

coachED

JANUARY - MARCH 2021

NEWS FROM THE COACH EDUCATION TEAM

Coaching Qualifications - A changing climate

BACKGROUND

Coaches have been absolute heroes keeping athletes active, connected and motivated both before the coronavirus pandemic and during the period of isolation and disruption caused by the lockdown.

The Covid-19 pandemic has required us to think differently about how we engage existing and new coaches in learning and gaining coaching qualifications.

What we did

Free CPD places

In recognition of the dedication and commitment of coaches throughout this challenging year, British Athletics offered all coaches a free place on one of its CPD courses during the months of April – June. This learning offer was taken up by 2400 coaches who chose from one of the following courses:

- Event Group online
- Disability Inclusion in Training
- Clean Athletics Awareness
- Preventing Bullying in Sport
- Mental Wellbeing in Sport and Physical Activity

Further information on all courses can be found by following this link:

<https://www.uka.org.uk/coaching/coaching-qualifications/additional-learning/>

Blended Qualifications

In partnership with the Home Country Athletic Federations, the four of the coaching qualifications were revamped to meet today's learners needs, using modern technologies. Since July, 1623 learners have taken advantage of these revised learning programmes.

What you said

"It was good to have the opportunity to talk though the online modules and helped to consolidate learning"

"Excellent to share the learning with others who brought different dimensions to the course"

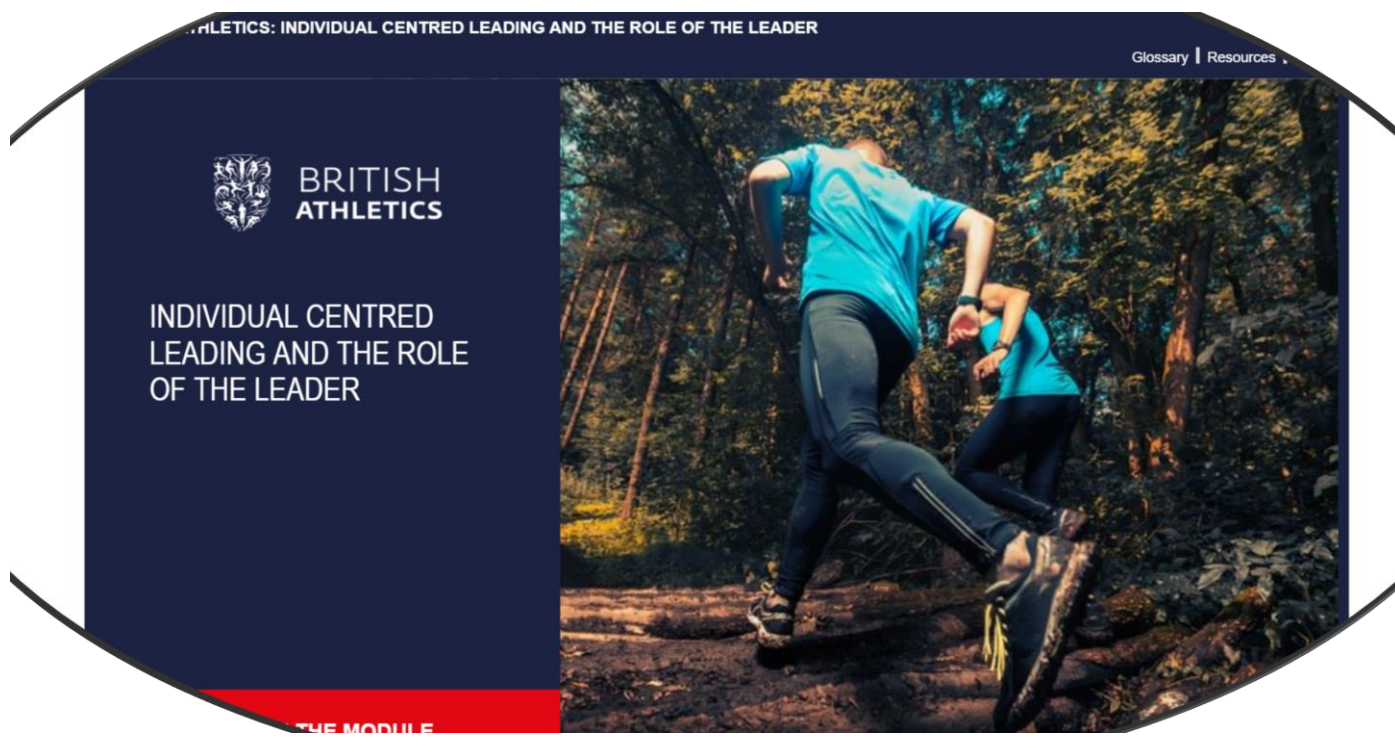
"The virtual classroom was really well planned and a good reminder of what we have learned"

"The feedback from my video provided me with additional things to think about including or adapting in a session"

"I found this really helpful as I had to plan a session and then act as a leader. It was useful to look back and reflect on what went well and what I could do differently"

"Great opportunity to apply the theory to the real thing. Brings it to life that little bit more"

"Picked up lots of tips from trainers and other participants"



The Revised Qualifications

Leadership in Running Fitness

The course is designed to prepare you to provide a safe and enjoyable running experience for young people aged 12+ and adults of any ability. The course covers risk assessment, warm-ups, cool downs, and how to lead fun running sessions for a mixed ability group of runners.

