



# Assessment

## *What would education be without Assessment?*

*For most of us the thought of assessment conjures up immediate thoughts of fear and endless hours of studying in order to prove that we know our stuff. But what exactly is assessment and how can we go about making it less fearful?*

### **What is a Competency?**

A competency comprises:

*"the application of specific knowledge and skill to a standard of performance required in the coaching environment"*

The broad concept of competency covers all aspects of performance and includes:

- ï Applied skills (eg. Being able to coach specific elements in specific situations)
- ï Management skills (eg. Being able to prepare, plan and organise in coaching situations)
- ï Contingency Management skills (eg. Being able to fix problems that arise)
- ï Interpersonal skills (eg. Being able to work with others)

*It is important in assessing competency that all these four dimensions of competency are considered.*

### **Competency Based Assessment**

*Competency based assessment is different from "traditional" forms of assessment which may have been used to assess you in your previous education or training:*

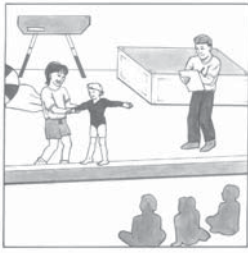
The major differences are:

- ï Competency based assessment is criterion based

*This means that learners are assessed against standard criteria or benchmarks (ie. Not against each other). The criteria used may be from a set of national competency standards, learning outcomes or other performance outcomes. This approach does not require persons to be ranked or listed with one person at the top and another at the bottom.*

*To successfully complete a unit of learning you will be assessed against certain specified criteria. These criteria take the form of learning outcomes and assessment criteria which have been based upon national standards.*

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# Level 2 Coaching Course

## i Competency based assessment is evidence based

*This means that decisions about whether a person is competent are based upon evidence provided by the assessee. The evidence may be demonstrated or produced by the assessee or gathered by the assessor.*

## i Competency based assessment is participatory

*This means that assessees are involved in the process of assessment*

*A judgement of competence can be based on a range of assessment activities. Assessors and assessees have the scope to negotiate the form that these assessment activities take. To determine whether a person is competent they must be assessed against a set of criteria.*

*You may recall at various times in your life being assessed in certain situations, for example at school or in the workplace. Your assessments at school probably involved many tests, where you were given a certain amount of time to answer questions.*

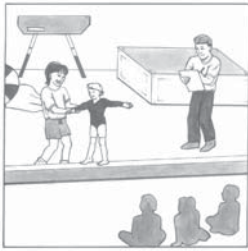
*Assessments do not have to be limited to a narrow set of methods. A competency based approach encourages the use of a wide range of methods. What is important is that a coach gets the chance to show an assessor that they are able to competently perform a task or role.*

### **Definition of Assessment**

*“Assessment is the process of collecting evidence and making judgements on the nature and extent of progress towards the performance criteria set out in a standard or learning outcome. At the appropriate point, judgement is made as to whether competency has been achieved”*



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# Level 2 Coaching Course

## **Assessment within the Level 2 Coaching Course**

The Level 2 Coaching Course, and all other National Gymnastic Accreditation Courses, has been developed inline with Competency Based Training (CBT) guidelines. As you have just read, Competency Based training is all about recognising the skill and knowledge that you possess and their subsequent application.

Each unit of learning incorporated within the Level 2 Coaching Course has identified Learning Outcomes. These are Competency Based statements written into broad outcome terms. Each Learning Outcome is then defined into specific requirements through the Assessment Criteria.

As part of your education journey you must show evidence of achieving the desired Competencies. This can be done through a number of Assessment methods many of which will be completed during the Course.

In summary, to gain Level 2 Gymnastic Coach Accreditation in any discipline, evidence must be provided as to the achievement of the identified Competencies. At a minimum this will be achieved through:

### **100% Participation in all 4 Parts of the Course**

Part 1 - ASC Level 2 Coaching Principles Course

Part 2 - Level 2 Principles of Gymnastics Coaching Course

Part 3 - Discipline Specific Level 2 Coaching Principles Course (minimum of one course)

Part 4 - Additional Level 2 Coaching Course Requirements

(eg Managing the Risks of Coaching (Series 1) and a Senior First Aid Course)

### **Successful completion of all Assessment tasks undertaken during the Courses which includes:-**

- Involvement in Practical workshops, group discussions, simulation tasks etc.
- Completion of any Home Study and Course Worksheets

### **Successful completion of Coaching Experience:**

To achieve a Level 2 accreditation, at least 200 hours of practical coaching is required to be completed during and/or immediately after the completion of Part 3 of the Coaching Course.

180 of the 200 hours may be completed any time following the commencement of the Level 2 Coaching Course. It should however be noted that a minimum of 20 hours must be conducted under the direct supervision of a mentor/supervising coach, following the successful completion of Part 3 of the Level 2 Coaching Course

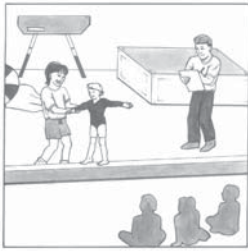
### **Supervision of the Coaching Practice:**

An approved Level 2 or 3 accredited coach will supervise the practical coaching experience.

