

New Zealand Certificate in Sport Coaching Level 3

WAIKATO
INSTITUTE FOR
**LEISURE
& SPORT**
STUDIES

Linking Communities to Learning

Sport Coaching

New to coaching?

Need to build your coaching resources?

Want quality in learning new things?



**Come and be part of the WILSS
experience.**

The NZ Certificate in Sport Coaching Level 3 is for any individual interested in learning more about their coaching.

This programme is for any coach who is;

- New to coaching
- Been coaching in primary and now looking at moving into intermediate and/or secondary
- Looking to start a career pathway into the area of sport



What's IN IT For Me? (WIIFM)

- ⇒ Our innovative programme offers individuals an opportunity to learn about the coaching basics
- ⇒ Be part of a team of like minded individuals, providing wrap around support and motivation
- ⇒ Have an opportunity to be part of topics that look at coaching basics, providing a safe environment, and injury prevention, plus others
- ⇒ Be involved in part time study (evening classes) designed to be both informative, interactive and FUN.

**For further
information
contact**

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New Zealand Certificate in Sport Coaching

Level 3 Credits 40 Version 1

This qualification will provide New Zealand individuals who are able to coach participants at entry level across a range of sports. Graduates can apply their coaching skills with a focus on skill development and enjoyment for participants to encourage people to participate in sport codes and activities. Graduates will contribute to the health, cultural, social and economic wellbeing of Aotearoa New Zealand. This qualification is not designed for coaches of high performance athletes.

GPO	Learning Outcomes	Learning Content	Evidence
<p>1. Create a supportive sport coaching environment and demonstrate positive side line behaviors for the safety of participants while coaching chosen sport.</p> <p>10 Credits</p>	<ul style="list-style-type: none"> - Reason why coaching e.g. no one else available, child would miss out otherwise, passion for the sport and want to see growth 	<ul style="list-style-type: none"> - Why kids play sport - Why they stop playing sport - Introduction to coaching philosophies 	<p>WILSS Coaching Log Workbook Mentor observations and feedback x 3</p>
	<ul style="list-style-type: none"> - Team building, positive coaching environment 	<ul style="list-style-type: none"> - What does a positive team environment look like - How do we create an exciting positive team building experience that is age appropriate 	<p>WILSS Coaching Log</p>
	<ul style="list-style-type: none"> - Code of Conduct, expectations of school, club, sport on sideline behavior and processes 	<ul style="list-style-type: none"> - What is side line behavior, the good the bad that ugly - Establishing expectations with team - Aligning Code of Conduct with coaching philosophy and practice 	<p>WILSS Coaching Log Workbook Code of Conduct Team/Coach Expectations</p>

Two workshop sessions that establishes the basics around coaching, understanding the why behind participation/withdrawal, coaching philosophies and the 'how to' of creating an environment that is positive for both the athlete and the coach.

Links will be made around sport specific examples, connections with coaching mentor, school/sport specific code of conducts. The participant will gain knowledge around developing team building exercises that will become the foundation to their season ahead, while being a positive role model around sideline behavior

GPO	Learning Outcomes	Learning Content	Evidence
2. Model simple skills and apply general coaching principles and group management techniques to achieve performance outcomes. 20 Credits	- Planning effective and purposeful trainings sessions	- How do we plan - What MUST be included - How do we know we have been effective	WILSS Coaching Log Mentor observation and feedback x3
	- Teaching Games For Understanding, Competition simulation through small sided problem solving games	- Understanding TGFU - How do we create our own TGFU - So much more than drills and skills	WILSS Coaching Log
	- Goal setting to support group management	- How to goal set as a team - Reinforcement of goals to support team cohesion and management	WILSS Coaching Log
	- Performance outcomes and stat tacking for beginners	- Introduction to Stat taking - How do we use this data to support performance outcomes	WILSS Coaching Log

Two workshop sessions supporting the participants understanding around

GPO	Learning Outcomes	Learning Content	Evidence
3. Apply basic injury prevention techniques including warm up and cool down procedures to meet the physical requirements of the chosen sport 5 Credits	- ACC Sportsmart application I relation to a purposeful warm up and cool down	- ACC SportSmart session	WILSS Coaching Log Mentor observation and feedback
	- Introduction to anatomy, understand athlete fundamental movement	- Fundamental movement and the body	WILSS Coaching Log Workbook

GPO	Learning Outcomes	Learning Content	Evidence
<p>4. Give constructive, specific and positive feedback on performance to achieve outcomes while coaching a chosen sport.</p> <p>5 Credits</p>	<ul style="list-style-type: none"> - The art of questioning and positive feedback - Performance outcome goal feedback 	<ul style="list-style-type: none"> - How do we use questioning to its full potential as a coach to promote problem solving athletes - Feedback sandwich, constructive, specific positive - Being comfortable uncomfortable with feedback 	<p>WILSS Coaching Log Mentor observation and feedback Workbook</p> <p>WILSS Coaching Log Mentor observation and feedback Workbook</p>