

Coach Education Programme



Coaching Education Programme

Welcome to the Coach Education Handbook for 2008–2009. Listed are the sports coaching, development, and officiating courses we are delivering from September 2008 – September 2009.

The courses are run throughout the year, mostly during evenings or at weekends. Included is information about course aims, content, assessment, pre-requisites, duration, dates, times, venues and cost. If you cannot find something that interests you or you have new ideas for courses which are not currently on offer, please let us know.

Whether you are an experienced coach or just getting started we are confident that the courses on offer will provide you with the knowledge and skills to improve your coaching or to develop your club.

To highlight your interest or to make a general enquiry please contact:

Coach Education @ UniSPORT
University of Surrey
Guildford
Surrey
GU2 7XH

Email: coach@unisport.co.uk

UniSPORT

UniSPORT is the Sport and Recreation department at the University of Surrey, Guildford. We are open to students and staff of the University as well as members of the local community. The department is operated from two main sites, the Sports Centre (Stag Hill) and the Varsity Centre (Manor Park) where a huge variety of sports, dance and exercise opportunities are offered.

Already a coach?

Please contact the Coach Education team so we can add you to our database and inform you of voluntary or paid opportunities in the future!

Coaching in the Community Scheme

The coaching in the community scheme is a fantastic opportunity open to all students and staff at the University. The project is designed to support and fund individuals to take part in coaching courses in return for some voluntary coaching hours within the local community. Doing this you will develop new skills, meet new people, have fun and improve your non academic CV! If you are interested in volunteering in sport you may be eligible for funding to cover part of the cost (or in some cases the entire cost) of the course. Anyone interested in the scheme is asked to contact the Coach Education team on coach@unisport.co.uk for an initial discussion. All sports will be considered and there is an opportunity for paid work (following your voluntary contribution) at a local school or club.

Sports volunteering opportunities

Local schools, Sports Specific Clubs for Children and Adults, Disability Sports Clubs, Local leagues, Community Health initiatives, Surrey Youth Games, Sport for All Day... and much, much more!!!!

Frequently Asked Questions

1) How do I apply for a course?

Apply early; popularity of these courses is increasing. Please contact the Coach Education team at UniSPORT if you are interested in a course, from here you will be directed to the appropriate National Governing Body (NGB). In many instances administration for courses is processed by the NGB and applications will be taken on a first come, first served basis.

2) Do I have to pay for all courses in advance?

Most courses require payment with the submission of your application form. Please ensure you check whether this is the case for your course as this is the only way your place can be guaranteed.

3) Is there any remission available to me?

If you are a student or member of staff at the University of Surrey, you will have the opportunity of a whole or part-course subsidy. To receive this, you must have signed up to the University's 'Coaching in the Community' scheme. To be considered on this scheme please contact the Coach Education team on coach@unisport.co.uk.

Alternatively you may be entitled to a concession rate, please contact the Coach Education team or the NGB of your course to see if there are discounts available.

4) What happens if there are not enough candidates to run the course?

We will do everything we can to ensure a course takes place, however courses are run subject to demand and UniSPORT reserves the right to cancel the courses up until 4 working days before the course starts. In the event of a course cancellation a full refund will be given.

If your course is being administered by the NGB you will be notified directly by them so please ensure you have given accurate contact information.

5) If the courses are proposed dates only, when will I know if they are confirmed?

If you are interested in any of the proposed courses, please contact the Coach Education Team, or check the website for the latest information.

Badminton / Basketball

Badminton

Course Title	Level 1 Certificate in Coaching Badminton
Course Aim	The 1st4sport UKCC Level 1 Certificate in Coaching Badminton (L1CCBAD) is the first step on the new BADMINTON England Coaching Pathway. It will qualify the assistant coach to work alongside a more qualified coach, working with players in their early stages of development.
Course Content	Roles and responsibilities of the Level 1 Coach Introduction to tactics. Delivering an effective warm up and cool down "How to Coach" Skills
Courses Assessment	Independent Assessment
Organisation Name	Badminton England www.badmintonengland.co.uk
Course Duration	3 days
Course Venue	University of Surrey Sports Centre, Guildford.
Course Fee	£195
Dates	Sunday 2, 16, 23 November 2008
Times	9.30pm – 5.30pm