Supervision will involve:

External Supervision - Each candidate attending a Practical Assessment Session with two of their athletes. This will be completed alongside other coaches in a Practical setting. The session will last a minimum of 2 hours during which time the candidate will be assessed on their ability to structure and coach a session. The session will include, and the candidate will be assessed, on the following aspects of their coaching:

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# Level 2 Coaching Course

- The warm up
- The strength and conditioning component
- The apparatus rotations for the relevant Gym Sport (I.e. MAG, WAG , RG, TRP)
- The choreography/difficulty elements (AER)
- The recovery and cool down

An evaluation will be completed by a supervising coach and sent to the candidate. This Practical Assessment Session, is compulsory for all candidates and will count towards 2 hours of Supervised Coaching Practice

Internal Supervision - The remaining 18 hours of supervised Coaching Practice may be conducted in a club environment involving the candidate observing and co-coaching with a mentor/supervising coach.

Both the candidate and the mentor/supervising coach will be required to complete an evaluation of the Coaching Practice.

How will supervision occur?

Internal Supervision - The mentor/supervising coach will meet with the candidate prior to the commencement of the supervised Coaching Practice. At this meeting the candidate and supervisor will draft a plan in order for the following to be met:

- The candidate to observe the mentor/supervising coach
- The candidate to co-coach with the mentor/supervising coach
- The candidate to prepare 6 X 3 hour lesson plans
- The candidate to conduct 3 of these 6 lesson plans on their own under the supervision of the mentor/supervising coach
- The candidate to self-evaluate their coaching performance for each of the lessons conducted
- The mentor/supervising coach to evaluate the coaching performance of the candidate for each of the lessons conducted
- The candidate and mentor/supervising coach sit down and analyse the performance of the candidate, discuss observations and complete their own separate evaluation of the total coaching performance

External Supervision - The mentor/supervising coach will introduce themselves to the candidate prior to the start of the Practical Assessment Session. Following the completion of the session, the candidate and the supervisor prepare an independent evaluation of the coaching performance. The mentor/supervising coach then sends their written evaluation to the candidate and follows this up with a telephone call to discuss the coaching performance.

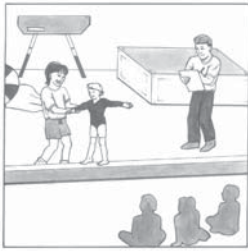
### Verification of Participation in a Competition

Candidates must attend a competition, (either as a coach on the floor, an assistant coach or simply as a coach in observation).

### Completion of a Yearly Plan

This is a requirement that must be met in order to successfully complete Part 1 - the ASC Level 2 Coaching Principles Course. Candidates should ensure that their plan is retained as this will must be sighted as part of the Level 2 Coaching Course Assessment requirements.

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# Level 2 Coaching Course

## Completion of Major Assignment

The major assignment involves the candidate choosing an element from each apparatus/pool and preparing the following for each element:

- describe the ideal model
- list the physical preparation required
- develop drills/progressions to teach the element
- list common errors experienced when teaching the element
- identify safety issues that need addressing

MAG candidates complete 6 elements - one each from Tumbling, Pommel Horse, Rings, Vault, Parallel Bars and High Bar

WAG Candidates complete 5 elements - one each from Tumbling, Vault, Bars, Beam and Floor

RG Candidates complete 6 elements - one each from Freehand, Rope, Hoop, Ball, Clubs and Ribbon

TRP Candidates must complete the major assignment for each discipline that they are seeking accreditation in: TRP, DMT and TU. Candidates who seek multiple discipline accreditations, must complete a minimum of two elements from each discipline from a variety of units, to total 6 skills for assessment.

AER Candidates complete 6 elements - one each from Dynamic Strength, Static Strength, Jumps/Leaps/Turns and Kicks, Balance and Flexibility

## Completion of a Senior First Aid Course

This course is undertaken through an external provider. Please read Section 7 - Resource Information for the Level 2 Coaching Course for more information on the type of course that should be undertaken to fulfil this requirement of the Level 2 Coaching Course.

## Completion of Managing the Risks of Coaching (Series 1)

This course is undertaken on-line. Members use their Technical Membership ID as their User Password.

#Note only current Technical Members have access

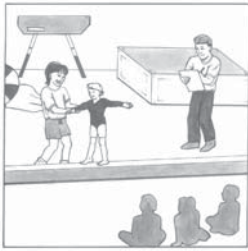
Search on: [www.gymnastics.org.au](http://www.gymnastics.org.au)

## **How will I be assessed throughout the Level 2 Coaching Course:**

As you make your way through the various parts of the Level 2 Coaching Course you will be assessed using a variety of methods, at a variety of intervals. This section of the Level 2 Coaching Course folder will house all the necessary materials that you will require in order to undertake assessment within the Level 2 Coaching Course. The following list will help you understand where and when you will be assessed throughout the Level 2 Coaching Course.

