



## Coaching Courses information

### Strength and Conditioning

#### 1<sup>st</sup>4Sport RFU Level 2 Award in Coaching

[http://www.1st4sportqualifications.com/candidate\\_information/qualifications/qualificationbin/level2certificateincoachingstrengthandconditioningforsportl2ccsc-l/](http://www.1st4sportqualifications.com/candidate_information/qualifications/qualificationbin/level2certificateincoachingstrengthandconditioningforsportl2ccsc-l/)

On successful completion of the 1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport (QCF), you should:

- understand the fundamentals of coaching sport
- understand how to develop participants through coaching sport
- understand how to support participants' lifestyles through coaching sport
- understand the principles of safe and equitable coaching practice
- be able to plan a series of strength and conditioning for sport coaching sessions
- be able to prepare the strength and conditioning for sport coaching environment
- be able to deliver a series of strength and conditioning for sport coaching sessions
- be able to monitor and evaluate strength and conditioning for sport coaching sessions.

#### 1<sup>st</sup>4Sport Handball Level 1 Coaching Award

<http://www.EnglandHandball.com/coach/coaching-awards>

The two-day course is for people aged 16 and over who are: active within a community club environment and, assisting, or seeking to assist, active and more qualified coaches.

#### What will you learn?

The 'who', 'what' and 'how' of coaching players.

- The movements, skills, and techniques required to play handball
- How to coach and develop movements and skills
- Basics of tactics, technique and officiating

The emphasis in on coaching junior players.

## Netball Q Umpiring course

<http://www.welshnetball.co.uk/q-umpiring.html>

Welsh Netball offers a basic introductory umpiring course - The Q Award.

The Q Award is particularly useful for the beginner/inexperienced candidate that would like to gain basic umpiring knowledge.

This is an attendance only course.

Candidates will receive a Welsh Netball rules book and Q pack.

This is a 4 hour course.

### Entry Requirements

- You must be 13 years of age, have a basic knowledge of the netball game and understanding of the rules.
- During the course you will be expected to take part in the practical game of netball.
- Please bring a whistle, hairband/elastic band and a pen to the course.

## Basketball Level 1 Table Officiating & Basketball Level 1 Referee

<file://fs-home-n/home-016/pes205/Windows Data/Downloads/Basketball Wales Officiating Awards Jan 2014.pdf>

