



Information Pack

Intermediate Coaching General Principles

What is the Intermediate Coaching General Principles?

The Intermediate Coaching General Principles program aims to assist in the training of coaches who have moved beyond the beginner level of coaching and want to improve their skills and knowledge to improve athlete performance. These coaches would typically be operating at club / regional level. The Intermediate Coaching General Principles program will replace the Level 2 coaching general principles in 2008.

The Intermediate Coaching General Principles consists of 13 modules that are optional for NSOs to incorporate into their accreditation programs. The program is designed to increase the skills of coaches moving up from entry level accreditation. It includes a simple introduction to sport science concepts and further information on coaching pedagogy.

Why the change from the old Level 2 coaching principles?

The first level of general principles (Beginning Coaching) was revised in 2005 and was simplified to better suit beginner coaches. As a result, the second level of general principles required a major review, as the 'step up' between the Beginning Coaching and Level 2 general principles was too big a jump for most coaches. Consultation with a range of NSOs led to the current level and content being developed. The ASC will be looking at developing higher levels of coaching general principles during 2008/09.

The major differences in outcomes and content between the new Intermediate Coaching General Principles and the old Level 2 Coaching Principles are outlined at Appendix 1.

Who will deliver the Intermediate Coaching General Principles?

The program can be delivered by:

- State Departments of Sports & Recreation
- Agencies (eg. TAFEs) authorised by state departments of sport & recreation
- National Sporting Organisations (NSOs), and their state and regional affiliates as part of a sport specific accreditation program

What are the implications for NSOs?

For NSOs, the change to the general principles means that they need to re-consider if and how they wish to incorporate the Intermediate Coaching General Principles into their sport specific accreditation programs. In the past, many sports utilised the Level 2 Coaching Principles as a means of educating their coaches so that they could then apply that knowledge into the sport specific environment. This enabled sports to focus on the delivery of sport specific technical information.

NSOs now have the option of requiring coaches to complete **some, all or none** of the modules in the Intermediate Coaching General Principles program to assist the coach to gain the competency required by the sport to complete a sport specific accreditation.

NSOs who require all or some of the modules from the Intermediate Coaching General Principles program to be completed also have the option of delivering the modules themselves as part of their sport specific accreditation program, or requiring coaches to complete the modules externally through a state department of sport & recreation or associated agency.

Another option for sports is to utilise the Intermediate Coaching General Principles as part of updating or ongoing professional development for their coaches.

The ASC would like to collect information from each NSO regarding:

- which modules (if any) they are including within their sport specific training programs
- whether they will be delivering the modules themselves, or requiring them to be completed externally
- whether the modules will be utilised for updating or professional development purposes

This information can be entered by National Sporting Organisations at https://secure.ausport.gov.au/forms/coaching_principles

This information will assist in the planning and delivery of Intermediate Coaching General Principles courses.

What if our sport wants a higher level of general principles?

The ASC is about to begin development of Advanced and High Performance Coaching General Principles. However, it will be approx 12-18 months before these are available for NSOs to use. In the interim, the ASC, in conjunction with state departments of sport & recreation, can assist NSOs individually to deliver higher levels of generic coaching information. NSOs can discuss their needs with their ASC Coaching and Officiating consultant. Some higher level resources such as the *Better Coaching* manual can be utilised.

What certification will be issued?

While completion of the Intermediate Coaching General Principles does **not** provide an accreditation, those people completing the Intermediate Coaching General Principles program through a state department of sport and recreation will be issued with a certificate which indicates which modules have been completed. NSOs who are delivering the modules from the Intermediate Coaching General Principles do not need to issue a certificate for the general principles modules.

Is there a correspondence / home study option?

A correspondence option will be available through state departments of sport and recreation. The correspondence option will involve downloading the relevant worksheet(s) from the ASC website and purchasing the *Intermediate Coaching* manual from ASC Publications. On completion of the worksheet(s), learners will need to return these to their state department of sport and recreation for marking. There will be a fee charged for marking.

What are the supporting resources for the program?

A new manual has been developed for the program, called *Intermediate Coaching*. The manual will be available for sale through ASC Publications at an approximate cost of \$30. The manual is currently in the production process, and should be ready in March 2008.

Worksheets have also been developed for each module. Each worksheet contains 10 short answer questions. The worksheets will be posted on the ASC website in February 2008. An answer guide is also available for each worksheet to assist in the marking process.