## Part 1 - ASC Level 2 Coaching Principles Course

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# Level 2 Coaching Course

This will be assessed by the ASC or the State Coaching Centre where the course is completed. With this in mind no assessment materials for this course have been included in this section of your folder. One of the major assessment tasks you will have to undertake as part of this course will be the completion of a Yearly Training Program. It is essential that when this is undertaken, that you make it Gymnastic specific as this plan will also be required as part of your assessment for both parts 2 and 3 of the Level 2 Gymnastic Coaching Course.

## **Part 2 and 3 - Level 2 Principles of Gymnastics Coaching and Discipline Specific Level 2 Coaching Principles Course**

All units from within these parts of the Course may be assessed via a combination of :

- Worksheets
- Involvement in Practical Workshops and Group Discussions
- Verification of Participation in a Competition
- Supervised Coaching Practice including the Practical Assessment Session
- Completion of a Yearly Training Program
- Completion of the Major Assignment

All Worksheets that need to be completed for the purpose of assessment as part of Part 2 or 3 of the Level 2 Gymnastic Coaching Course can be found within this section of your Level 2 Coaching Course folder.

Involvement in the Practical Workshops and Group Discussions will be assessed during the various courses, by the Course Presenter.

The pro-forma that verifies your Participation in a Competition can be found within this section of your Level 2 Coaching Course folder.

All paperwork required to undertake and record your Supervised Coaching Practice, including participation in the Practical Assessment Session can be found in this section of your Level 2 Coaching Course folder.

Your Yearly Training Program (completed as part of Part 1 - the ASC Level 2 Coaching Principles Course) will be assessed by your ASC Course Provider, however you will also be required to submit this as part of your Level 2 Coaching Course assessment requirements.

All sample pro-formas that may provide you with assistance in completing the Major Assignment, can also be found in this section of your Level 2 Coaching Course folder.

## **Part 4 - Additional Level 2 Coaching Course Requirements**

Candidates will be required to show evidence that they have completed both a Senior First Aid Certificate and Managing the Risks of Coaching Course (Series 1).

Candidates who enrol into the Managing the Risks of Coaching Course for certification and pass, receive a PDF certificate and are allocated Updating points automatically.

In order to achieve this requirement, candidates will be asked to provide a photocopied version of their Certificates from both courses. This will need to be sent to your Course Assessor along with all other Level 2 Coaching Course Assessment requirements.

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# Level 2 Coaching Course



## Part 2 Assessment



## Level 2 Principles of Gymnastics Coaching Course



# Level 2 Coaching Course

## **Part 2 - Level 2 Principles of Gymnastics Coaching Course Summary of Assessment Requirements**

*In order to successfully complete the Assessment requirements of Part 2 - Level 2 Principles of Gymnastics Coaching Course, all candidates must:-*

- Complete all Worksheets assigned
- Actively participate in all aspects of the Course including the Practical Workshops and Group Discussions
- Complete Assessment Task 1 - Verification of Participation in a Competition
- Complete Assessment Task 2 - Development of a Yearly Training Plan
- Complete Assessment Task 3 - Supervision of the Post Course Requirements for a Level 1 Coaching Course candidate

*Your Involvement in the Practical Workshops and Group Discussions will be assessed during the various units, by the Course Presenter.*

*Information relating to the completion of Assessment Tasks 1 - 3 can be found within this section of your Level 2 Coaching Course folder.*

# Level 2 Coaching Course



## Part 2 - Level 2 Principles of Gymnastics Coaching Course Assessment Task 1

*Unit Number* 1

*Unit Title:* Competition Requirements and Strategies

*Assessment Tasks:* Verification of Participation in a Competition

*Hints:* Complete the pro-forma below whilst attending a Gymnastic competition and have this pro-forma signed by the Floor Manager or the Competition Director

### Verification of Participation in a Gymnastic Competition

Name: \_\_\_\_\_

Title and Date of Event: \_\_\_\_\_

GymSport: MAG WAG RG AER TRP ACR

Type of Event: CLUB STATE NATIONAL INTERNATIONAL

Length of Event: \_\_\_\_\_

Compulsory/Optional/Sets/Voluntary: \_\_\_\_\_

Number of Competitors: \_\_\_\_\_

Number of Coaches: \_\_\_\_\_

Number of Judges: \_\_\_\_\_

Your Role: Coach Assistant Coach Observer Spotter

How long was the Warm-up: \_\_\_\_\_

Did you observe any breaches of the Coaches Code of Ethics?: YES NO

\_\_\_\_\_  
\_\_\_\_\_

Did any routines break or not meet the competition rules?: YES NO

\_\_\_\_\_  
\_\_\_\_\_

Signed (Level 2 Coaching Course Candidate): \_\_\_\_\_

Signed (Floor Manager/Competition Director): \_\_\_\_\_

Verified by the State Association: \_\_\_\_\_

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# Level 2 Coaching Course



## **Part 2 - Level 2 Principles of Gymnastics Coaching Course Assessment Task 2**

*Unit Number* 1,3,4,6,7,8

*Unit Title:* Competition Requirements and Strategies  
Strength and Conditioning  
Flexibility  
Injury Prevention and Recovery  
Posture and Presentation  
Handstand Development

*Assessment Tasks:* Design a Yearly Training Plan

*Hints:* In order to successfully complete the assessment requirements for the Units listed above, all candidates must provide evidence that they have developed a Yearly Training Plan.