| <b>BASKETBALL WALES REFEREEING AWARDS</b>        |   |   |  |                      |   |
|--|---|---|--|----------------------|---|
| <b>Award</b>                                     | <b>Entry Requirements</b>   | <b>Course Duration</b>  | <b>Assessments</b>   | <b>Candidate Fee</b> | <b>Notes</b>  |
| <b>Level 1</b>                                   | None  | 4 Hour (Minimum) Classroom and On Court Assessment.   | Attendance of course and Tutor Sign Off  | £25                  | BW to arrange a minimum of 2 courses per year in North/South Wales in addition to any courses organised by the Regional Leagues direct                                |
| <b>Level 2</b>                                   | Level 1 (Including the recommended time as a L1 Referee)                  | 8 hours (Minimum) plus 10 hours distance learning/guided experience. Contact time with assigned tutor/observer                          | Practical refereeing a game.<br>Theory Paper<br>Logged experience minimum of 3 games   | £60                  | Candidates apply direct by completing the L2 application form on the BW Website and have met the required criteria  |
| <b>Level 3</b>                                   | Level 2 (Minimum Age of 18 and the recommended time as a L2 Referee)      | Tutor contact up to 14 hours in two 7 hour Units with 4 months between Units. Minimum of 20 hours home study and refereeing experience. | Practical refereeing assessment on 5 games of top local or regional league standard.<br>Theory examination<br>Fitness Test (If Applicable) | £75                  | Candidates apply direct by completing the L3 application form on the BW Website and have met the required criteria  |
| <b>Level 4</b>                                   | Level 3 (Including the recommended time at previous Level)                | Duration of 1 full season<br>Contact time with assigned observer/tutor. At home study   | Full Season of refereeing<br>Satisfactory reports<br>Theory Paper<br>Fitness Test (If Applicable)  | £85                  | Candidates apply direct by completing the L4 application form on the BW Website and have met the required criteria  |
| <b>Level 5 FIBA</b>                              | Nominated by BW to FIBA   | 4 days  | Practical, Theory and Fitness Test   | €1000 set by FIBA    | Course/Assessment undertaken by FIBA. Preparation by National Instructor  |
| <b>BASKETBALL WALES TABLE OFFICIATING AWARDS</b> |   |   |  |                      |   |
| <b>Level 1</b>                                   | No experience required  | Short practical course of 2 hours   | Assessed on scorebook and game clock<br>No exam paper  | £20                  | BW to organise minimum of 2 courses each season. Able to officiate at school/CVL games, Local and Regional Leagues  |
| <b>Level 2</b>                                   | Some basketball knowledge recommended                                     | Course of 3 hours duration including theory exam paper  | Score 2 games<br>Time 2 games<br>To be played under FIBA rules   | £30                  | 4 games to be approved by qualified referees. One score sheet to be assessed by course tutor  |
| <b>Level 3</b>                                   | Experienced Table Official - Minimum of one-year experience as a Level 2. | Course of 4 hours duration with emphasis on shot clock rule, and including theory exam paper  | Theory paper<br>Practical assessment on games of top regional league standard as a Scorer; Timekeeper; and Shot Clock operator             | £50                  | Must pass theory exam before commencing assessment games. Score and time assessments by Level 3 qualified referees. Shot Clock assessment by Table Officials assessor |

## **Rugby TAG Award**

<https://www.wrucoachinglocker.co.uk/qualifications-explained/tag-award/tag-award.aspx>

The course is suitable for teachers, coaches and sports leaders to introduce the non-contact game of tag rugby.

The course is 3 hours in duration, comprising 3 one hour modules.

There is no formal assessment; informal on course appraisal will be given by the course tutor.

An attendance certificate is awarded on completion of the course.

Tag rugby provides a safe and simple introduction to the game of rugby union.

Tag rugby introduces both the player and coach to the fundamentals of evasive running, handling and passing, as well as the basic rules and principles of the game of rugby union.

Tag rugby is a fast paced fun game suitable for boys and girls.

By the end of the course candidates will be able to deliver a safe, enjoyable coaching session; coach basic rugby skills of running, evasion, handling and passing; safely introduce and apply the rules of the tag game.

## **Hockey Level 1 Umpiring**

<http://www.hockeywales.org.uk/support/umpiring/how-to-qualify#Umpi1>

Level 1 is suitable for those with some experience of playing hockey and may have had some practice with umpiring previously.

Completion of the award is based upon the following:

- Completion of a course portfolio
- Attendance of all sessions
- Successful 15-30 minute off-course assessment

Umpire mentoring is also available to support learners going through the course.

Duration - 7.5 hours

Minimum age for this course is 16 years of age.

## **First Aid**

Basic First Aid 3 hrs Course Syllabus:

- Care of the unconscious patient

- Care of the airway
- Cardio Pulmonary Resuscitation (CPR)
- Dealing with a Heart Attack
- Dealing with Chocking
- Control of Bleeding
- Dealing with Anaphylactic Reactions

The aims and objectives of the First Aid (Basic) training course are to raise awareness in the chain of survival, and to enable people to learn the appropriate skills of emergency life support to keep someone alive in a life-threatening emergency until professional help arrives. Each course is specifically designed depending on the candidate's workplace.

This short 3 hour course is ideal for those engaged in working at low risk areas such as shops, offices and libraries. Also it is ideal for parents and indeed children of all ages to attend.

