



DEVELOPMENT COACH

RPL Kit

May 2015



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Introduction

Participants who already have some of the required knowledge and/or skills for part or the entire Development 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.
5. If you are unsuccessful, ask the assessor to explain your options.

Course outcomes

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

- Understand the role, legal obligations and ethical responsibilities of a Development Coach operating in a discipline specific environment.
- Identify risks associated with discipline specific coaching activities and identify relevant risk reduction strategies.
- Prepare a discipline specific Surf Sports monthly coaching plan and individual session plans suitable for participants in the Learn / Participate phase of development.
- Select coaching methods and activities appropriate to participants' (in the Learn / Participate phase of development) physical technical, tactical and psychological needs and characteristics.
- Safely conduct discipline specific Surf Sports coaching sessions, (with participants in the Learn / participate phase of development) which develop participants' physical technical, tactical and psychological skills.
- Utilise a range of communication skills and behaviour management strategies to help participants develop discipline specific skills and tactics.
- Develop strategies to build effective working relationships with parents, Surf Sports Officials and Club / Event Administrators.
- Review coaching programs and plans; and own performance and identify improvement strategies.

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
CORE MODULES		
<p>Australian Sports Commission Community Coaching General Principles</p> <ol style="list-style-type: none"> 1. I know what I need to do to meet the needs of those I coach. 2. I know how to prepare a session plan. 3. I know how to communicate effectively to build positive relationships with participants and others involved in physical activity and sport. 4. I know how to safely conduct a coaching session, ensuring fun, learning and maximum participation through games and activities. 	<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>Introduction to surf sports coaching</p> <ol style="list-style-type: none"> 1. I can describe the broad nature of the SLSA Participant Development Pathway and the implications this has for Development Coaches. 2. I can describe the roles of a Development Surf Sports Coach. 3. I can describe the basic roles of various surf sports officials and access additional information if required. 	<p>Level 1 official</p> <p>Surf Sport Director</p>	<p>Level 1 officials certificate</p> <p>Letter from surf club stating roles</p>
<p>Understanding your athlete</p> <ol style="list-style-type: none"> 1. I can describe the key characteristics (physical, social and emotional) or Surf Sport participants in the learn/participate phase of development. 2. I can describe common physical, social and emotional factors which can impact on surf sport participants 3. I can develop coaching strategies designed to effectively motivate Surf Sports participants in the Learn / Participate phase of development, with different learning styles and personality types. 4. I can develop coaching strategies to ensure my coaching program is inclusive. 5. I can develop coaching strategies designed to increase the self-awareness, responsibility and belief of those I coach. 6. I can describe the importance of coaching <i>with engagement</i> versus coaching <i>by compliance</i> and identify coaching strategies to implement this philosophy. 	<p>Physical Education Teacher</p> <p>Bachelor of Education</p>	<p>University transcripts</p>
<p>Developing your athletes skills</p> <ol style="list-style-type: none"> 1. I can describe the importance of constraints based coaching identify coaching strategies to implement this philosophy. 2. I can describe the relevance of explicit and implicit learning models and identify coaching strategies to implement both approaches. 3. I can develop safe skill development activities designed for each stage of skill learning 	<p>Diploma of Coaching</p>	<p>TAFE /College transcripts</p>

<p>Developing your athletes' physical capabilities</p> <ol style="list-style-type: none"> 1. I can describe the principles of training and how these relate to the physical preparation of Surf Sports participants in the Learn / Participate phase of development. 2. I can describe the components of fitness and how they relate to successful participation in my chosen Surf Sport discipline. 3. I can describe the structures of the body and their role in Surf Sports performance. 4. I can describe the role of the 3 energy systems utilised by Surf Sports athletes. 5. I can identify safe and effective coaching strategies designed to develop the physical capacities of Surf Sports participants in the Learn / Participate phase of development. 6. I can describe the principles of training and how these relate to the physical preparation of Surf Sports participants in the Learn / Participate phase of development. 	<p>CERT IV in personal training</p>	<p>Certificate of attainment</p>
<p>Managing your surf sport coaching program</p> <ol style="list-style-type: none"> 1. I can identify effective communication strategies designed to develop a harmonious relationship with other coaches, officials, parents, club volunteers and other relevant program stakeholders. 2. I can describe strategies to effectively manage my time as a Surf Sports Coach. 3. I can describe strategies designed to develop the leadership skills of those I coach and others I work with. 4. I understand the importance of athlete / group involvement in the development of program objectives and goals. 5. I can describe coaching strategies designed to create a positive group culture within a training group. 6. I can identify relevant human and physical resource requirements of my coaching program and how these may be realistically attained. 7. I can describe the core components of a monthly training plan for Surf Sports participants in the Learn / Participate phase of development. 8. I can describe the core components of a session plan Surf Sports participants in the Learn / Participate phase of development. 9. I can describe the risk management process as it relates to being a Surf Sports Coach and identify SLSA tools I can use to enhance the safety of my program. 10. I can identify effective communication strategies designed to develop a harmonious relationship with other coaches, officials, parents, club volunteers and other relevant program stakeholders 	<p>Physical Education Teacher</p> <p>Experience athlete</p>	<p>University transcripts</p> <p>Evidence of competition and training roster</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 Development Coach Course and the related competencies listed in the competency record below. Fill out your personal details below and submit this form with 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
Development Coach			
Assessment tasks			
Core Modules			
Module 1: Australian Sports Commission Community Coaching General Principles			
Module 2: Introduction to Coaching Surf Sports			
Module 3: Understanding your athletes			
Module 4: Developing your athletes skills			
Module 5: Developing your athletes' physical capabilities			
Module 6: Managing your surf sports coaching program			
Elective Modules			
Module 1: Beach			
Module 2: Swim			
Module 3: Ski			
Module 4: Board			
Module 5: IRB			
Module 6: Surf Boats			
Module 7: R&R			
Module 8: Iron			
Module 9: Surf Rescue			
Module 10: Pool Rescue			
Assessor Name			
Assessor Signature	Date		