This is also an Assessment requirement that you will be asked to complete in order to successfully complete the ASC Level 2 Coaching Principles Course.

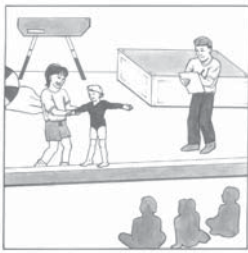
Candidates are not expected to complete another plan (in addition to the one completed as part of the ASC Level 2 Coaching Principles Course) however the plan submitted as part of your assessment requirements for Part 2 - Principles of Gymnastics Coaching Course must include the following:-

- phases of the yearly training program
- micro, macro and meso cycles
- appropriate element development for each phase of the program
- strategies to address competition preparation with the plan
- the scheduling of strength and flexibility throughout the plan
- the scheduling of posture and presentation throughout the plan
- safety strategies appropriate to the level/discipline of your athletes

No standard pro-forma has been supplied for you to complete your Yearly Training Plan. The Federation advises candidates to utilise the pro-forma supplied at the ASC Level 2 Coaching Principles Course to complete the plan.

Should candidates wish to devise their own pro-forma, this is acceptable.

If you require any further assistance with the development of your Yearly Training Plan, please consult with your State Coaching Director, prior to undertaking this assessment task.



# Level 2 Coaching Course

## Part 2 - Level 2 Principles of Gymnastics Coaching Course Assessment Task 3

*Unit Number* 9

*Unit Title:* The Supervisory Role of the Level 2 Coach

*Assessment Tasks:* Supervise the Post Course Requirements of a Level 1 Coaching Course Candidate

*Hints:* In order to successfully complete the assessment requirements for the Unit listed above, all candidates must provide evidence that they have assisted in the supervision of the post course requirements of a Level 1 Coaching Course candidate.

Level 1 Coaching Course candidates require support and assistance in their endeavours to become accredited coaches. A great deal of education and support can be found from within the trainee coach's own environment and the Level 2 coach is responsible for ensuring the ongoing development of such coaches by assisting them in successfully completing their Post Course requirements as follows:

- Completion of all Assessment tasks (the L2 Coach should check the candidates workbook prior to it being submitted to the Training Provider)
- Preparation of a 10 Week Unit Plan (the L2 Coach should check the candidates Unit Plan and ensure it is both sequential and developmental)
- Preparation of 3 Lesson Plans, drawn from the Unit Plan, and relevant to the discipline chosen (the L2 Coach should supervise all three lessons and provide written and verbal feedback to the candidate)
- 30 Hours of Practical Coaching (the L2 Coach should verify that 30 hours of Practical Coaching have been undertaken)
- 10 hours of Supervised Coaching (the L2 Coach should directly supervise the candidate over 10 hours of Practical Coaching and prepare a written report that incorporates both the 30 hours of Practical Coaching as listed above plus the 10 hours of supervised Coaching).

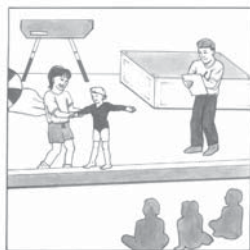
All paperwork that needs to be completed, in order to successfully assist in the supervision of a Level 1 Coaching Course candidate can be found in the candidates' Assessment booklet.

Please ensure that you make a copy of the candidates assessment booklet and all relevant feedback you make within this booklet and submit this as evidence that you have supervised a Level 1 Coaching Course candidate.

If you require any further assistance with regard to supervising a Level 1 Coaching Course candidate please consult with your State Coaching Director, prior to undertaking this assessment task.

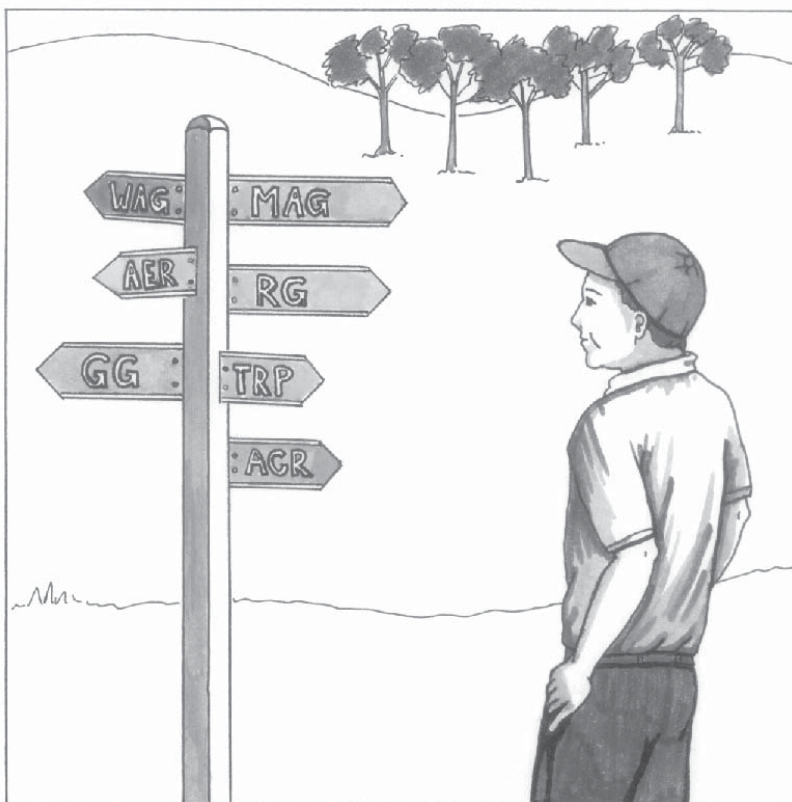
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# Level 2 Coaching Course