Basketball

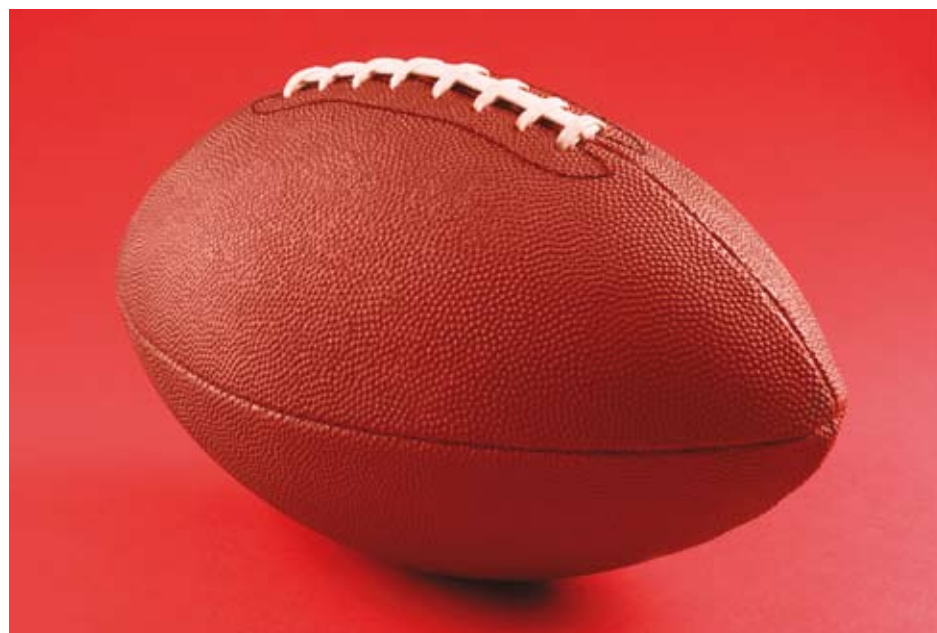
Course Title	Level I UK Coaching Certificate in Basketball (UKCC L1)
Course Aim	By successfully completing a Level 1 coaching qualification, coaches will be able to: – deliver prepared activities of the coaching sessions – prepare for the delivery of coaching activities – evaluate the effectiveness of coaching activities
Course Content	Basic Posture and Limb Movement, Passing, Shooting (basics), Dribbling, Individual Offence, Individual Defence (on and off the ball), Team Fundamentals (in Two v Two situation)
Courses Assessment	Candidates will have to complete a Candidate Pack to provide evidence of coaching 4 sessions, plan and deliver a 15 minutes session on a particular skill and complete a short question and answer paper which is externally marked.
Organisation Name	England Basketball www.englandbasketball.co.uk
Course Duration	2 days
Course Venue	TBC
Course Fee	TBC
Dates	Summer 2009
Times	TBC

Course Title	England Basketball Level II Coach Award
Course Aim	Information not yet available
Course Content	Units include: Role of the Coach, Planning Training Sessions, Training Sessions, Individual Fundamentals, Basic Team Fundamentals, Developing Team Play and Sports Science
Courses Assessment	Continuous assessment by the tutors who staff the course. Completion of a theory paper prepared by England Basketball. An observed practical test.
Pre-requisites	Candidates for this award will normally be required to have attended a training course for this award prior to taking the theory and practical examinations
Course Duration	3 days (TBC)
Course Venue	TBC
Course Fee	TBC
Dates	Summer 2009
Times	TBC

British American Football/Climbing

British American Football

Course Title	British American Football Coaching (BAFCA)
Course Aim	This course will develop skill and knowledge of the game and is suitable for people who have never coached or played the sport; however, a basic understanding of American football is required.
Course Content	This is a one day course that features a mixture of theory and practical work. It is focused on the following aspects: <ul style="list-style-type: none"> – Health and safety in football – Responsibilities of the coach – Basic teaching and coaching methods – Blocking and tackling techniques.
Courses Assessment	TBC
Organisation Name	British American Football Coaching Association www.bafca.com
Course Duration	1 day
Course Venue	University of Surrey Varsity Centre, Guildford.
Course Fee	£30
Dates	Saturday 11 October 2008
Times	9am – 5pm