## **SCUK Safeguarding and Protecting Children 1**

<http://www.sportscoachuk.org/site-tools/workshops/about-our-workshops/safeguarding-and-protecting-children>

Every child deserves to enjoy their sport. This workshop will raise your awareness of the tell-tale signs of abuse, and give you the tools and confidence you need to deal with any issues sensitively, appropriately and effectively should the need ever arise in your coaching career.

Updated to address the impact of the Protection of Freedoms Act 2012.

*(This workshop is a 'Minimum Standards for Active Coaches' requirement for many governing bodies of sport\*. The 'Minimum Standards for Active Coaches' are seen as the basic standards every coach needs to meet to carry out their role safely and effectively.)*

Duration: 3 hours

You Will Be Able To:

- identify and recognise good coaching practice and the implications for your coaching

- explore your values and feelings in relation to child abuse, and recognise their potential impact on your response
- recognise and respond to possible signs of child abuse
- take appropriate action if concerns about a child arise.

## Weightlifting

### 1<sup>st</sup>4Sport BWL Level 1 Award in Coaching

[http://www.1st4sportqualifications.com/candidate\\_information/qualifications/qualificationbin/1st4sport-level-1-award-in-coaching-weight-lifting-qcf-l/](http://www.1st4sportqualifications.com/candidate_information/qualifications/qualificationbin/1st4sport-level-1-award-in-coaching-weight-lifting-qcf-l/)

The qualification is designed to provide benefit to you through an introduction to the practical and theoretical aspects of coaching weight lifting.

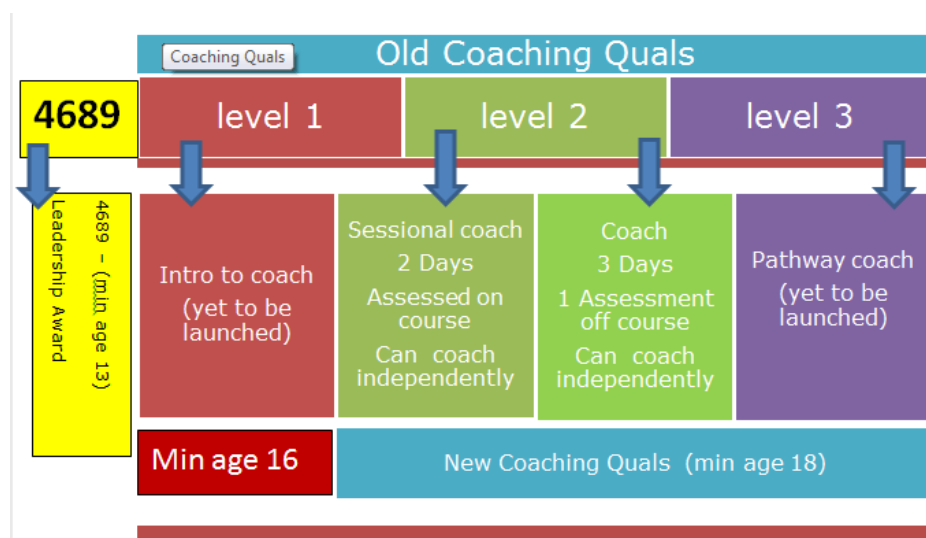
The foundation level of knowledge and skills developed by British Weight Lifting will enable you to develop an understanding of the safe, ethical and effective management and coaching of weight lifting to athletes of all ages. The qualification is composed of seven mandatory units.

The qualification is recognised as the industry standard level 1 qualification for coaching weight lifting by the national governing body for Weight Lifting in the UK: British Weight Lifting.

It is also recognised by and has the support of a range of employers and colleges, as the sole qualification for those looking to begin a career in coaching weight lifting.

## Hockey Level 2 Sessional Coaching course

<http://hockeywales.org.uk/support/coaching/new-coaching-qualification-structure>



## **Rugby Leaders Award**

<https://www.wrucoachinglocker.co.uk/qualifications-explained/rugby-leaders/rugby-leaders.aspx>

The Rugby Leaders Award has been created to allow young leaders the opportunity to develop key sports leadership skills to deliver non-contact based rugby skills sessions. The award is divided into two parts, encompassing of the Basic and Advanced Awards.