## Part 3

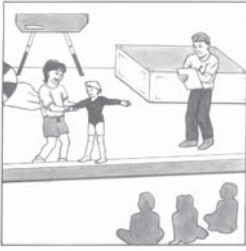
# Assessment



## RG - Level 2

# Discipline Specific Coaching Course

# Level 2 Coaching Course



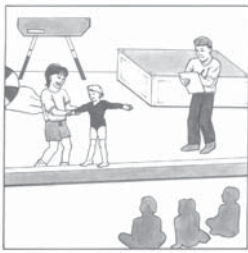
## **Part 3 - RG Level 2 Discipline Specific Coaching Course Summary of Assessment Requirements**

*In order to successfully complete the Assessment requirements of Part 3 - RG Level 2 Discipline Specific Coaching Course, all candidates must:-*

- Complete all Worksheets assigned
- Actively participate in all aspects of the Course including the Practical Workshops and Group Discussions
- Complete the Major Assignment

*Your Involvement in the Practical Workshops and Group Discussions will be assessed during the various units, by the Course Presenter.*

*Information relating to the completion of the Major Assignment can be found within this section of your Level 2 Coaching Course folder.*



# Level 2 Coaching Course

## Part 3 - RG Level 2 Discipline Specific Coaching Course Major Assignment

**Unit Number** 10,11,12,13,14,15

**Unit Title:** Freehand  
Rope  
Hoop  
Ball  
Clubs  
Ribbon

**Assessment Tasks:** Completion of the Major Assignment

**Hints:** Please take time to carefully read the requirements listed below in order to complete your Major Assignment. If you still have questions regarding the completion of this assessment task, please contact your State Coaching Director, PRIOR to undertaking this task.

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### Completion of the Major Assignment

The Major Assignment is, as the name suggests a major assessment task that must be undertaken and successfully completed by all Level 2 Coaching Course candidates.

Throughout your Level 2 Coaching Course you have been exposed to a variety of units of learning, some of these have been theoretical in nature and others have been more practically based. In example – during the Level 2 Principles of Gymnastics Coaching Course you would have undertaken a unit titled Understanding and Teaching Gymnastic Elements. As a result of this unit you would now be familiar with the concept of Ideal Models.

The notion of developing an Ideal Model for the elements you plan to teach, is essential to your development as a coach and therefore this principle was used throughout all practical units undertaken in your Level 2 Discipline Specific Coaching Course.

It is now your turn to provide to your assessor an understanding that you have grasped the concept of Ideal Models and provide evidence that you can develop Ideal Models and supporting documentation in order to teach Gymnastic elements in a safe, efficient and progressive manner.

As a RG Level 2 Coaching Course candidate you are asked to choose one element from each of the Units covered within your RG – Level 2 Discipline Specific Coaching Course. The minimum number of elements that must be completed is six. A list of the Units and the elements covered has been provided below:-

#### **Unit 10: Freehand**

*Elements to choose from:*

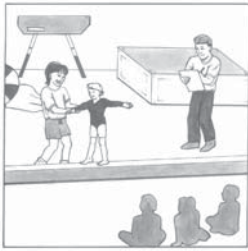
Attitude Pivot  
Side Balance  
Split Leap

#### **Unit 11: Rope**

*Elements to choose from:*

Turning Skips  
Stag leap through a rope with chasse preparation  
Lateral release of one end of the rope during a passe balance  
Lateral throw from rotations in a chasse, split leap and catch into figure of eight