Climbing

Course Title	Site Specific Climbing Coaching Course
Course Aim	This site specific course will allow instructors to be able to coach climbing at the Vertex UniSPORT's climbing wall
Course Content	On this course instructors will learn how to manage a group, climbing calls and safety, climbing health and safety, instructing bouldering and teaching the belaying technique.
Courses Assessment	Practical (to be competed 3 months after the course)
Organisation Name	UniSPORT (in conjunction with Mountain Activities)
Course Duration	8 hours
Course Venue	University of Surrey Sports Centre, Guildford.
Course Fee	£60
Dates	October 2008 (TBC)
Times	TBC

Dance/Football

Dance

Course Title	Level 1 Award in Dance Leadership
Course Aim	If you want to gain a qualification in teaching and leading dance sessions this is the course for you. The Award in Dance Leadership uses dance to help people develop vital skills for life such as planning and organizing oneself and others, teamwork, communication and motivation.
Course Content	Planning, Preparing & Assisting with a Simple Dance Activity. Basic Communication Skills for Leading a Dance Activity. Principles of Health, Fitness and Safe Dance Practice. Understanding the Relationship of Music to Dance Understanding the Scope of Opportunities in Dance Creating Developing & Assisting with a Simple Dance Piece Demonstration of Leadership Skills in Dance
Courses Assessment	Verbal questioning Tutor observation Written evidence (plans, flipchart paper, etc) Other (peer assessment, role playing, photo evidence, witness statements)
Pre-requisites	Candidates must be at least 14 years of age but don't need to be dance experts some get-up and go and an interest in helping others are all that is needed.
Course Duration	5 days
Course Venue	Studio 1, UniSPORT, University of Surrey, Guildford, Surrey, GU2 7XH
Course Fee	£50 (students in full or part time education) £75
Dates	Monday 27 – Friday 31 October 2008
Times	9.30am – 4.30pm

Football

Course Title	1st4Sport Level 1 Certificate in Coaching Football
Course Aim	This Level 1 vocationally related qualification, which replaces the Junior Team Managers Award, it provides you with an opportunity to study and be assessed in both practical and theoretical aspects of coaching football.
Course Content	safely organise and supervise football activities including Mini Soccer, Small Sided and Conditional Games promote and establish working relationships and high standards between players, coaches, parents and officials understand different aspects of coaching children identify and adapt football activities and sessions for a variety of different age groups identify personal development opportunities in football including sports therapy, administration and officiating
Courses Assessment	External assessment as well as an ongoing assessment throughout the course
Pre-requisites	Candidates are required to: – hold the FA Emergency Aid Certificate or equivalent/recognised First Aid Certificate, or complete this award during the course – have attended the FA workshop – Safeguarding Children or complete this workshop as part of the course – have an interest in developing the skills of young people.
Course Duration	3 days
Course Venue	University of Surrey Varsity Centre, Guildford.
Course Fee	TBC
Dates	Sunday 18 & 25 January & 1st February
Times	9.30am – 5.30pm

Futsal/Rugby

Futsal

Course Title	Futsal Level One Coaching Course
Course Aim	Understand and appreciate the fundamentals of Futsal Organise and coach the basic skills and techniques of Futsal Understand the basic principles of attack and defence of Futsal Appreciate the 'Laws of the Game' of Futsal Have an appreciation of the fitness demands of Futsal
Course Content	4 hours practical and 2 hours theory
Courses Assessment	Successful completion of the Course Assessment Examination Paper (multiple choice) Successful completion of the FA Emergency First Aid module or equivalent Successful completion of the FA Child Protection module 100% course attendance
Pre-requisites	An existing FA Coaching Qualification FA Child Protection module FA Emergency First Aid
Course Duration	6 hours
Course Venue	University of Surrey Varsity Centre, Guildford (TBC)
Course Fee	TBC
Dates	TBC
Times	TBC



Rugby

Course Title	The Entry Level Referee Award (ELRA)
Course Aim	To provide referees with the core skills to be able to referee rugby union
Course Content	Laws of the game, management and control, problem solving, refereeing and the key phases of the game, positioning and communication, child protection
Courses Assessment	TBC
Organisation Name	Rugby Football Development Limited (RFU)
Course Duration	2 days
Course Venue	University of Surrey (TBC)
Course Fee	TBC
Dates	Sunday 26 October & Sunday 2 November
Times	9am – 4pm

