



# FOUNDATION COACH

RPL Kit



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## Introduction

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Participants who already have some of the required knowledge and/or skills for part or the entire Foundation Coach course can apply to complete a module or the whole course via an assessment only pathway – known as Recognition of Prior Learning (RPL).

This document explains the RPL process for you to complete. These tools will assist you to make a decision about whether to apply for recognition, apply to attend training, or a combination of both.

### Steps in the RPL process

1. Read this guide and make a list of questions to ask your assessor if necessary.
2. Discuss the RPL process with your assessor to ensure you understand the process and the possible outcomes.
3. Complete the assessment and/or provide proof of your skills and knowledge to the assessor.
4. Assessor provides feedback and makes the assessment decision.

### Course outcomes

By the end of the course, you should be able to:

- Understand the role, legal obligations and ethical responsibilities of a Foundation Coach.
- Identify risks associated with board, beach and swim activities and apply principles of risk management related to surf sports coaching.
- Prepare a surf sports coaching plan (board, beach and swim).
- Select coaching methods and activities appropriate to participant's needs/characteristics.
- Safely conduct a surf sports coaching session, ensuring fun, learning and maximum participation through games and activities.
- Utilise a range of communication skills and behaviour management strategies to help participants learn basic skills and tactics.
- Develop strategies to build effective working relationships with parents, surf sports officials and club/event administrators.
- Review coaching session and own performance to identify improvements.

### Proof of relevant skills and knowledge

In order to prove you already have the skills and knowledge delivered by this course, you can choose to EITHER:

- complete the assessment tasks for the course

OR

- provide proof that demonstrates you have these skills and knowledge, which might include:
  - demonstrating skills to your assessor
  - reports or references supporting your relevant skills and knowledge
  - names and contact details of referees
  - other types of proof agreed with your assessor

The evidence sheets on the following pages will provide you with examples of evidence that you may have. Read the Evidence Sheet on the next page to help you make a decision about whether the skills you have match the requirements of the course.

Summary of Unit Requirements	Explanation of relevant job roles You may have developed the required competencies through work done in the following roles	Examples of possible evidence and its requirements
<p><b>Australian Sports Commission Community Coaching General Principles</b></p> <ol style="list-style-type: none"> <li>1. I know what I need to do to meet the needs of those I coach.</li> <li>2. I know how to prepare a session plan.</li> <li>3. I know how to communicate effectively to build positive relationships with participants and others involved in physical activity and sport.</li> <li>4. I know how to safely conduct a coaching session, ensuring fun, learning and maximum participation through games and activities.</li> </ol>	<p>Physical Education Teacher</p> <p>Coaching qualification from a different National Sporting Organisation (NSO)</p>	<p>University transcripts</p> <p>Level 2 Athletics Certificate</p>
<p><b>Introduction to Surf Sports Coaching</b></p> <ol style="list-style-type: none"> <li>1. I can describe the broad nature of the SLSA Participant Development Pathway and the implications this has for Foundation Coaches.</li> <li>2. I can describe the roles of a Junior Surf Coach.</li> <li>3. I can describe the base rules of junior surf sports and access additional information if required.</li> <li>4. I can describe the basic roles of various surf sports officials and access additional information if required.</li> <li>5. I can describe the basic technical elements associated with board, beach and swim activities and access additional information if required.</li> <li>6. I can access information relating to the basic surf sport event rules.</li> </ol>	<p>Age Manager</p> <p>Level 1 Official</p> <p>Junior Activities Coordinator</p>	<p>Age Managers Certificate</p> <p>Level 1 Officials Certificate</p> <p>Letter from surf club stating roles</p>
<p><b>Time to Coach</b></p> <ol style="list-style-type: none"> <li>1. I can plan, deliver and review safe and effective game based Surf Sports coaching sessions, which develop participants board, beach and swim skills.</li> </ol>	<p>Lesson plans developed for school education program</p>	<p>A copy of the lesson plans</p> <p>A formal assessment on the beach by an assessor</p>

# RPL Assessment Portfolio

This RPL portfolio includes all of the evidence you are required to submit to your assessor to demonstrate competence in the Foundation Coach Course and the related competencies listed in the competency record below. Fill out your personal details below and submit this form with your evidence to your Assessor. The Competency Record section is for your Assessor to complete.

## Learner details

First Name:	Surname
Date of Birth:	Club / Group:
Telephone:	
Email:	

## Competency Record

SLSA Course	Competent/not yet competent	Date	Assessor initials
Foundation Coach			
<b>Assessment tasks</b>			
Module 1: Australian Sports Commission Community Coaching General Principles			
Module 2: Introduction to Coaching Surf Sports			
Module 3: Time to coach			
<b>Assessor Name</b>			
<b>Assessor Signature</b>		<b>Date</b>	

# RPL Assessment Summary

Your Assessor will use this form to provide you with feedback on your application for RPL.

**Participant Name:**

Assessment Evidence	Date Completed	Satisfactory/ Not Satisfactory (S/NS)	Assessor Signature
Foundation Coach			

Comments:

# RPL Assessment Evidence

Use this table to describe how your skills and experience meet the competencies of the unit as listed on the left-hand side. Any evidence you submit needs to be clearly labelled and easily identifiable to your Assessor.

Summary of Unit Requirements	Candidate Explanation (the candidate's own 'story' about their relevant experience)	Documentary Evidence Attached (Work samples, references, certificates and other documents organised in a folder and numbered or coded in some way)	
<p><b>Australian Sports Commission Community Coaching General Principles</b></p> <ol style="list-style-type: none"> <li>1. I know what I need to do to meet the needs of those I coach.</li> <li>2. I know how to prepare a session plan.</li> <li>3. I know how to communicate effectively to build positive relationships with participants and others involved in physical activity and sport.</li> <li>4. I know how to safely conduct a coaching session, ensuring fun, learning and maximum participation through games and activities.</li> </ol>		Document No	Description
<p><b>Introduction to Surf Sports Coaching</b></p> <ol style="list-style-type: none"> <li>1. I can describe the broad nature of the SLSA Participant Development Pathway and the implications this has for Foundation Coaches.</li> <li>2. I can describe the roles of a Junior Surf Coach.</li> <li>3. I can describe the base rules of junior surf sports and access additional information if required.</li> <li>4. I can describe the basic roles of various surf sports officials and access additional information if required.</li> <li>5. I can describe the basic technical elements associated with board, beach and swim activities and access additional information if required.</li> <li>6. I can access information relating to the basic surf sport event rules.</li> </ol>			
<p><b>Time to Coach</b></p> <ol style="list-style-type: none"> <li>1. I can plan, deliver and review safe and effective game based Surf Sports coaching sessions, which develop participants board, beach and swim skills.</li> </ol>			
<p><b>Reviewed and approved by Assessor:</b></p> <p><b>Name:</b> _____ <b>Date:</b> _____</p> <p><b>Signature</b> _____</p>			