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# Level 2 Coaching Course

## **Unit 12: Hoop**

*Elements to choose from:*

Roll across arms in arabesque balance

Retro roll on floor, chasse and split leap over hoop

Cossack leap through hoop

Axis throw, illusion turn, catch and skip through rope

## **Unit 13: Ball**

*Elements to choose from:*

Bounce in chasse, throw in split leap, catch in stag leap

Reverse circumduction whilst travelling

Roll across both arms in attitude balance

Front split balance with bounces

## **Unit 14: Clubs**

*Elements to choose from:*

Horizontal Mills in attitude balance

Throw one club, chaine passing other club round body, catch

Double flick in passe balance, asymmetrical flick

Throw two clubs from one hand in chasse, stag leap to catch clubs

## **Unit 15: Ribbon**

*Elements to choose from:*

Throw, chasse and split leap catching into ribbon work

Attitude pivot with spirals

Toss, chaine turn, catch into circles

Boomerang throw with spiral turns



# Level 2 Coaching Course

## **What do I have to do?**

Once you have chosen your elements, you are required to prepare the following for each element, and this will form your Major Assignment:-

1. Describe in words and via illustration the Ideal Model for the element
2. List in words and via illustrations the physical preparation required to complete the drills/element
3. Provide a list of drills or teaching progressions that could be used to teach the element
4. Describe in words the common errors that are made by gymnasts and how they can be overcome, when learning either the drills or the element
5. Identify throughout your physical preparation, drills/progressions or common errors, safety issues as they relate to the learning/teaching of the element.

## **How should I layout my Major Assignment?**

The layout of the Major Assignment is left entirely to each candidate. The following hints should however be kept in mind:-

- i Each of the five areas (as listed above) should be included and fully addressed within your Major Assignment
- ii Each element should be separate and presented in a bound or stapled format
- iii The entire Major Assignment should be bound and presented as one item
- iv Please only send a copy of your work - DO NOT send your original, this should be kept for your purposes and accessed for coaching and in the case where your assignment is lost in transit

## **To whom should I send my Major Assignment?**

Your Major Assignment will be assessed in most cases by a representative appointed by your State Coaching Director. For this reason you should forward a completed copy of your Major Assignment to your State Coaching Director UNLESS otherwise advised at your RG – Level 2 Discipline Specific Coaching Course

## **How long do I have to complete my Major Assignment?**

The maximum time allowed for submission of the Major Assignment is 12 months from the date of your RG Level 2 Discipline Specific Coaching Course. Obviously you may submit the Major Assignment at any time earlier. Please consult with your State Coaching Director for any state based timelines.

## **What happens once my Major Assignment is submitted?**

Once you have submitted your Major Assignment it will be assessed by a representative appointed by your State Coaching Director. If your Major assignment is deemed to meet all requirements, you will be sent a letter from your State Gymnastic Association, stating that you have satisfactorily completed the Major Assignment assessment task.

Alternatively if you have not met all requirements, you will also be sent a letter from your State Gymnastic Association, along with your returned assignment and notes requiring further work to be provided.



# Level 2 Coaching Course

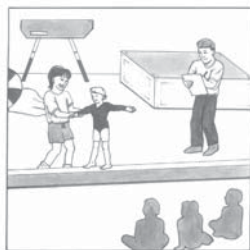
## **Who should I contact if I need help with my Major Assignment?**

*If you require assistance either during the writing of your Major Assignment or with a re-submission of your Major Assignment, try accessing the following people for assistance:- State Coaching Director, Mentor Coach within your Club, Mentor Coach from another Club/ Sport*

*Please note that the completion of the Major Assignment is only one of the many Assessment tasks that must be undertaken in order to be granted a Level 2 Coaching Accreditation. Successful completion of the Major Assignment alone, is not equivalent to the issuing of a Level 2 Coaching Accreditation.*

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# Level 2 Coaching Course

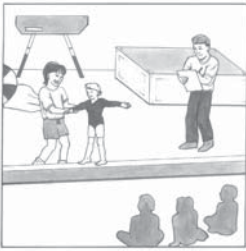


## Coaching Experience



## RG - Level 2 Discipline Specific Coaching Course

# Level 2 Coaching Course



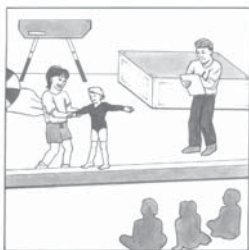
## **Coaching Experience - RG Level 2 Discipline Specific Coaching Course Summary of Assessment Requirements**

*In order to successfully complete the Level 2 Coaching Course all coaches must undertake a period of Coaching Experience. This will involve the coach undertaking at least 200 hours of Practical Coaching, during the Course or immediately after the completion of Part 3 of the Coaching Course. The follow is an explanation of the Coaching Experience and how it must be completed:-*

- i 180 of the 200 hours of Practical Coaching may be logged from anytime following the commencement of your Level 2 Coaching Course, this is referred to as Internal Coaching Experience and may be completed within your Club environment
- i the remaining 20 hours must be completed under the direct supervision of a mentor/ supervising coach and not undertaken until such time as you have completed Part 3 - the RG Level 2 Discipline Specific Coaching Course; this is referred to as External Supervised Coaching Experience and will take place not only within your Club, but also in an external environment set by your State Coaching Director

*Information relating to the completion of the Coaching Experience can be found within this section of your Level 2 Coaching Course folder.*

# Level 2 Coaching Course



## Coaching Experience - RG Level 2 Discipline Specific Coaching Course

**Unit Number** All Units of the RG Level 2 Coaching Course

**Assessment Tasks:** Completion of the Coaching Experience

**Hints:** Please take time to carefully read the requirements listed below in order to complete your Coaching experience. If you still have questions regarding the completion of this assessment task, please contact your State Coaching Director, PRIOR to undertaking this task.

