

Open Awards Qualification Unit



This unit forms part of a regulated qualification. Click [here](#) to view qualifications.

1 Unit Details

Unit Title:	Understanding Sports Coaching Skills
Unique Reference Number:	M/506/7793
Level:	Level 3
Credit Value:	6
Minimum GLH:	42

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the role of the sports coach.	1.1 Analyse the role of the sports coach with detailed reference to his/her responsibilities in relation to: a) Planning b) Leading c) Evaluation of session d) Personal strengths and weaknesses e) Expectations.
2. Understand the skills involved in sports coaching.	2.1 Explain and demonstrate the skills involved in sports coaching and evaluate the contribution of these skills when conducting a successful coaching session in relation to: a) Teaching b) Communicating c) Motivating d) Organising e) Observing f) Administering.

<p>3. Understand factors affecting performance of participants.</p>	<p>3.1 Analyse the effect of the following factors which determine a participant's performance:</p> <ul style="list-style-type: none"> a) Drugs and sport b) Over training c) Age d) Body types e) Psychological.
<p>4. Understand how to plan and administer a coaching session.</p>	<p>4.1 Explain and evaluate the factors necessary to plan and administer a successful coaching session including:</p> <ul style="list-style-type: none"> a) Aims b) Objectives c) Organisation d) Timing e) Equipment f) Control of the group g) Safety.