Squash/Trampolining

Squash

Course Title	UKCC Level 1 Certificate in Coaching Squash
Course Aim	An introduction of the activities, skills and games of mini squash and squash.
Course Content	Candidates will learn how to teach the basic strokes, simple tactics and rules
Courses Assessment	Written paper and practical assessment
Organisation Name	England Squash www.englandsquash.com
Course Duration	2 days
Course Venue	University of Surrey Varsity Centre, Guildford.
Course Fee	£230 (TBC)
Dates	Saturday 17 January & 14 February 2009
Times	9am – 5.30pm



Trampolining

Course Title	British Gymnastics level 1 Assistant Trampoline Coach
Course Aim	Minimum requirement recognised by authorities for the teaching of trampoline skills
Course Content	Allows for the teaching of skills up to and including front and back landings (under direct supervision of a more senior coach)
Courses Assessment	Practical and Theory
Organisation Name	British Trampolining www.british-gymnastics.org
Course Duration	3 days (including 1 assessment day)
Course Venue	University of Surrey Sports Centre, Guildford.
Course Fee	£190
Dates	14 December 2008/17 & 18 January 2009
Times	TBC

Course Title	British Gymnastics Trampoline Coaching Level 2
Course Aim	Second level of trampoline coaching (level one must be taken first)
Course Content	Basic skills: seat, front & back drops as well as front and back summersault (tucked).
Courses Assessment	Practical and Theory
Organisation Name	British Trampolining www.british-gymnastics.org
Course Duration	3 days (including 1 assessment day)
Course Venue	University of Surrey Sports Centre, Guildford.
Course Fee	£150 – 175 (TBC)
Dates	Easter 2009 (TBC)
Times	TBC

Netball/Ultimate Frisbee

Netball

Course Title	Beginners Umpire
Course Aim	All you require is the desire to take the first step towards umpiring a match competently. You should however have knowledge of the basic netball rules. Participants must learn rules 1 – 7 before the course as there will be a quick test on these. By the end of the course you will be able to apply correct use of voice, whistle and terminology.
Course Content	Allows for the teaching of skills up to and including front and back landings (under direct supervision of a more senior coach)
Courses Assessment	n/a
Organisation Name	Surrey County Netball Association www.surreynetball.co.uk
Course Duration	1 day
Course Venue	TBC
Course Fee	£25
Dates	TBC
Times	10am – 4pm

Course Title	C award Umpire
Course Aim	This course is suitable for practicing umpires wishing to progress
Course Content	The course consists mainly of practical work with some theory
Courses Assessment	Theory and Practical
Pre-requisites	To attend this course you should have already attended a beginners course and have some umpiring experience, preferably at league level
Course Duration	1 day
Course Venue	TBC
Course Fee	£30
Dates	TBC
Times	10am – 4pm

Ultimate Frisbee

Course Title	UK Ultimate Association: Level 1 Coach Award
Course Aim	This course gives outline knowledge of Ultimate, basic techniques, a basic tactical awareness of how the game works and strategies for both offence and defence.
Course Content	Pre-course preparation: careful reading of the UKUA and "Sports Coach UK" material provided A full day with one (or more) experienced Coach Educators – including a practical session on running drills
Courses Assessment	TBC
Pre-requisites	been playing Ultimate regularly for at least 18 months competed at several national-level outdoor tournaments organised and run at least one team training session experience of teaching beginners to throw backhands and sidearms a good practical understanding of the rules of the game.
Course Duration	1 day
Course Venue	University of Surrey Sports Centre, Guildford.
Course Fee	£85
Dates	Saturday 25 October
Times	9.15am – 4.15pm TBC

Unconfirmed Courses

Regrettably we have been unable to confirm the following courses so please continue to check the Coach Education section of the UniSPORT website www.unisport.co.uk for further information on future courses and workshops.

Basketball

Officiating (Table and Referee)

Football

Level 2 Coaching Course

Futsal

Officiating

Squash

Level 2 Coaching Course

Netball

Level 1 Coaching Course
(Jan 2009 venue TBC)

Rugby

Rugby Union Tag award

Tennis

Level 1 Coaching Course

Sport Centre

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Every effort has been made to ensure the accuracy of the information contained in this brochure at the time of going to press. The University reserves the right, however, to introduce changes to the information given.