### Completion of the Coaching Experience

The Coaching Experience provides each coach with a means of putting into practice, in a supportive environment, the skills and knowledge that they have obtained from attending the Level 2 Coaching Course. It also provides another medium for the coach to illustrate that they have the desired competencies to be issued a Level 2 Coaching Accreditation.

With this in mind the Coaching Experience should be viewed as three separate components:-

1. an **internal coaching experience** which will take place pre-dominantly within the coaches own Gymnastic Club – **180** hours of Practical Coaching must be experienced in this manner
2. an **internal supervised coaching experience** which will take place pre-dominantly within the coaches own Gymnastic Club or another Gymnastic Club that can provide a suitable mentor/supervising coach – **18** hours of Practical Coaching must be experienced in this manner
3. an **external supervised coaching experience** which will take place within an external Gymnastic environment, arranged by your State Coaching Director and viewed by an external assessor – **2** hours of Practical Coaching must be experienced in this manner

### **Internal Coaching Experience**

The Internal Coaching Experience may be undertaken from any time after the coach enrolls in the Level 2 Coaching Course. One hundred and eighty hours (180 hrs) should be accumulated in order to meet this requirement.

The hours should be undertaken predominantly the coaches own Gymnastic Club working with athletes normally assigned to the Coach. The coach may however accumulate hours by working in a number of clubs and in any combination of classes, or programs.

It is however assumed that the coach will be primarily accumulating coaching experience in the GymSport (discipline) chosen for their Level 2 Course and at a level that reflects their current coaching competency.

Coaches will be asked to have their 180 hours of internal coaching experience, verified by their Club President/Head Coach or Club Owner.



# Level 2 Coaching Course

## **Internal Supervised Coaching Experience**

The Internal Supervised Coaching Experience must be undertaken following the completion of Part 3 – RG Level 2 Discipline Specific Coaching Course. Eighteen hours (18 hrs) should be accumulated in order to meet this requirement.

The hours should be undertaken predominantly in the coaches own Gymnastic Club working with athletes normally assigned to the Coach. The coach may however be required to travel to another Gymnastic Club, where a suitable program and mentor/supervising coach can be found.

As the name suggests, this component of the Coaching Experience, is conducted under the watchful and supportive eyes of a Mentor Coach/Supervising Coach. It is important that a suitable Mentor coach is found and provided for each coach undertaking the Level 2 Coaching Course.

Many coaches will find themselves in a situation whereby they may be the only coach in their club and finding a suitable mentor can sometimes be extremely difficult. As a general rule the Mentor coach should be a Level 2 or Level 3 coach from within your own sport.

Your mentor should be somebody with whom you can learn and interact over the 18 hours of your internal supervised coaching experience. If you require assistance in finding a suitable mentor, please contact your State Coaching Director in the first instance.

Once a suitable mentor has been found the following process is advised:-

### **Step 1:-**

The mentor/supervising coach and the Level 2 candidate meet prior to the commencement of the Internal Supervised Coaching Experience. At this meeting the candidate and supervisor will draft a plan in order for the following to be met:

### **Step 2:-**

The candidate to observe the mentor/supervising coach

### **Step 3:-**

The candidate to co-coach with the mentor/supervising coach

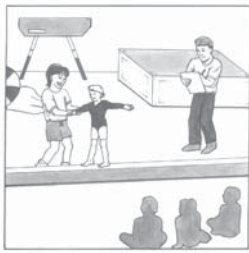
### **Step 4:-**

The candidate to prepare 6 lesson plans and then conduct 3 of these 6 lesson plans on their own under the supervision of the mentor/supervising coach. No lesson plan-forma has been devised here for use by coaches. Coaches may design their own lessons plans, but these must include the following information:-

- ï Date, Term and Lesson Number
- ï Description of Class/Program
- ï Period in Training Program (ie Pre-Comp, Comp or Post Comp)
- ï Objective of the Lesson
- ï Detailed list of warm up activities
- ï Strength and Conditioning Program
- ï Lesson focus – Drills used and repetitions including key coaching points
- ï Detailed list of cool down activities

### **Step 5:-**

The candidate to self-evaluate their coaching performance for each of the three lessons conducted. Use Appendix 1 – Lesson Plan Self Evaluation Form



# Level 2 Coaching Course

## **Step 6:-**

The mentor/supervising coach to evaluate the coaching performance of the candidate for each of the three lessons conducted. Use Appendix 2 – Lesson Plan Supervisors Evaluation Form

## **Step 7:-**

The candidate and mentor/supervising coach sit down and analyse the performance of the candidate, discuss observations and complete their own separate evaluation of the completed internal supervised coaching experience. Use Appendix 3 – Evaluation of Internal Supervised Coaching Experience Form

Coaches will be asked to have their 18 hours of internal supervised coaching experience, verified by their Mentor/Supervising coach.

