

Beginner Course Competencies

The competencies for a Beginner Coach are as follows:

1. Develop and update knowledge of coaching practices
2. Coach beginner or novice participants to develop fundamental motor skills
3. Assist in preparing and conducting sport and recreation sessions
4. Teach Fundamental gymnastics skills

The following list of performance outcomes is used at the face to face course to determine that a coach meets the competencies of a Beginner Coach:

1. Contributes to and discusses **lesson planning** through suggestions appropriate to the needs of gymnasts
2. Confirms **lesson plan** prior to delivery including duties and arrangements such as **equipment** and facilities
3. **Appropriate drills and activities** are used
4. **Coaching methods** are utilised appropriate to the **participant needs** and characteristics
5. Uses **clear communication** including instructions, demonstrations, key coaching points and feedback
6. Paces and sequences activities appropriately
7. **Ensures safety prior to and during lessons** through equipment checks, group management, activity selection and supervision
8. Observes progress and **uses progression drills** appropriate to needs of gymnasts
9. **Reviews lesson** incorporating participant feedback **identifying improvements** to future lessons
10. **Leads warm up activities** meeting the **4Fs philosophy** including session briefing and safety instructions
11. Leads appropriate **cool down**
12. **Works with others** to seek or provide support, solve problems and clarify roles and responsibilities Applies **group management techniques** to organise and group participants, maximising participation