
Overview

This standard is about you delivering and managing sports coaching programmes. This involves working towards an established goal in relation to competition and the training cycle over a set period or seasonal session.

The main outcome of the standard is to

1. deliver and manage sports coaching programmes

Coaches must also take account of guidelines from the Governing Bodies of Sport and their own prior experience when delivering sports coaching programmes.

Performance criteria

You must be able to:

P1 work safely at all times and in accordance with all relevant legislation, guidelines, policies, procedures and protocols

P2 prepare participants for sports coaching sessions

P3 assess participants' readiness to participate

P4 confirm and, if necessary, revise your plans for the session

P5 explain and agree the goals with the participants

P6 provide participants with information about the session and how it supports their goals

P7 manage the implementation of skills acquisition, physical conditioning and mental skills development within the sports coaching programme

P8 ensure all participants have the opportunity to take part in the planned programme

P9 observe and analyse the participants' performance

P10 maintain regular communication with participants and others

P11 adapt your coaching and styles of leadership to meet the needs of the participants and others

P12 provide the participants and others with on-going feedback on their performance

P13 adapt the sports coaching programme to ensure sessions meet the programme goals and objectives

P14 seek specialist advice from others to support the development and welfare of the participants

P15 make sure the participants have the information they require about future sessions

P16 leave the environment and equipment in a condition acceptable for future use and in accordance with all relevant legislation, guidelines, policies and procedures

Knowledge and understanding

You need to know and understand:

K1 the current legislation, guidelines, policies, procedures and protocols which are relevant to your work practice and to which you must adhere

K2 how to prepare participants for sports coaching sessions

K3 how to assess participants' readiness to participate in the sports coaching session

K4 the importance of confirming and, if necessary, revising the plans for the coaching session

K5 the importance of agreeing the goals with the participants and explaining the rationale, implementation and review process

K6 the importance of continually providing participants with information about the programme and how it supports their goals and aspirations

K7 the implementation and management of skills acquisition, physical conditioning, physical literacy and mental skills within the sports coaching programme

K8 how to give clear and correct demonstrations and explanations of skill development and development of mental skills

K9 the importance of ensuring all participants have the opportunity to take part in the planned sessions

K10 why it is important to observe the performance of participants during the activity

K11 how to develop and maintain effective communication with participants and others

K12 the importance of adapting your coaching and style of leadership to meet the needs of the participants and others

K13 how to provide on-going feedback to the participants about their performance

K14 when to adapt the sports coaching programme to ensure the session meets the programme goals

K15 the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role

K16 specialist advice available to refer to

K17 why it is important to ensure that participants have the information they require about future sessions

K18 the importance of leaving the environment and equipment in a condition acceptable for future use

Scope/range related to performance criteria

Goals

1. improve physical ability
2. improve physical literacy
3. improve mental ability
4. improve skills and techniques
5. improve tactical ability
6. improve lifestyle
7. provide fun and enjoyment

Scope/range related to knowledge and understanding

Skill development

1. physical fitness
2. aerobic endurance
3. muscular endurance
4. flexibility
5. speed
6. strength
7. power
8. body composition
9. skill related fitness
10. agility
11. balance
12. co-ordination
13. power
14. reaction time

Glossary

Physical Literacy

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life

Links to other NOS

This standard links to SKASPC2 and SKASPC4

SKASPC3

Deliver and manage sports coaching programmes



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