

<b>Title</b>	<b>Demonstrate and apply knowledge of self-management for sport coaching</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	<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: reflect on, and develop strategies to modify, aspects of own life that affect own sport coach role; demonstrate knowledge and apply knowledge of time and stress management in relation to oneself generally and as a sport coach; and examine the role of a mentor in relation to own role in sport coaching.</p>
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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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<b>Entry information</b>	
<b>Recommended skills and knowledge</b>	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

This unit standard relates to all the learning outcomes in *Self-development Module 1: Self-development* 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/Coach-Development-Framework1/>.

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/>.

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## Outcomes and evidence requirements

### Outcome 1

Reflect on, and develop strategies to modify, aspects of own life that affect own sport coach role.

#### Evidence requirements

1.1 Reflection includes aspects of own life that affect own sport coach role.

Range may include but is not limited to – family, friends, work, recreation, health and wellbeing.

1.2 Strategies are developed to modify aspects of own life in terms of their impact on own sport coach role.

Range may include but is not limited to – reflecting on personal values and principles to re-establish priorities, personal growth or professional development, behaviour change, seeking help.

### Outcome 2

Demonstrate and apply knowledge of time and stress management in relation to oneself generally and as a sport coach.

#### Evidence requirements

2.1 Explanation of time management includes skills and potential strategies to improve time management.

Range planning and organisation, personal goal setting, prioritising, learning to say 'no', task completion, delegation, avoiding time wasting and procrastination.

2.2 Explanation of stress management refers to symptoms and causes of stress, and includes potential strategies to manage stress.

Range symptoms – physical, emotional, mental.

2.3 Strategies for time and stress management are prioritised and implemented.

Range strategies – at least one focusing on time management and one focusing on stress management; evidence of three strategies each for sport coach role and oneself generally is required.

2.4 Reflection on the implementation of time and stress management strategies considers the success of the strategy and the impact on oneself, and identifies any areas for future improvement.

### Outcome 3

Examine the role of a mentor in relation to own role in sport coaching.

### Evidence requirements

3.1 Examination includes exploration of the mentoring process; consideration of desired qualities, characteristics and behaviours of a mentor; and exploration of the roles of mentors and mentees.

<b>Planned review date</b>	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

<b>Consent and Moderation Requirements (CMR) reference</b>	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.

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**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.