

# QUALIFICATION SPECIFICATION

About this qualification specification

## Professional Personal Safety and Self-Defence for Schools and Young People Award (Level 1)

This qualification specification is intended for PE Teachers and School Faculty & Staff.

The qualification has been designed to fully certify you to teach the Combat Academy reality-based introductory programme to young people. Our reality-based Personal Safety & Self-Defence programme provides critical life skills for everyone, supporting our intrinsic human requirement for safety & security as well as motivating each individual into movement and motion. Upon successful completion of the Award you will be equipped and qualified to teach the Personal Safety & Self-Defence modules in your own classes. This qualification also fulfills the prerequisite to the more advanced Award allowing extended and comprehensive curriculum for your students.

This Award is a collaborative offering between Combat Academy, one of the leading personal safety, security and self-defence training providers and a fellow member of the UK Self Defence and Martial Arts Guild (UK SDMAG), and Soar With Us, a company that provides innovative and experiential reality based Personal Safety and Self Defence training.

Method: Blended Learning – Face to Face and On-line Learning

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# Qualification Specification

## Qualification Information

### Qualification Specification

The Professional Personal Safety and Self-Defence for Schools and Young People Award has been developed to certify PE Teachers and School Faculty and Staff to teach the Combat Academy reality-based introductory programme to young people.

### Qualification Aims and Objectives:

The aims and objectives of this qualification are to equip learners with the knowledge and skills to introduce and teach personal safety and self-defence to students within their curriculum. The qualification is aimed at applicants:

- with an interest in the subjects of personal safety and self-defence who are passionate about equipping their students with critical life skills to stay safe and avoid and respond to violent attacks
- with an interest in harnessing an innovative physical and psychological approach that inspires motivation and confidence in their students
- seeking to enhance their academic portfolio and employability
- desiring to complete Professional Development credits with a greater purpose that adds inherent value and makes a resounding impact for students and their community

### Entry Requirements

It is expected that course entrants will be currently working within an educational setting where the intent is to teach this programme to learners through an approved curriculum. The qualification is suitable for any teacher, trainer, or facilitator (subject to the relevant checks):

- suitably qualified and security checked to work with schools or young people
- able to demonstrate that they have the ability to study at this academic level

## Progression

Qualification Title	Total Qualification Time	Guided Learning-Face to Face	CPD Points
<b>Critical Life Skills &amp; Leadership Pathway</b>			
Professional Personal Safety and Self-Defence Award for Schools and Young People (Level 2)	30hours	18 hours	30 hours
Ready for Impact Instructor Award (Level 3)	30 hours	18 hours	30 Hours
<b>Personal Safety &amp; Self Defence Specialist Pathway</b>			
Professional Level 3 Self- Defence Instructor Certificate (Grade 1)	155 hours	55 hours	155 hours
Professional Level 3 Self- Defence Instructor Certificate (Grade 2)	80 hours	80 hours	80 hours
Professional Level 3 Self- Defence Instructor Certificate - Train the Trainer (Grade 3) -	300 hours/when ready	300 hours/when ready	300 hours

## Achieving the Qualification

### Structure

The knowledge, skills and understanding that will be assessed as part of the qualification are provided through a blended learning of face-to-face and online learning modules. The physical training is taught during 3 full day teaching sessions trained by Soar With Us and Combat Academy certified instructors. Learners will be equipped to deliver the personal safety & self-defence workshop designed for students upon successful completion of the 3 face-to-face sessions with mastery in the physical units and upon completion of the online learning with a score of 70% or above. Mastery level of technique is evidenced by video and observed performance. The balance of the in-depth theory embedded into the program is attained through a series of online learning modules with learning evidenced by the successful completion of online assessments. It is anticipated that 36 learning hours are required to complete the course.

## Accreditation

This course is accredited by the CPD Group and satisfies 36 hours of certified professional credit hours.

## Outline of Programme

The Award programme is intended to equip teachers, staff, and faculty with the knowledge and skills to teach and integrate the Combat Academy reality based personal safety & self defence programme into the school curriculum. The explicit goal of the reality based self defence programme is for each student and/or young person to learn the critical life skills of Personal Safety & Self Defence. These skills are vital for every individual, group and community to feel safe, comfortable and valued. The foundation of the programme and teaching style is to quickly establish a positive group dynamic by providing a safe and controlled environment where everyone feels valued in the face of real challenge. The subject matter can be emotional and can trigger or expose anxieties - so in order for skills to be learnt – trust, inspiration and motivation from the group collectively is essential. Each student is met at their own level and encouraged by the teachers and other students to recognize their strengths and build upon these. In addition to the explicit goal of Personal Safety and Self-Defence skills, each individual and group experience a shift in confidence and empowerment.

The Award programme consists of 3 Modules inclusive of Concepts, Physical Training, and Practical Application. Each module contains facets of both theoretical and practical training and assessments. Upon successful completion of the Award programme the learners will have achieved the following learning outcomes and be able to:

### Concepts

- Describe and define the significance of a reality based personal safety & self defence programme.
- Describe the difference between Reality Based Self Defence and martial arts
- Describe and define the difference between self-defence and personal safety
- Identify the primal responses to fear, recognise your own response and demonstrate emotion control
- Explain the psychological dynamics of an attacker and victim during the course of a violent attack

### Physical

- Execute learned physical and psychological PS & SD responses in real-life scenarios within the boundaries of reasonable force
- List and describe the stages that occur in a violent attack (Distance, Engage, Floor, Ongoing, Finish)
- Perform basic self-defence techniques including under pressure
- Recognise the physical and psychological impacts of performing under pressure

Explain the law and reasonable force in relation to personal safety & self-defence within your region

### Practical Application

Safely teach, coach, and inspire students to move into action in the face of adversity through an introductory level reality based personal safety & self-defence programme.

- Run a personal safety & self-defence introductory class using academic models, processes and techniques
- Deliver the class safely and compliantly to cater for all demographics and abilities and understand specialized needs where they may occur
  - Lesson Plan (Including Logistical & Equipment Preparation)
  - Health & Safety including Risk assessment
  - Working with children
- Recognize the differing emotional responses and reactions for students participating in a personal safety & self-defence class
- Motivate in both the 'will and the way' to move students into action in the face of adversity
- Describe the benefits of Personal Safety & Self-Defence Training for students
- Recognise how this Professional for Schools & Young People Award can gain professional accreditation hours as well as how a further qualification could support the delivery of an extended and comprehensive curriculum for your students

### Mandatory Units

Unit 1 Personal Safety

Unit 2 Self Defence

Unit 3 Psychology

Unit 4 Physiology

Unit 5 The Law and Reasonable Force

Unit 6 Structuring a Class

Unit 7 Health & Safety

Unit 7 Appendix A - Health & Safety

Unit 8 Working with Children & Vulnerable Adults

### Specialist Skills

Body language • Verbal commands • Conflict resolution • Defending from a distance •  
Defending from the ground • Psychology and fear control • Pressure points and biomechanics •  
Teaching a class • Legal • Health and safety

## Assessment

Our assessment process consists of an evaluation of work-based performance. This requires learners to demonstrate that they can achieve the course objectives and desired learning outcomes to the required standards outlined in the competency matrix by:

- performing mastery of techniques evidenced by video portfolio
- delivering with competency a mock personal safety & self-defence workshop
- completing online course material and passing online learning assessments with 70% pass-mark

## Total Qualification Time Comprises:

- 3 days practical face to face training sessions (21 hours)
- Online learning (15 hours)