

<b>Title</b>	<b>Plan beginner-level coaching sessions for sport participants</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>6</b>

<b>Purpose</b>	People credited with this unit standard are able to: demonstrate knowledge of beginner-level coaching sessions for sport participants; and create beginner-level coaching session plans to meet session objectives and sport participants' needs.
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<b>Classification</b>	Recreation and Sport > Recreation and Sport - Coaching and Instruction
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 All learning and assessment within this unit standard must be carried out in accordance with the following:
  - relevant legislation including Health and Safety at Work Act 2015, Vulnerable Children Act 2014, and any subsequent amendments;
  - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) or Normal Operating Procedures (NOPs), and the use of personal protective equipment (PPE).
- 2 **Definition**  
*Beginner-level* refers to participants who may be in middle childhood, late childhood, or social adult communities, however, there are exceptions within many sports environments and as such this definition should be used as a guide and applied within the context of the sport in which the coach is involved.
- 3 Further information regarding industry guidelines, key definitions and other relevant information can be found within the Sport Coaching programme guidance document. This document should be consulted when developing learning or assessment against this unit standard. It can be found at [www.skillsactive.org.nz](http://www.skillsactive.org.nz).

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### Outcomes and performance criteria

#### Outcome 1

Demonstrate knowledge of beginner-level coaching sessions for sport participants.

#### Performance criteria

- 1.1 Describe the general objectives of beginner-level coaching sessions in accordance with an identified sport coaching framework.

1.2 Describe the different phases of a coaching session and their benefits.

Range may include but is not limited to – warm up, activities, cool down.

1.3 Identify the basic skills developed at a beginner-level for a specific sport and describe activities to develop the skills.

1.4 Describe how active participation can be maximised by activity set-up.

Range may include but is not limited to – small groups to reduce down time, variety to maintain participant interest, quick transitions between activities, the amount of time required to set up and coach the activity.

## Outcome 2

Create beginner-level coaching session plans to meet session objectives and sports participants' needs.

Range session plans for two different coaching sessions.

## Performance criteria

2.1 Define the objectives of the coaching session in accordance with the needs of the participants and coach.

Range coach objectives, participant objectives.

2.2 Select activities in line with session objectives and participants needs.

2.3 Define the coaching requirements for each activity in the session.

Range may include but is not limited to – name, objective, equipment, key coaching points.

2.4 Detail the activities and time allocations for each phase of the session.

Range may include but is not limited to – introduction, warm up, activities, cool down.

<b>Replacement information</b>	This unit standard and unit standard 22768 replaced unit standard 5361 and unit standard 16788.
<b>Planned review date</b>	31 December 2023

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	19 May 2006	31 December 2012
Rollover and Revision	2	20 May 2011	31 December 2020
Review	3	28 February 2019	N/A

**Consent and Moderation Requirements (CMR) reference**

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact Skills Active Aotearoa Limited [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.