

Level 1 Community Athletics Coach

Course Synopsis



The Level 1 Community Athletics Coach focuses on developing the coach's human management skills and understanding of physical literacy and how it can be improved based on the 'Teaching Games for Understanding' model of sports development. This model is supported by peer-reviewed research ([Light, 2002](#); [McKeen, Webb & Pearson, 2005](#); [Butler, 2006](#); [Cote, Murphy-Mills & Abernethy, 2007](#); [Evans, 2010](#); [Balakrishnan, Rengasamy & Aman, 2011](#); [Hands, 2012](#); [Holfelder & Schott, 2014](#)) and the Australian Sports Commission under the 'Game Sense Approach' label. This course instructs coaches *how* to follow the Teaching Games for Understanding model, especially its athlete-centred pedagogy, and introduces the most critical components of developing physical literacy in beginning athletes to prepare them for future Track and Field success, which must be understood before event-specific coaching can be developed.

Course Requirements	Course Summary	Assessed Competencies	Practical Outcomes
<p>Req. 1) Completion of the Community Coaching General Principles Online Course</p> <p>Req. 2) Completion of the PBTR - Child Protection online module</p> <p>Req. 3) Attendance and satisfactory performance of the full Level 1 Community Athletics Coach course</p> <p>Req. 4) Completion of the post-course session planning assignment</p> <p>Req. 5) Acknowledgement of the Coaching Code of Conduct and all Coaching Declarations</p> <p>Level 1 Community Athletics Coaches are also required to access their 'Essential Course Resources', which includes the:</p> <ul style="list-style-type: none"> - Level 1 Course Book - Athletics Play Manual - Playing for Life Resources - IAAF Kids' Athletics Beginner Manual (K-2) - Fundamentals Video Series - Developing Young Talent Guide - Run, Jump, Throw Drills - Disability Education Program Activity Guide - Games for Young Athletes - Conditioning Circuit for Beginning Athletes 	<p>The Level 1 Community Athletics Coach course introduces <i>how</i> to coach athletics and the fundamental movement skills of running, jumping, and throwing to beginner athletes.</p> <p>Course Curriculum:</p> <p>Unit 1) Introduction to Training Beginning Athletes</p> <p>Unit 2) Warm up and Cool Down</p> <p>Unit 3) Long Term Athlete Participation</p> <p>Unit 4) Working Together (Coaching Communication)</p> <p>Unit 5) Coaching the Fundamentals of Run, Jump and Throw</p> <p>Unit 6) Session Planning</p> <p>Scope of Practice: Level 1 Community Athletics Coaches are qualified to coach beginning athletes and lead sessions that focus on developing the fundamental movement skills of run, jump and throw.</p> <p>Further Development: All Level 1 Coaches are encouraged to attend a Level 2 Intermediate course and develop their skills further under the care of an accredited Mentor Coach</p>	<p>A Level 1 Community Athletics Coach has been assessed to demonstrate the following competencies:</p> <p>1-CAC-1: Provide an environment for a variety of participants that is inclusive, enjoyable, safe, and involves maximum participation.</p> <p>1-CAC-2: Cater for the social and physical capabilities of individual participants.</p> <p>1-CAC-3: Assess and manage the risks associated with athletics coaching.</p> <p>1-CAC-4: Plan and organize a variety of activities that develop the fundamental movement skills of running, jumping, and throwing.</p> <p>1-CAC-5: Plan and implement an appropriate training session.</p> <p>1-CAC-6: Reflect on a training session and be able to make appropriate modifications.</p> <p>1-CAC-7: Understand effective communication methods and begin practising effective and positive feedback.</p> <p>1-CAC-8: Understand the structure of athletics in Australia so as to best support athletes' involvement in the sport.</p> <p>1-CAC-9: Understand the Accredited Athletics Coach Framework within Australia.</p> <p>1-CAC-10: Adhere to the requirements of the Accredited Athletics Coach, including registration, member protection, and codes of conduct.</p>	<p>A Level 1 Community Athletics Coach gains the following practical coaching skills from their education:</p> <p>Outcome 1: Understand the correct technique of the fundamental movement skills of running, jumping and throwing</p> <p>Outcome 2: Identify common errors of running, jumping and throwing technique</p> <p>Outcome 3: Use a range of techniques (e.g. demonstrations, verbal feedback) to teach and improve an athlete's ability to run, jump and throw</p> <p>Outcome 4: Understand an appropriate strength and conditioning circuit for athletes at 'Stage 1' of the Australian Strength and Conditioning Association's progression model</p> <p>Outcome 5: Design an appropriate session to improve the fundamental movement skills of run, jump and throw</p> <p>Outcome 6: Understand the factors that influence long-term participation in Track and Field and other fitness activities</p> <p>Outcome 7: Understand the purpose and be able to design an effective warm up and cool down</p> <p>Outcome 8: Develop their own coaching philosophy based on the latest peer-reviewed evidence and personal beliefs</p> <p>Outcome 9: Possess knowledge of a wide variety of games to develop the fundamental movement skills of run, jump and throw</p> <p>Outcome 10: Possess knowledge of a selection of drills to introduce athletes to event-specific activities</p> <p>Outcome 11: Know how to adjust a session to include athletes with a physical impairment</p>