

## Event Group Qualifications FAQs

### AN INTRODUCTION TO THE EVENT GROUP QUALIFICATIONS

Following an extensive listening process over recent years UKA have put together a coaching qualification system that gives British coaches the content that they want in the most convenient way possible.

Once a coach is licensed to coach independently, the focus should shift quickly towards a blended approach, primarily through self-guided learning. With the needs of the coach in mind, for the first time the majority of the study for a coaching qualification that expand on the Athletics Coach qualification will be done online through uLearn.

Not only will the prospective coach have access to all the course material at once but they'll also be able to make their way through the modules in their own time and at their own pace. With the websites holding coaching expertise from around the globe, it is easy to access the information and resource you need at the time that you want to review it, e.g. you decide when and where to do your learning.

The theory and knowledge gleaned can then be applied to all the other material available on uCoach in order to give the perspective coach the very best educational experience possible. After time spent understanding the concepts that underpin sprint training you can then use uCoach to watch coaches such as Dan Pfaff, Malcolm Arnold or Clyde Hart give a lecture about those very same concepts ...The possibilities are endless.

This does not mean however you are left to go it alone. Once the online learning module is completed, you will be able to enrol on any of our integration day. At this event specialist tutors will condense all the knowledge they've learned online into a method of coaching safely and effectively.

At the end of every module perspective coaches will take a short test to confirm their knowledge and then move onto the part of the course that will include more specific coaching material.

### OK, SO TELL ME ABOUT THE EVENT GROUP QUALIFICATIONS?

There are four qualifications available for:

- The Sprints & Hurdles (60-400m including hurdles)
- The Jumps (Long, Triple, High and Pole Vault)
- The Throws (Hammer, Shot, Discus and Javelin)
- Endurance (all Endurance events including walks)

### I WANT TO BEGIN COACHING TRACK AND FIELD EVENTS BUT HAVE NO EXISTING QUALIFICATIONS.... WHERE DO I START?

Your first port of call is the 'Coaching Assistant' qualification, details of which are available on uCoach. Once candidates pass these assessments they can then apply for the 'Athletics Coach' award. Once you've completed one you are more than welcome to take the other course.

A qualified 'Athletics Coach' can then apply for an 'Event Group' qualification in Endurance and/or Sprints & Hurdles, where you learn more technical information about the event group you want to coach. Before enrolling on the Event Group Jumps and Throws courses, a qualified 'Athletics Coach' will first need to complete the Athletics Coach Technical Days for Jumping and Throwing. The Technical Days will also require an in person assessment before the award will be granted. This will be arranged by your Home Country organisation.

#### **I AM ALREADY QUALIFIED UNDER THE PREVIOUS 'UKA LEVELS' COACH EDUCATION STRUCTURE. DO I HAVE TO START AGAIN?**

No, providing you are at least a level 2 qualified coach in anything apart from 'Children in Athletics' you can start at the 'Event Group' qualification. This is of course because the information that coaches will be exposed to during the 'Event Group' qualification follows on from the 'Athletics Coach' qualification and only coaches with a level 2 qualification or higher under the old UKA Levels system have been deemed well versed enough to undertake the course.

#### **CAN I TAKE MORE THAN ONE EVENT GROUP MODULE?**

Yes you can take as many event groups as you like. In fact we actively encourage coaches to get involved in coaching across event groups because this helps young athletes discover the events they are best at.

Secondly the information you learn in one event group can help you working in another. For example knowledge of sprints and hurdles is directly applicable to jumps and endurance. Knowledge of throws helps training for power across all event groups etc.

#### **WHAT IS INVOLVED WITH TAKING THE EVENT GROUP QUALIFICATIONS?**

There will be a series of modules for each of the qualifications. These will all be available online via uLearn either in text or in video format. After each module there is a short multiple choice test to complete online. You can go through each module as many times as you like. When you have passed every test you are eligible to proceed to the one day course assigned to each qualification. This day will primarily focus on integrating all the content learned but there is no formal individualised assessment.

#### **WHY IS THE ASSESSMENT PROCESS SO OPEN?**

Achieving these qualifications do not insure a coach to coach any differently. The Athletics Coach qualification ensures a coach can function independently of supervision. Having taken the formal qualifications which proceed it this qualification bridges the gap and ensures coaches can develop accordingly based on their own requirements and motivations to improve. This makes it a far more flexible and affordable experience for coaches.

#### **WHO IS ELIGIBLE TO TAKE THIS QUALIFICATION?**

In short, you must hold a Level 2 qualification (with the exception of Level 2 Children In Athletics) or an Athletics Coach qualification (NB Only coaches who had undertaken Athletics Coach Jumps post April 2018 or the triple jump and pole vault add on module pre April 2018 can do Event Group Jumps AND Only coaches who had undertaken Athletics Coach Throws post April 2018 or the hammer and

discus add on module pre April 2018 can do Event Group Throws) or higher qualifications. For those who want the detail an exhaustive list of coaching qualifications that are accepted is available below:

If you have ANY of the qualifications in the list below you ARE ELIGIBLE to undertake the Event Group Qualifications:

Coach in Running Fitness (NB coaches are eligible for EG Endurance ONLY. Coaches who commenced the CiRF course prior to 1st September 2014 will need to complete the CiRF to Endurance Bridging module before progressing to the EG Endurance course. Coaches who commenced the revised CiRF Award (from 1st September 2014) will be able to progress straight to the Event Group Endurance Event Group Award on completion of their course.)

