

Title	Demonstrate and apply knowledge of own coaching philosophy and principles of learning in sport coaching		
Level	4	Credits	3

Purpose	<p>This unit standard is aimed primarily at sport coaches referred to as 'developing coaches' in the Sport and Recreation New Zealand (SPARC) <i>Coach Development Framework</i>.</p> <p>People credited with this unit standard are able to: explain own philosophy of sport coaching; and demonstrate and apply knowledge of principles of learning in a series of sport training sessions.</p>
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Classification	Recreation and Sport > Recreation and Sport - Coaching and Instruction
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Available grade	Achieved
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Entry information	
Recommended skills and knowledge	Unit 25805, <i>Demonstrate and apply knowledge of individual and group characteristics and needs for coaching activities in recreation</i> , or demonstrate equivalent knowledge and skills.

Explanatory notes

- 1 All activities must be consistent with the Health and Safety in Employment Act 1992.
- 2 This unit standard relates to the philosophy of coaching, and principles of learning in *Coaching Process Module 1: Effective Coaching* in the SPARC *Coach Development Framework*, summary document 'Coach Development Framework – Developing Coach Learning Outcomes' available at <http://www.sparc.org.nz/search/>, key words 'Developing Coach Learning Outcomes'; use link 'Summary Learning Outcomes'.

A PDF copy of the SPARC *Coach Development Framework* booklet is available at <http://www.sparc.org.nz/en-nz/communities-and-clubs/Coaching/Coach-Development--Education/Framework-programme-materials/>.

In addition, SPARC has developed learning support materials that may be useful to national sport organisations and others in designing coach development programmes related to the Coach Development Framework learning outcomes. These materials are not intended to be used directly for assessment purposes against unit standards. Links to these learning support materials are listed in relation to Coach Development Framework learning areas in a table beneath the heading 'Coach Development Modules – Learning Resources and Materials' at <http://www.sparc.org.nz/en-nz/communities-and-clubs/Coaching/Coach-Development--Education/Framework-programme-materials/>.

Outcomes and evidence requirements

Outcome 1

Explain own philosophy of sport coaching.

Evidence requirements

- 1.1 Explanation of own philosophy of sport coaching includes aims, emphases, comparison with the athlete-centred coaching style and coach-centred coaching style, style variation, and role of coach.
- 1.2 Explanation of own philosophy of sport coaching refers to own coaching practice.

Outcome 2

Demonstrate and apply knowledge of principles of learning in a series of sport training sessions.

Range principles of learning – athlete learning focus is on key elements of the sport, having routines and organisation required to manage training, making sure athletes have repeated chances to practise and perform skills, keeping athletes on task;
may include – relevance of activities, time on task, having tasks that are meaningful and match athletes' abilities, setting high but realistic expectations, flow and momentum of sessions, setting clear tasks and expectations, holding athletes responsible for their learning.

Evidence requirements

- 2.1 Principles of learning are explained in relation to sport coaching.
- 2.2 Principles of learning are implemented over at least two training sessions.
- 2.3 Reflection on the implementation of the principles of learning in the training sessions identifies strengths and any required improvements in own coaching practice.

Planned review date	31 December 2012
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	16 April 2010	31 December 2012
Rollover and Revision	2	20 May 2011	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMRs). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

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