

41264**Coach beginner level sport**

Kaupae Level	3
Whiwhinga Credit	15
Whāinga Purpose	<p>This skill standard is intended for people who are working or volunteering in a community or school sport coaching role.</p> <p>People with this skill standard will be able to design, deliver and review beginner-level sport coaching sessions that enable skill development, enjoyment and participation.</p> <p>This skill standard may be used by sport organisations, schools, clubs and community recreation providers to support the development of beginner-level coaching capability.</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Design coaching session plans for beginner-level sport.	a. Identify the needs and session objectives for beginner-level sport participants, and design strategies to meet those needs.
	b. Identify the basic skills and tactics developed at a beginner-level for a specific sport.
	c. Design activities to enable skill development and tactical understanding that are appropriate to participants' needs and skill levels.
	d. Design coaching activity set-ups to enable safety, and suitable coach positioning and movement.
	e. Plan for a participant centred coaching approach in the delivery, to enable a fun, inclusive and positive environment.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
2. Deliver coaching sessions to beginner-level sport participants.	a. Apply appropriate coaching attributes and skills for coaching beginner-level participants.
	b. Communicate instructions clearly and demonstrate accurately.

	c. Apply a participant centred coaching approach to meet diverse participants' needs.
	d. Enable maximum participation, fun and motivation in an inclusive and positive environment.
	e. Monitor performance and provide constructive, specific feedback to inform learning and skill development.
	f. Adapt activities in real time to enhance skill development and meet observed participants' needs.
	g. Apply injury prevention and risk management strategies and safe coaching practices to support participants' wellbeing and safe environments.
3. Review beginner-level coaching sessions.	a. Gather feedback from participants and self-reflect on the coaching sessions.
	b. Evaluate the effectiveness of the coaching sessions for participants' skill development and understanding.
	c. Review own coaching design and delivery and identify areas for development and ongoing improvement.
	d. Explain how a participant centred coaching approach contributes to a safe, inclusive and positive environment.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

Assessment specifications:

To complete this standard, learner must be assessed planning, delivering and reviewing two coaching sessions over a minimum of a six-week period.

Ngā momo whiwhinga | Grades available

Achieved

Ihirangi waitohu | Indicative content

- Reasons why people participate, and benefits of sport participation.
- Phases of a coaching session, timing and balance of activities, how to plan.
- Basic skills and tactics of a chosen sport, rules and regulations.
- Roles and responsibilities of a coach such as safe environment, safe activities, behaviour management, promoting fair play, role modelling, codes of conduct, rules, regulations, fair play, side-line behaviour initiatives.

- Objectives of beginner-level coaching sessions – provision of enjoyable experiences, skill development, tactical development, fitness development, psychological development, social development.
- Ascertaining and meeting needs – physical, emotional, social, and cognitive characteristics and needs, using stage appropriate activities, appropriately structured environment.
- Attributes and skills – interpersonal skills, active listening skills, good communication skills, organisation, remaining unbiased, catering to different learning needs and abilities.
- Maximising participation – small groups to reduce down time, variety to maintain participants' interest, quick transitions between activities.
- Key aspects of coaching and enabling learning – explanation, demonstration, observation, feedback, positive reinforcement, questioning, corrections, identifying coachable moments, listening, motivation, empowering learners, providing a fun, inclusive and safe environment.
- Participant-centred coaching approach.
- Safe environments – first aid kit, equipment, environment, participants' fitness and medical conditions, participants' attire, contingency plans for injury and bad weather, participants' behaviour, supervision ratios.
- Managing risks, injury prevention, injury types.
- Response to injury – soft tissue, hard tissue, head, spinal.
- Warm up, cool down, stretching, personal conditioning, correct skill execution and technique, adherence to rules, safe equipment, protective equipment and clothing, sufficient hydration and nutrition, managing the environment.
- Force application, sudden onset (acute), overuse (chronic), weather conditions, insufficient hydration or nutrition, factors in the participation environment.
- Reflection and evaluation and its role in continuous improvement.

Rauemi | Resources

All learning and assessment within this skill standard must be carried out in accordance with the following:

- Relevant legislation is available at <https://legislation.govt.nz> including Health and Safety at Work Act 2015, Children's Act 2014, Privacy Act 1993, and Human Rights Act 1993, and any subsequent amendments.
- Guidelines and codes of practice such as Getting started in Coaching, Coaches Code of Ethics, [Coaching | Sport New Zealand - Ihi Aotearoa](#), Balance is Better [Balance is Better - The Home of Youth Sport in New Zealand](#).
- Organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Services Industry Skills Board
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Recreation and Sport > Coaching and Instruction
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0099

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	26 March 2026	N/A
Kōrero whakakapinga Replacement information	This skill standard replaced unit standards 22771, 25805, 31675, and 31677 - 31679.		
Rā arotake Planned review date	31 December 2030		

Please contact Services Industry Skills Board at qualifications@servicesisb.nz to suggest changes to the content of this skill standard.