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| Title | Demonstrate and apply basic knowledge of sport science as a coach | | |
| Level | 3 | Credits | 6 |

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| 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: prepare and maintain participants for the physical demands of their sport performance; demonstrate and apply knowledge of nutrition and hydration for participants; demonstrate and apply knowledge of basic principles and processes of biomechanics in relation to skill execution; and demonstrate and apply knowledge of basic mental skills in sport coaching practice.</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 learning outcomes covering physical demands, nutrition, biomechanics, and mental skills in *Self Development Module 3: Sport Science* 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/sport/coach-development-education/framework-programme-materials>.

3 Definitions

Nutritional guidelines for good health refers to the Science in Coaching *Nutritional Guidelines* under *Coach Development Modules – Learning Resources and Materials*, available at <http://www.sparc.org.nz/en-nz/communities-and-clubs/Coaching/Coach-Development--Education/Framework-programme-materials/>.

Sport coaching community refers to a coaching community (of participants) primarily, but not exclusively, recognised in terms of age and/or stage by SPARC in the Coach Development Framework and/or by a national sport organisation.

Outcomes and evidence requirements

Outcome 1

Prepare and maintain participants for the physical demands of their sport performance.

Evidence requirements

- 1.1 Description of the physical demands for participants' sport performance is relevant to the sport and the participant and refers to energy systems.

Range energy systems – anaerobic alactic, anaerobic lactic, aerobic.

- 1.2 Key systems of the human body are described in terms of their function in relation to performance in a sport in which one is coaching.

Range skeletal, muscular, cardiovascular.

- 1.3 The principles of training, as applied to preparing participants for the physical demands of their sport performance, suit the requirements of the sport and individual participants.

Range principles of training – frequency, intensity, duration, type; may include but is not limited to – warm up, cool down, rest and recovery, screening, integration with games and skills development activities.

- 1.4 Physical demands in participant training and/or competition are consistent with requirements of participants in a sport coaching community and the demands of the sport.

Outcome 2

Demonstrate and apply knowledge of nutrition and hydration for participants.

Evidence requirements

- 2.1 Explanation of food groups, and identification of common food sources for these, is consistent with nutritional guidelines for good health.
- Range carbohydrates, protein, fats, vitamins, minerals.
- 2.2 Explanation of nutritional guidelines for good health is consistent with the needs of participants.
- Range may include but is not limited to – energy requirements; balance of food groups; fibre; fat intake; sodium and salt intake; fluid intake; may refer to – eating disorders, drugs, alcohol, supplement use.
- 2.3 Fluid replacement for participants is explained and determined with regards to remaining hydrated, effects and signs of dehydration, and practical management techniques.
- 2.4 Basic nutrition and hydration techniques required for participant training and competition purposes are applied in own coaching practice.

Outcome 3

Demonstrate and apply knowledge of basic principles and processes of biomechanics in relation to skill execution.

Range may include but is not limited to – effect of forces, action-reaction, force and time, projecting the human body and/or object, joint sequencing, centre of mass, moments and levers, velocity, height and angle of release, stability, rotation.

Evidence requirements

- 3.1 Basic principles and processes of biomechanics are explained in terms of skill execution in a sport activity.
- 3.2 Basic biomechanical principles and processes are used to enhance participant skill learning during sport training.

Outcome 4

Demonstrate and apply knowledge of basic mental skills in sport coaching practice.

Range motivation; confidence; concentration and emotional control; pre-performance and during performance using techniques such as goal setting, imagery, self-talk, centring, and relaxation.

Evidence requirements

- 4.1 Basic mental skills are explained in terms of their use by sport coaches to influence sport performance.
- 4.2 Basic mental skills are integrated into coaching practice to enhance participant sport performance.

Range training, pre-competition, during competition.

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| 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 |

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| 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.