- Level 2: Endurance
- Level 2: Jumps
- Level 2: Speed
- Level 2: Throws
- Level 2: Fell & Mountain Running Coach

Athletics Coach (NB Only coaches who had undertaken Athletics Coach Jumps post April 2018 or the triple jump and pole vault add on module pre April 2018 can do Event Group Jumps AND Only coaches who had undertaken Athletics Coach Throws post April 2018 or the hammer and discus add on module pre April 2018 can do Event Group Throws)

- Level 3: Discus
- Level 3: Hammer
- Level 3: High Jump
- Level 3: Hurdles
- Level 3: Javelin
- Level 3: Long Distance
- Level 3: Long Jump
- Level 3: Marathon
- Level 3: Middle Distance
- Level 3: Pole Vault
- Level 3: Shot Put
- Level 3: Sprints
- Level 3: Steeplechase
- Level 3: Triple Jump
- Level 3: Ultra Distance
- Level 3: Walks
- Level 3: Combined Events
- Level 4: 100/200m/Relay
- Level 4: 400m Hurdles
- Level 4: 400m/Relay
- Level 4: Decathlon
- Level 4: Discus
- Level 4: Hammer

- Level 4: Heptathlon
- Level 4: High Jump
- Level 4: Javelin Level 4: Long Distance
- Level 4: Long Jump
- Level 4: Marathon
- Level 4: Middle Distance
- Level 4: Pole Vault
- Level 4: Shot Put
- Level 4: Sprint Hurdles
- Level 4: Steeplechase
- Level 4: Triple Jump
- Level 4: Ultra Distance
- Level 4: Walks

If you ONLY have one or more of the qualifications in the list below you are NOT ELIGABLE to undertake the Event Group Qualifications:

- Leader
- Children In Athletics
- Fitness in Running and Walking
- Club & Childrens Leader
- Leadership in Running Fitness
- Leadership in Running Fitness FMR
- Level 1 Assistant Coach
- Coaching Assistant
- Level 2 Children in Athletics
- Coach in Running Fitness
- Coach in Running Fitness FMR
- Childrens Coach
- Level 3: Coaching Young Athletes
- Level 3: BAF Strength and Conditioning
- Level 3: Fell and Hill
- Level 4: Coaching Young Athletes
- Level 4: BAF Strength and Conditioning
- Level 4: Fell and Hill

#### **I HOLD A LEVEL 2 CHILDREN IN ATHLETICS QUALIFICATION, WHY CAN'T I DO THIS AWARD?**

If you want to take the Event Group qualifications, you must first start by taking the Athletics Coach qualification.

### **I HOLD A LEVEL 2 CHILDREN IN ATHLETICS QUALIFICATION AND ALSO A LEVEL 2 SPRINT & HURDLES, JUMPS, THROWS OR ENDURANCE. CAN I STILL DO THE EVENT GROUP QUALIFICATIONS?**

Yes, because you have a Level Two qualification in an event group in addition to your CIA you are eligible to attend undertake the Event Group qualifications. Please see the lists above for an exhaustive insight into which qualifications are accepted as eligible.

### **I HOLD A CERTIFICATE IN RUNNING FITNESS AWARD, CAN I DO THE EVENT GROUP QUALIFICATION?**

No, if you want to take the Event Group qualifications you must first take the Athletics Coach qualification. This has been the case since the new qualifications structure was launched.

### **WHAT IF I ALREADY HOLD A HIGHER COACHING QUALIFICATION SUCH AS A LEVEL 3 OR 4?**

We understand that many coaches do not want to continue taking qualifications. On this basis we will continue to place emphasis on coach development with all the conferences, masterclasses, coach development programmes and other activities currently running.

However, there will be a lot of material of interest to coaches at these levels within the Event Group qualification. These coaches will be able to pay a fee to access to the online content without having to pay for the offline integration day. However, if they choose to take the qualifications formally at a later date, there will be no financial penalty.

### **I HAVE COMPLETED THE EVENT GROUP QUALIFICATION. WHAT NEXT?**

The Event Group qualifications are currently our highest level of qualification.

If you have completed the EG qualification and are looking to continue to learn, we advise that you do this just by coaching and continuing to learn from uCoach, conferences, mentors, athletes and other sources.

Some other suggestions would be to familiarise yourself with ALL of the material available on uCoach as well as the classic text books in each area of sports science, sports medicine, strength and conditioning and nutrition. It will also be useful to be aware of recent developments in each field that classically impact on coaching – sports science, nutrition, psychology, strength and conditioning, biomechanics etc.

Some examples discussed on uCoach include the use of beetroot juice to improve exercise economy, the use of high intensity warm ups to 'prime' oxygen kinetics and eccentric and isometric exercise as a conditioning tool for treating and preventing tendonopathy.

From a practical perspective, being able to watch video of the events in athletics and identify key areas for development as well as discuss the benefits and drawbacks of various aspects of technique will be especially useful. If you don't already engage in regular discussions of technique it will help to do so.

From a physical preparation perspective, being able to teach progressions for classic weight training exercises such as the snatch or clean and jerk as well as being aware of ways these exercises can be modified to take into account the strengths and limitations of individual athletes is also important.

Finally, it will help to practice describing movement in a precise manner, using classic scientific terminology, so you can clearly discuss various technical elements with an examiner. For example, “during the final stages of extension at the knee joint, medial rotation of the femur occurs relative to the tibia”.

#### HOW MUCH DOES AN EVENT GROUP QUALIFICATION COST?

The cost of each of the Event Group qualifications is £150. This is split into a £75 payment to book onto the online module and then a further £75 payment