

Unit Title: Sports Coaching Skills
Unit Level: Level 3
Unit Credit Value: 6
GLH: 42
LASER Unit Code: WJD570
Ofqual Unit Code: K/505/1334

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the role of the sports coach.	1.1	Review the role of the sports coach with in relation to: a) planning b) leading c) evaluation of session d) personal strengths and weaknesses e) expectations.
2.	Understand the skills involved in sports coaching.	2.1	Explain the skills involved in sports coaching.
		2.2	Carry out a sports coaching session demonstrating the skills explained.
		2.3	Evaluate the contribution of these skills to the coaching session.
		2.4	Evaluate the factors necessary to plan and administer a successful coaching session.
3.	Understand factors affecting performance of participants.	3.1	Analyse the effect of the following factors which determine a participant's performance: a) drugs and sport b) over training c) age d) body types e) psychological.

Assessment Guidance:

NA

Additional Information:

NA
