

# coached

JULY - SEPTEMBER 2020

NEWS FROM THE COACH EDUCATION TEAM

## COVID-19 PANDEMIC

### INTRODUCTION

The Covid-19 pandemic has required us to think differently about how we engage existing and new coaches in learning and gaining coaching qualifications in the short, medium and potentially longer term. UK Athletics and the HCAFs have considered how we can diversify our qualification and education offer and deliver it differently and consequently are running a number of pilots across the whole of the UK and across the full range of the qualification pathway.

## PILOTS

These pilots will be reviewed to fulfil our Quality Assurance responsibilities and to ensure the integrity of our Qualifications Pathway. The outcome of the review will be communicated here, with any revised coach education offering being communicated to you by each of the Home Country Athletics Federations.

## LEADERSHIP IN RUNNING FITNESS PILOT

The Leadership in Running Fitness (LiRF) course focuses on the safe organisation of achievable and progressive running activity and how to lead a group of runners of varying ability.

It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

This course is traditionally delivered over one day and we are piloting a blended learning offer comprising of half a day online (4 self-guided modules) and half a day practical.



## COACHING ASSISTANT PILOT



The Coaching Assistant Award provides prospective coaches with an introduction to coaching athletics via a range of run, jump and throwing skills and activities. It focuses on the introduction of the fundamental movement skills that underpins athletics activities. To support the multi-event approach for developing athletes, Coaching Assistants will be expected to assist in the delivery of a range of sessions that develop running, jumping and throwing skills in their club.

This course is traditionally delivered over 2 days and we are piloting a blended offer of 4 virtual modules online and one practical day.

## ATHLETICS COACH PILOT

The Athletics Coach qualification has been designed to support coaches in working with athletes in the Foundation to Event Group Development Stages (typically under 18 years old) and advocates a multi-event approach in the development of athletes.

Whilst recognising the need to understand Athlete Development, this qualification also enables coaches to choose their own Event Group area of interest (Speed, Endurance, Jumps, or Throws) which is covered on the Day 3 & 4 options.

This course is traditionally delivered over 3 days and with a 4th assessment day. We are piloting a blended offer of 2 practical days, an online element equivalent to a day and remote assessment using specifically designed software.



## EVENT GROUP PILOT



The Event Group Coach programme is designed to provide licensed Athletics Coaches with a greater understanding and awareness of the issues involved with coaching athletes at the Event Group Development stage of the athlete development pathway.

The programme covers:

Training organisation and decision-making, Event Group Specific Content (Understanding the performance profiles for athletes, technical models, teaching progressions and Specific training methods (CE and SDE), Physical Preparation (GPE training methods), SPE training methods and an introduction to weight training, Fundamental underpinning science including, Adaptation and The science of Strength and Conditioning.

This course is traditionally delivered as a blended online followed by a classroom integration day. We are piloting an online classroom version of the integration day.

## WHAT DO THESE NEW EDUCATION TERMS MEAN?

### Virtual Classroom:

A virtual classroom is an online learning environment that allows for live interaction between the tutor and the learners as they are participating in learning activities. In other words, the virtual classroom is a shared online space where the learners and the tutor work together simultaneously.

### Self-guided course:

This course type is readily available on the MyLearning Platform, which can be accessed through Athletics Hub. This course type will enable you to work at your own pace. The course will be a mixture of reading material and online activities such as quizzes and coaching scenarios.

**Blended Learning:** This is a combination of Virtual Classroom, Self-guided online and Practical sessions, which will see support your learning programme with the aim of completing a coaching qualification.

## Home Country Coach Education web page links



For any Coach Education enquires please  
contact the team on:  
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