

SKAD487 (SQA Unit Code - FG6V 04)

Manage and develop sports coaching practice



Overview

This standard is about continuously developing your own practice as a coach and helping to develop others.

Coaches must also take account of guidelines from national governing bodies when taking part in CPD.

The standard is divided into three parts. The first part describes the two things you have to do. These are:

1. develop personal sports coaching practice
2. assist in the development of other sports coaches

The second part covers the knowledge and understanding you must have. Please note this is expanded further in a separate document, 'Knowledge and Understanding Specification for Level 3 Sports Coaching'

The third part lists the key assumptions that underpin competent coaching. You must study these and make sure you put them into practice.

This standard is for coaches who plan, manage, implement and review coaching programmes.

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Performance criteria

You must be able to:

Develop personal sports coaching practice

- P1 review your evaluations of previous coaching programmes and feedback from relevant staff and participants
- P2 keep up-to-date with developments in your sport and current coaching practice
- P3 reflect on all aspects of your coaching and current developments and identify areas where you need to develop your coaching practice further
- P4 develop and record a personal action plan that will help you to develop your coaching practice in these areas
- P5 take part in development activities as part of your personal action plan
- P6 review your progress in developing your coaching practice and update your personal action plan accordingly

You must be able to:

Assist in the development of other sports coaches

- P7 promote your organisation's values, ethics and codes of practice to other coaches
- P8 provide development and support to other coaches within your own level of competence
- P9 provide development and support in a manner, level and pace appropriate to other coaches' needs
- P10 provide feedback to other coaches on their performance at appropriate times
- P11 evaluate the outcomes of the development and support you have provided
- P12 ask relevant people for advice when you have problems that are outside your area of competence or authority

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Knowledge and understanding

You need to know and understand:

- K1 the role of the coach
- K2 the coaching process
- K3 evaluation, self-reflection and reflecting on feedback
- K4 skill development
- K5 physical conditioning
- K6 mental skills
- K7 participant lifestyle
- K8 nutritional advice
- K9 stages of development
- K10 learning styles and theories
- K11 inclusive and equitable practice
- K12 health, safety and welfare
- K13 behaviour management
- K14 planning and periodisation
- K15 performance evaluation in competition
- K16 managing the contributions of other staff

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Additional Information

Scope/range related to performance criteria

1. **staff**
 - 1.1. other coaches
 - 1.2. support personnel
2. **participants**
 - 2.1. individuals
 - 2.2. groups
 - 2.3. people with particular needs as defined by the technical definition for the sport
3. **development and support**
 - 3.1. formal
 - 3.2. informal

Behaviours

The following key assumptions underpin the coaching process and will help coaching to have its intended impact on the participants:

1. The participant must be at the centre of the process; when coaching, the coach should support, co- ordinate and manage the process effectively always starting with the identification and recognition of the participant's needs and should aim to address those needs via their coaching
2. Coaches should aim to empower participants, supporting their right to make choices, discover their own solutions, and enable them to participate and develop at their own pace and in their own way within the confines of the environment
3. Coaches should provide opportunities and an environment that motivates, controls risk, engenders challenge, enjoyment and above all achievement
4. Coaches should aim to grow participant's confidence and self esteem
5. Coaches should reflect on their own practice and always look for ways to improve their coaching ability

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