The Basic Award lasts 8 hours, and is centre based learning. Throughout the award, leaders will follow a carefully constructed syllabus to provide them opportunity to grow their understanding and practice the use of the following modules:

1. Role, Qualities and Skills of a Sports Leader
2. Planning, Organisation and Review
3. How to Coach Skills
4. Role of the Official and Fair Play in Sport
5. Event Planning, Organising a Festival

There is no formal assessment of the Basic Award, however leaders will be encouraged to contribute positively to the sessions and will receive feedback based on their performance and evidence produced. Leaders will also have a workbook that will accompany them throughout their award.

Completion of all relevant paperwork will be compulsory to receiving the Basic Award, including Home Study Tasks.

## **WRU Strength & Conditioning**

<https://www.wrucoachinglocker.co.uk/coaching-tips--cpd.aspx>

## **Squash Referee course**

[http://www.walessquashandracketball.co.uk/course-information/info\\_48.html](http://www.walessquashandracketball.co.uk/course-information/info_48.html)

[https://www.wrucoachinglocker.co.uk/qualifications-explained/childrens-level-1-\(u7---u13\)/childrens-level-1-\(u7---u13\).aspx](https://www.wrucoachinglocker.co.uk/qualifications-explained/childrens-level-1-(u7---u13)/childrens-level-1-(u7---u13).aspx)

The course provides coaches with an introduction to the game of rugby union and the principles and practice of safe, ethical and effective management and coaching of players of all ages. The course qualifies the coach to act as an assistant to a more qualified coach. The Level 1 Certificate in Coaching Rugby Union aims to develop a coach's 'How to Coach' skills as well as improve their 'What to coach Skills'. The course includes the IRB Rugby Ready course. The course is a modular course made up of the following units:

Unit 1- Introduction to Safe and Ethical Rugby Union

- The role of the coach
- Working with Children
- Basic Laws of the Game
- Health and Safety

#### Unit 2 - Plan Rugby Union Coaching Sessions

- Planning for Delivery of Coaching Sessions

#### Unit 3 - Deliver Rugby Union Coaching Sessions

- Principles of Warm up and Cool Down
  - Skill Development (Generic and position specific skills)
  - Communication Skills
  - Observation of Performance
- (All units are mandatory and unit certification is available)

Entry Requirements: Minimum Age 16 (please note that upon completing the course any candidate between the ages of 16 and 18 must be accompanied by an adult whilst delivering any coaching session).

#### Course Arrangements / Outline

- The course is 21hrs in duration (16hrs on course, 5hrs home study)
- The course is a competence based course and involves on-course appraisal
- The course involves both classroom and outdoor practical sessions. Coaches are expected to participate fully in all activities
- Lunch and refreshments will be provided on all courses

### **Football Leaders Award**

<http://www.welshfootballtrust.org.uk/CourseCalendar.ink>

A 8-hour practical day following on from your 5 Online Modules providing a basic introduction to the Organisation of football practices in a fun, safe environment with an emphasis on engaging with the young players of today. This is a mandatory award for all coaches involved in junior football in Wales and will be supported with post-course online resource(s).

### **Ultimate Frisbee Level 1**

[http://www.ukultimate.com/coaching/level\\_1](http://www.ukultimate.com/coaching/level_1)

We offer two different Level 1 coaching courses: one that is appropriate for Ultimate players and one that is appropriate for those who have little or no playing experience "non-player".

