

NPA LEVEL 6 SPORTS COACHING ESSENTIAL INFORMATION

<p>Which topics are covered in Sports Coaching?</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;">Context</th> <th>Theme</th> </tr> </thead> <tbody> <tr> <td rowspan="4" style="vertical-align: top;">Consider the Coach, Assistant and the skills qualities necessary.</td> <td>Role of the Coach and Coaching Assistant</td> </tr> <tr> <td>The Environment for Coaches</td> </tr> <tr> <td>Coaching Philosophies</td> </tr> <tr> <td>Personal Coaching Practice</td> </tr> <tr> <td rowspan="3" style="vertical-align: top;">Principles and Experience leading sessions</td> <td>Leading Sessions</td> </tr> <tr> <td>The Participant</td> </tr> <tr> <td>Session Planning</td> </tr> </tbody> </table>	Context	Theme	Consider the Coach, Assistant and the skills qualities necessary.	Role of the Coach and Coaching Assistant	The Environment for Coaches	Coaching Philosophies	Personal Coaching Practice	Principles and Experience leading sessions	Leading Sessions	The Participant	Session Planning	<p>What apps and websites can I use to support my learning? All supportive resources are on their OneNote / Teams</p> <p>Are there important dates of which I should I be aware? Assessment is continual throughout the year through assignments, logbooks, and projects.</p>
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How is the course assessed?

Each course element is pass / fail. If a course element is failed, support is given until pass is achieved. All elements do need to be passed to receive the course award.

COMPONENT	DETAILS
Role of the Coach and Coaching Assistant	Explain the roles and responsibilities of both a coach and coaching assistant during a session, and describe how a coach ensures their duty of care towards the participants and the coaching assistant, and the attitudes, behaviours and values they should display. Explain the relationship between the coach's personal wellbeing and their role.
Coaching Environment	Describe the impact of coaching on participants and explain what impacts a participant's learning. Describe who supports the coaching process. Describe the ways a team can work effectively and demonstrate how a coaching assistant can be used effectively in the planning, delivery and review of safe and engaging sessions.
Coaching Philosophies	Explain why a coaching philosophy is important and what may influence it.
Personal Coaching Practice	Please explain why it is important to identify both strengths and areas for development in your coaching practice. Explain why feedback from various sources would be used to inform a coaching plan and describe the actions you can take to improve your coaching as well as identify the relevant National Governing Body coaching pathway. Finally please describe relevant coaching styles.
Session Planning	Please produce a coaching programme with a minimum of one overall programme goal. This programme must have a minimum of 6 sessions with each session lasting 30 minutes. 2 of these plans must be detailed. Each session should have a session goal which must have been created in collaboration with the participants.
The Participant	Please describe a participant's journey in the coaching environment. Explain the potential barriers to participation which affect retention, and describe participant's potential aspirations and expectations.
Risk Assessment	Please produce a specific risk assessment for the planned coaching sessions.
Leading Sessions	Deliver a minimum of two coaching sessions that are assessed out of the six you have completed.

<p>What resources do I need? PE Kit from each lesson (Sometimes this involves swimming) iPad for each lesson (Resources on Teams / OneNote / Brightspace)</p>	<p>What else can I do to improve/ be successful in this course? Review key concepts through class notes / tasks. Plan your work experiences elements early and in an area of interest to you. Keep up to date with logbooks at the end of relevant lessons/ experiences. Keep attendance high, as much of the course is experiences / participation based. Keep an open mind to new leadership roles. Look at volunteering in leadership / coaching roles around the school to build confidence in leading groups. Ask questions if unsure. Ensure you contribute towards group projects to ensure you also get a pass for relevant assignments.</p>
<p>Where do I find more information about the course? NPA Sports Coaching - SQA Website</p>	

