

Title	Demonstrate and apply knowledge of skill acquisition approaches in sport coaching		
Level	4	Credits	5

Purpose	People credited with this unit standard are able to: demonstrate knowledge of, design, and use of games in sport coaching to develop individual participant's skills; describe and apply skill learning techniques in sport coaching; and describe and apply knowledge of a constraints-led approach in sport coaching.
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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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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, Children's 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 any relevant personal protective equipment (PPE).
- 2 This unit standard relates to the learning outcomes for teaching games for understanding (TGfU) in *Coaching Process Module 2: Skill Acquisition* and also a constraints-led approach in *Self Development Module 3: Sport Science* in the Sport NZ *Coach Development Framework* summary document 'Coach Development Framework - available from Sport New Zealand at <https://sportnz.org.nz/managing-sport/search-for-a-resource/guides/coach-development-framework>.
- 3 Definition
Games include interactive games and activities.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of, design, and use of games in sport coaching to develop individual participant's skills.

Performance criteria

- 1.1 Explain the use of games in sport coaching in relation to learning aims.
- Range learning aims include but are not limited to – technical skill development, tactical skill development, learning in context, motivation, enjoyment, sport specific fitness, mental skills development, decision making, problem solving, risk taking, performing under pressure.
- 1.2 Design games to develop individual participant's skills as appropriate to the stage of development of the participant at the time and include purpose of game, rules, scoring, playing area or spaces and distances, number of participants, and equipment.
- 1.3 Design modifications or progressions within game design to develop individual participant's skills in sport coaching.
- Range at least two games with at least two further modifications each; evidence of at least seven participants is required.
- 1.4 Use designed games in own sport coaching to develop individual participant's skills to be consistent with the games designed and with any modifications required to match participant's needs.
- 1.5 Reflect on the use of games to develop individual participant's skills in sport coaching including how well the game met the designed purpose and the needs of the participants and identifies potential improvements.

Outcome 2

Describe and apply skill learning techniques in sport coaching.

Performance criteria

- 2.1 Describe skill learning techniques including methods and approaches to support learning new motor skills, barriers to learning, and coaching strategies to overcome these.
- 2.2 Apply skill learning techniques in sport coaching to develop participants' skills and overcome barriers to learning.

Outcome 3

Describe and apply knowledge of a constraints-led approach in sport coaching.

Performance criteria

- 3.1 Describe a constraints-led approach in coaching in regards to the individual, the environment, and the task.

- 3.2 Apply a constraints-led approach in sport coaching appropriate to the stage of development and needs of the participants and utilise manipulation of individual, environment, and task constraints.

Replacement information	This unit standard replaced unit standard 21647.
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Planned review date	31 December 2026
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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 2023
Rollover and Revision	2	20 May 2011	31 December 2023
Review	3	16 December 2021	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>.

Comments on this unit standard

Please contact Toi Mai Workforce Development Council qualifications@toimai.nz if you wish to suggest changes to the content of this unit standard.