| UKU Level 1<br>for non-players   | UKU Level 1<br>for players   |
|--|--|
| <p><i>This Level One is a comprehensive introduction in how to coach Ultimate.</i></p> <p><i>We mix practical time and classroom time to cover all the fundamental parts of playing and coaching Ultimate.</i></p> <p><b>Workshop Length:</b> 6 hours.</p> <p>3 hours practical</p> <p>3 hours theory</p> <p><b>Participants:</b> 14+</p> <p><b>Content:</b> Throwing, fundamental tactics, games, activities and drill, self-officiating.</p> <p><b>Resources:</b> Comprehensive resource pack including a workbook, handbook, DVD with game footage and activity cards co-produced with the Youth Sport Trust.</p> | <p><i>This Level One is a comprehensive introduction on how to coach Ultimate.</i></p> <p><i>We mix classroom time with some practical application to cover the fundamentals of coaching and the specifics of coaching Ultimate.</i></p> <p><b>Workshop Length:</b> 8 hours.</p> <p>6 hours theory</p> <p>2 hours practical</p> <p><b>Participants:</b> 14+</p> <p><b>Content:</b> Focusing on the fundamentals of coaching Ultimate. Throwing, games, drills, tactics and self-officiating.</p> <p><b>Resources:</b> First steps in to coaching, workbook, handbook and more.</p> |

## Indoor Rowing workshop

<https://www.britishrowing.org/knowledge/courses-qualifications/indoor/indoor-rowing-for-young-people-ir4yp/>

What will I get out of it?

The workshop will enable you to deliver high quality indoor rowing sessions, both within the curriculum and as an extracurricular activity. It will provide you with knowledge on the best and safest way of using an indoor rowing machine, appropriate warming up and cooling down activities and developing the correct technique.

Who can attend?

Teachers, adults supporting learners and young people aged 16+ in schools and community clubs.

How is the course structured?

This course has a mixture of both theory and practical; you will be given the opportunity to do some activities on the indoor rowing machines.



## **SCUK Coaching Children (5-12)**

<http://www.sportscoachuk.org/site-tools/workshops/about-our-workshops/coaching-whole-child-positive-development-through-sport>

Do you coach children aged between 5 and 12 years of age? Then this is an exciting chance for you to reconsider the emphasis of your coaching and enhance the experience of your young participants in the process. You'll be introduced to the 'C' system of coaching children, which will improve your soft and personal skills helping you to become a more effective coach.

Duration: 3 hours (includes a practical element so you will have the chance to put into practice what you learn in the first part of the workshop)

You Will:

- learn the 'C' system of coaching children: connection; confidence; character; creativity; caring and compassion; and competence
- how to incorporate these Cs into your coaching sessions
- improve the development of all your young children by offering them an exciting, challenging and well-structured environment in which they can discover all that is good about sport
- develop your coaching to incorporate positive youth development into your sessions.

## **SCUK Inclusive Coaching: Disability**

<http://www.sportscoachuk.org/site-tools/workshops/about-our-workshops/inclusive-coaching-disability>

Improve your ability to coach sport for disabled people by becoming a more inclusive coach. Attend this workshop and gain the knowledge and skills that will enhance your current coaching skills so your practice can be more inclusive.

Duration: 3 hours (includes a practical element so you will have the chance to put into practice what you learn in the first part of the workshop)

You Will:

- learn the basic elements of classifications in disability sport
- get to grips with participant pathways for disabled participants
- gain additional knowledge by reflecting on your, and other attendees', past experiences.

## **Weightlifting**

### **1<sup>st</sup>4Sport BWL Level 2 Award in Coaching**

[http://www.1st4sportqualifications.com/candidate\\_information/qualifications/qualificationbin/1st4sport-level-2-certificate-in-coaching-weight-lifting-l/](http://www.1st4sportqualifications.com/candidate_information/qualifications/qualificationbin/1st4sport-level-2-certificate-in-coaching-weight-lifting-l/)

The objective of the 1st4sport Level 2 Certificate in Coaching Weight Lifting is to provide a benefit to learners through an introduction into the principles/practice of safe, ethical and effective management and coaching of weight lifting coaching sessions to adults and young people in an appropriate environment.

This qualification is supported by BWL and also by a range of employers whom employ weight lifting coaches.