

Title	Demonstrate and apply knowledge of effective communication for sport coaching practice		
Level	3	Credits	4

Purpose	<p>This unit standard is aimed primarily at sport coaches referred to as 'developing coaches' in the Sport and Recreation New Zealand (SPARC) Coach Development Framework.</p> <p>People credited with this unit standard are able to demonstrate and apply knowledge of effective communication for sport coaching practice.</p>
----------------	---

Classification	Recreation and Sport > Recreation and Sport - Coaching and Instruction
-----------------------	--

Available grade	Achieved
------------------------	----------

Guidance Information

- All activities must be consistent with the Health and Safety in Employment Act 1992.
- This unit standard relates to the learning outcomes covering principles of communication, principles of feedback, principles of questioning, and effective instruction, in the Sport New Zealand *Coach Development Framework*, available at <https://sportnz.org.nz/assets/Uploads/attachments/managing-sport/coaching/Coach-Development-Framework.pdf>.
- Effective communication* relates to principles and methods of communication, feedback, questioning, and instructing; specifically:
 - communication – transmission (verbal, non-verbal including body language), receipt, interpretation, response;
 - feedback may relate to but is not limited to – positive, negative, neutral, external/internal, immediate, delayed, appropriate amount, timing, level;
 - questioning – open, closed; may include but is not limited to questions that – guide and/or direct, raise awareness, enable comparison, enable rating, encourage analysing, promote discovery, promote feel;
 - instructing – appropriate contexts (eg safety, time constraints introducing new activity when an athlete needs or wants to be told), clearness, simplicity, single focus, checks for understanding.
- Recommended skills and knowledge: Unit 25805, *Demonstrate and apply knowledge of individual and group characteristics and needs for coaching activities in recreation*, or demonstrate equivalent knowledge and skills.

Outcomes and performance criteria

Outcome 1

Demonstrate and apply knowledge of effective communication for sport coaching practice.

Performance criteria

- 1.1 Effective communication in coaching practice is explained in terms of principles and methods of communication, feedback, questioning, and instructing to promote increased athlete knowledge, skills, and performance.
- Range coaching practice – sport training sessions; pre-, during, and post-competition;
examples of increased athlete knowledge and skills – technical, tactical, physical, mental.
- 1.2 Effective communication used in coaching practice is consistent with principles and methods of communication, feedback, questioning, and instructing.
- Range in a series of at least three sport coaching sessions; pre-, during, and post-competition for at least one competition.
- 1.3 Reflection on the use of effective communication in the series of sport training sessions and pre-, during, and post-competition identifies strengths and any required improvements in coaching practice.

Replacement information	This unit standard was replaced by unit standard 31385.
--------------------------------	---

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	16 April 2010	31 December 2022
Rollover and Revision	2	20 May 2011	31 December 2022
Review	3	27 September 2018	31 December 2022

Consent and Moderation Requirements (CMR) reference	0099
--	------

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