing the right thing; exhibits high levels of emotional intelligence.