Please note that there is no presenter's kit available for the Intermediate Coaching General Principles. A presenters kits was not deemed necessary, as presenters with expertise in the module being delivered will be used. However, presenters should be provided with the following to assist them:

- Intermediate Coaching General Principles Curriculum
- The 'Differences between old Level 2 and Intermediate Coaching GP' document (see Appendix 1 to this document)
- The relevant chapter from the *Intermediate Coaching* manual and worksheet.

Note that NSOs who wish to use any of the new Intermediate Coaching resources within their own sport specific resources can apply to the ASC for permission to do so.

Appendix 1

Differences between old Level 2 coaching principles and the new Intermediate Coaching General Principles program

The following provides some general information on the modules in the new program, and the differences with the modules in the old level 2 coaching principles course

Intermediate Coaching Modules	Comment in relation to old Level 2 program
1. The Essence of Coaching	Covers information from the old Level 2 Self reflection module and Ethical Coaching module (optional), as well as new content.
2. Program Management	Covers working with others, time management and leadership / events coaching. Some of this was covered in the old Level 2 Resource management module, but the new module has a broader focus.
3. Planning	Covers similar information to the old Level 2 Planning module, but with less of a focus on the technical side, and more on practical skills (ie. rather than periodisation theory, it is more practically focused on how to develop a plan).
4. Sports Safety	Covers information from the old Level 2 Risk Management module and Sports Safety module, but in a simplified format.
5. Coaching Processes	Covers much of the information from the old Level 2 Communication module and Teaching methodologies module, but in a simplified format.
6. Inclusive Coaching and Individualisation	Covers some of the information from the old Level 2 Coaching Indigenous athletes (optional) module, but also covers inclusion more broadly across a range of population groups.
7. Skill Acquisition	Covers similar content to the old Level 2 Skill Acquisition module.
8. Introduction to Physiology	This module covers content that was previously in 4 modules in the old Level 2 course (Principles of training; Endurance; Speed Strength & Power; Flexibility). It is pitched at a lower level – less technicality and more of the practical ‘what and how’.
9. Basic Anatomy and Biomechanics	This module covers content that was previously in the old Level 2 Functional Anatomy module and Biomechanics module. The idea of combining them is to focus in a more applied way on the structure of the body, and how it moves. Less on the theory behind biomechanics in particular, and just basic terminology for both anatomy.
10. Development and Maturation	Cover some similar content to the old Level 2 Development & Maturation module, but main focus on children, adolescents and women.
11. Nutrition for sport	Covers similar content to the old Level 2 Nutrition module.
12. Sport Psychology	Covers similar content to the old Level 2 Sports psychology module.
13 Anti-Doping in Sport	Covers similar content to the old Level 2 Drugs in Sport (optional) module.

Level 2 Coaching General Principles	Comment in relation to new Intermediate Coaching General Principles program
1. Planning	Similar to Module 3 Planning, but simplified.
2. Risk management	Some elements covered in Module 4 Sports Safety
3. Self reflection	Covered in Module 1 The Essence of Coaching
4. Principles of training	Some elements covered in Module 8 Introduction to Physiology, but simplified.
5. Endurance	Some elements covered in Module 8 Introduction to Physiology, but simplified.
6. Speed, strength and power	Some elements covered in Module 8 Introduction to Physiology, but simplified.
7. Flexibility	Some elements covered in Module 8 Introduction to Physiology, but simplified.
8. Functional anatomy	Some elements covered in Module 9 Basic Anatomy & Biomechanics, but simplified.
9. Biomechanics	Some elements covered in Module 9 Basic Anatomy & Biomechanics, but simplified.
10. Development and maturation	Some elements covered in Module 10 Development and Maturation
11. Nutrition	Similar to Module 11 Nutrition for Sport
12. Sports psychology	Similar to Module 12 Sport Psychology
13. Sports medicine	Some elements covered in Module 4 Sports Safety
14. Teaching methodologies	Some elements covered in Module 5 Coaching Processes
15. Skill acquisition	Similar to Module 7 Skill Acquisition
16. Communication	Covered in Module 5 Coaching Processes
17. Resource management	Covered in Module 2 Program management
Optional modules	
18. Coaching Indigenous athletes	Covered in Module 6 Inclusive coaching
19. Ethical behaviours in coaching	Covered in Module 1 The Essence of Coaching
20. Drugs in sport	Covered in Module 13 Anti-Doping in Sport
21. Working with officials	Some elements covered in Module 1 The Essence of Coaching