The course is made up of four on-line self-guided learning modules*, remote feedback from a tutor of a supervised session*¹ and a 90 minute virtual classroom session*² or a practical half day.

*self-guided means that there is no tutor present and you work through the modules independently. The modules use a variety of learning activities including videos and interactive tasks. Please see the sample video of part of a module below.

*¹ You will need to film yourself (complying with UK Athletics safeguarding requirements) leading two supervised running in fitness activities. You will be directed to upload these to our learning platform where a tutor will review them and offer you some developmental feedback.

*² A virtual classroom is a teaching and learning environment, where participants can interact, communicate, engage with learning resources, view and discuss presentations, while working in groups all in an online setting.



Module One: Individual Centred Leading and the Role of the Leader. This module starts by looking at some of the different motivations for running, barriers to running and how to overcome them. It continues by exploring different types of runner and how to safely cater for them all.

Module Two: Running Fitness Session Content. This module covers the principles of warming up, running technique and cooling down. It also introduces the coaching process skills of how to lead activities safely, how to organise activities to maximise involvement, how to give clear instructions and demonstrations.

Module Three: Performance Factors, Energy Systems and their application. This module starts by looking at factors

which influence a runner's performance, including the different components of fitness. It continues by looking at how training works and asking the learner to consider how they can use this knowledge to progress a group of runners while considering each runner's individual needs.

Module Four: The Role of the Leader in Injury Avoidance. This module looks at common running injuries, what causes injuries and the role a leader can play in injury avoidance.

PLUS

Remote Practice: Participants are asked to film themselves leading a warm up activity and also part of the main session, whilst looking to implement the HOW2 skills covered within the 4 online modules. A course tutor will provide developmental feedback on the video content submitted.

Virtual Classroom session: This session allows the learner to reflect on the content covered in the four online modules, and share and discuss the feedback they have received on their leading practice, in a safe and supportive learning environment, with an experienced Leadership in Running Fitness tutor.

OR

Practical Half Day: This day allows the learner to put into practice and develop some of the knowledge and skills covered throughout the modules in a safe and supportive learning environment with an experienced Leader in Running Fitness tutor.

Coaching Assistant



The course is designed to provide prospective coaches with an introduction to coaching athletics via a range of running, jumping and throwing skills and activities. It also focuses on the introduction of the fundamental movement skills that underpin athletic activities.

The course is made up of four Virtual Classroom Modules*, on-line self-guided learning modules* and a practical half day.

*A *Virtual Classroom* is an online classroom, facilitated by an experienced tutor and it allows participants to interact with each other and the tutor, view presentations and videos and complete group tasks.

**self-guided* means that there is no tutor present and you work through the modules independently. The modules use

a variety of learning activities including videos and interactive tasks. Please see the sample video of part of a module below.

Module One: The role of the Coaching Assistant. This module starts by looking at how people learn, session structure and how to organise a session and deliver it safely. It then moves onto look at different coaching roles and responsibilities of each.

Self-guided module: Group and Behaviour Management. This module explores strategies for managing mixed ability groups.

Module Two: Athlete centred coaching and the principles of warm up and cool down. This module introduces the Athlete Development Pathway. It then moves onto explore the key components of the earlier stages of the pathway, including fundamental movements and skill. It concludes by identifying the principles of warm up and cool down and how to be safe and organised.

Module Three: Coaching Styles and Throwing. This module covers different coaching styles and how they are used most effectively. This is also explored in the context of stages of learning. The module continues by introducing the skill of observing, different types of throwing movement and the technical components of throwing.

Self-guided modules: Performance Factors and Energy Systems. This module explores the factors that influence athletic performance. It then moves on to discuss the energy systems and how training works.

Module Four: The technical components of running and jumping and how to give effective feedback. This module starts by discussing performance factors and components of fitness and then moves on to explore the principles behind running and jumping technique. It concludes by identifying the key principles of giving effective feedback and then sets out next steps.

Practical Day: This day allows the learner to put into practice and develop some of the knowledge and skills covered throughout the modules in a safe and supportive learning environment with an experienced Coaching Assistant tutor.

Coach Assessment

This element of the Coach Qualification comprises of an assessment of your coaching skills and planning knowledge against a set competency framework by a trained assessor.

How does it work?

This assessment is carried out remotely, via upload of documents and filmed evidence, to a bespoke platform and eMeetings with an assessor and therefore requires access to a pc, tablet or mobile phone.

Coaches opting to book onto this style of assessment, will receive all the additional information they require to complete the assessment in this way within their MYLEARNING- Remote assessment module.

Coaches will need to have completed Day three (technical elective) of the coach course and/or all three days of the CiRF course and then profiled an athlete, set goals based on the profile for that athlete and planned how to meet these goals over an 8 week period.

Coaches will be asked questions by the assessor on all the stages of that planning process and therefore it is imperative that this has been carried out before arranging to eMeet with your assessor.

Coaches will also be asked to film* and deliver a supervised session showing how they safely achieve the session goals, progress skill and meet the needs of each athlete in the group via a range of coaching process skills. This will need to be uploaded to the assessment platform prior to arranging to eMeet your assessor.

**UKA consent forms and compliance documents must be completed before starting this process (forms available in the MYLEARNING-Remote Assessment Module).*