Once coaches have completed their Internal Supervised Coaching Experience they are asked to complete Appendix 5 – Internal Supervised Coaching Experience Form and submit this to their State Coaching Director, along with the following:-

- i a copy of one of their lesson plans
- i a copy of their own evaluation of this Lesson Plan (Appendix 1)
- i a copy of their mentors evaluation of this Lesson Plan (Appendix 2)

## **External Supervised Coaching Experience**

The External Supervised Coaching Experience must be undertaken following the completion of Part 3 – RG Level 2 Discipline Specific Coaching Course. Two hours (2 hrs) should be accumulated in order to meet this requirement.

As the name suggests, this component of the Coaching Experience, is conducted in an external environment. The exact location and details surrounding your External Supervised Coaching Experience will be set in conjunction with your State Coaching Director.

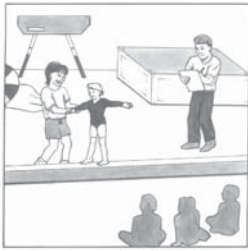
Usually this experience will take place in a Gymnastic Club different to your own with other coaches and their gymnasts, with the presence of a Mentor/Supervising Coach appointed by your State Coaching Director. It may however be conducted as a one on one session with an appointed Mentor/Supervising Coach, the Level 2 candidate and their gymnasts.

More information on the exact requirements of your External Supervised Coaching Experience and the model chosen will be provided by your State Coaching Director.

The purpose of the External Supervised Coaching Experience is to provide the coach with an opportunity to illustrate their ability to apply the concepts and principles applied throughout the Level 2 Coaching Course. With this in mind the External Supervised Coaching Experience will be a form of Practical Assessment completed under the watchful eyes of a Mentor Coach and form part of your Level 2 Coaching Course requirements.

Further details about the External Supervised Coaching Experience are as follows:

- i The External Supervised Coaching Experience will involve the coach in a Practical training environment whereby they must coach two (2) of their athletes.
- i The experience will last a minimum of two hours during which time the coach will be assessed on their ability to structure and coach a class.



# Level 2 Coaching Course

The experience will include the coach being assessed on the following aspects of their coaching:-

- i The warm up
- i The strength and conditioning component
- i Ballet barre or Centre work
- i The teaching of apparatus and body fundamentals
- i The recovery and cool down

**Note:**

The elements to be taught as part of the apparatus and body fundamentals, (above) must be elements that were presented to coaches throughout Part 3 - Level 2 Discipline Specific Coaching Course. Coaches should try and cover different elements in their External Supervised Coaching Experience, than were presented as part of their Major Assignment. If you have any doubts regarding the elements to be taught, please contact your State Coaching Director in the first instance.

The exact structure of the experience will be detailed by your State Coaching Director, prior to attending the course.

Once the External Supervised Coaching Experience has been conducted, the coach and the Mentor both complete separate evaluations of the experience.

The Coach completes Appendix 4 – Self Evaluation of External Supervised Coaching Experience

The Mentor completes Appendix 5 – Evaluation of External Supervised Coaching Experience

The Mentor/Supervising Coach will provide either verbal or written feedback to the coach following the experience. This may take the form of a private discussion following the experience, a written letter including a copy of the Mentor's evaluation, or a telephone call. Once again, the exact form this feedback will take, will be set in conjunction with your State Coaching Director.

Once coaches have completed their Coaching Experience and all evaluations have been completed, they are asked to complete the Coaching Experience Checklist and submit this to their State Coaching Director, along with the following:-

- i a copy of their own evaluation of the External Supervised Coaching Experience (Appendix 4)
- i a copy of their Mentor's evaluation of the External Supervised Coaching Experience (Appendix 5)

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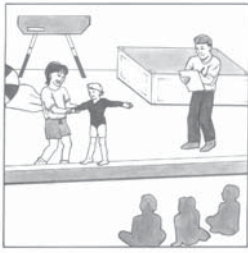
# Level 2 Coaching Course



## Forms and Paperwork



## RG - Level 2 Discipline Specific Coaching Course



# Level 2 Coaching Course

## Forms and Paperwork - RG Level 2 Discipline Specific Coaching Course

*The following forms and paperwork has been provided in order to assist both the Coach and their Mentor/Supervising Coach provide evidence that all necessary requirements for RG Level 2 Coach Accreditation have been met. The following items can be found to follow:-*

|    |   |       |
|----|---|-------|
| 1. | Course Part Checklist   | 26    |
| 2. | Assessment Task Checklist   | 27    |
| 3. | Coaching Experience Checklist   | 28    |
| 4. | Appendix 1 - Lesson Plan Self Evaluation Form                           | 29-30 |
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| 6. | Appendix 3 - Evaluation of Internal Supervised Coaching Experience      | 33-35 |
| 7. | Appendix 4 - Self Evaluation of External Supervised Coaching Experience | 36-37 |
| 8. | Appendix 5 - Evaluation of External Supervised Coaching Experience Form | 38-39 |