

Unit Title: Coaching In Sport
Unit Level: Level 3
Unit Credit Value: 6
GLH: 40
LASER Unit Code: WJE861
Ofqual Unit Code: T/507/1554

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the roles, responsibilities and skills of sports coaches.	1.1	Explain the roles of sports coaches.
		1.2	Explain the responsibilities of sports coaches.
		1.3	Explain the skills needed to be a successful sports coach.
2.	Understand the techniques used to improve athletic performance.	2.1	Describe techniques used to improve athletic performance.
3.	Be able to plan a sports coaching session.	3.1	Produce a plan for a coaching session to cover: <ul style="list-style-type: none"> a) aim/s and objective/s b) timings c) participants' needs, interests, strengths, abilities, characteristics (e.g. age, gender) d) resources and facilities required e) warm-up, main component, cool-down f) health and safety for participants and coach.
4.	Be able to deliver and review a sports coaching session.	4.1	Deliver a sports coaching session according to own plan.
		4.2	Demonstrate appropriate coaching techniques and strategies.
		4.3	Make effective use of resources and equipment.
		4.4	Review a sports coaching session to include: <ul style="list-style-type: none"> a) how well the session met the planned aim/s and objective/s b) strengths as a coach c) areas for improvement as a coach d) an action plan on how to improve own coaching.

Assessment Guidance:

NA

Additional Information:

NA