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)	
CORE MODULES		Document No	Description
<p>Australian Sports Commission Community Coaching General Principles</p> <ol style="list-style-type: none"> 1. I know what I need to do to meet the needs of those I coach. 2. I know how to prepare a session plan. 3. I know how to communicate effectively to build positive relationships with participants and others involved in physical activity and sport. 4. I know how to safely conduct a coaching session, ensuring fun, learning and maximum participation through games and activities. 			
<p>Introduction to surf sports coaching</p> <ol style="list-style-type: none"> 1. I can describe the broad nature of the SLSA Participant Development Pathway and the implications this has for Development Coaches. 2. I can describe the roles of a Development Surf Sports Coach. 3. I can describe the basic roles of various surf sports officials and access additional information if required. 			
<p>Understanding your athlete</p> <ol style="list-style-type: none"> 1. I can describe the key characteristics (physical, social and emotional) or Surf Sport participants in the learn/participate phase of development. 2. I can describe common physical, social and emotional factors which can impact on surf sport participants 3. I can develop coaching strategies designed to effectively motivate Surf Sports participants in the Learn / Participate phase of development, with different learning styles and personality types. 4. I can develop coaching strategies to ensure my coaching program is inclusive. 5. I can develop coaching strategies designed to increase the self-awareness, responsibility and belief of those I coach. 6. I can describe the importance of coaching <i>with engagement</i> versus coaching <i>by compliance</i> and identify coaching strategies to implement this philosophy. 			

<p>Developing your athletes skills</p> <ol style="list-style-type: none"> 1. I can describe the importance of constraints based coaching identify coaching strategies to implement this philosophy. 2. I can describe the relevance of explicit and implicit learning models and identify coaching strategies to implement both approaches. 3. I can develop safe skill development activities designed for each stage of skill learning 			
<p>Developing your athletes' physical capabilities</p> <ol style="list-style-type: none"> 1. I can describe the principles of training and how these relate to the physical preparation of Surf Sports participants in the Learn / Participate phase of development. 2. I can describe the components of fitness and how they relate to successful participation in my chosen Surf Sport discipline. 3. I can describe the structures of the body and their role in Surf Sports performance. 4. I can describe the role of the 3 energy systems utilised by Surf Sports athletes. 5. I can identify safe and effective coaching strategies designed to develop the physical capacities of Surf Sports participants in the Learn / Participate phase of development. 6. I can describe the principles of training and how these relate to the physical preparation of Surf Sports participants in the Learn / Participate phase of development. 			
<p>Managing your surf sport coaching program</p> <ol style="list-style-type: none"> 1. I can identify effective communication strategies designed to develop a harmonious relationship with other coaches, officials, parents, club volunteers and other relevant program stakeholders. 2. I can describe strategies to effectively manage my time as a Surf Sports Coach. 3. I can describe strategies designed to develop the leadership skills of those I coach and others I work with. 4. I understand the importance of athlete / group involvement in the development of program objectives and goals. 5. I can describe coaching strategies designed to create a positive group culture within a training group. 6. I can identify relevant human and physical resource requirements of my coaching program and how these may be realistically attained. 7. I can describe the core components of a monthly training plan for Surf Sports participants in the Learn / Participate phase of development. 8. I can describe the core components of a session plan Surf Sports participants in the Learn / Participate phase of development. 9. I can describe the risk management process as it relates to being a Surf Sports Coach and identify SLISA tools I can use to enhance the safety of my program. 10. I can identify effective communication strategies designed to develop a harmonious relationship with other coaches, officials, parents, club volunteers and other relevant program stakeholders 			

ELECTIVE MODULES

Beach

1. I can plan, deliver and review safe and effective game-based beach coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.
2. I can develop a suitable monthly coaching plan for a number of beach athletes in the Learn / Participate phase of development

Swim

1. I can plan, deliver and review safe and effective game-based swim coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.
2. I can develop a suitable monthly coaching plan for a number of swim athletes who are in the Learn / Participate phase of development

Ski

1. I can plan, deliver and review safe and effective game-based ski coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.
2. I can develop a suitable monthly coaching plan for a number of ski athletes who are in the Learn / Participate phase of development.

Board

1. I can plan, deliver and review safe and effective game-based board coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.
2. I can develop a suitable monthly coaching plan for a number of board athletes who are in the Learn / Participate phase of development.

IRB

1. I can plan, deliver and review safe and effective IRB Driver and Crew coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.
2. I can develop a suitable monthly coaching plan for a number of IRB athletes (drivers and crews) who are in the Learn / Participate phase of development.

Surf Boats

1. I can plan, deliver and review safe and effective Surf Boat coaching sessions, which develop participants' (crew and sweeps) discipline specific skills, fitness and event understanding.
2. I can develop a suitable monthly coaching plan for a number of Surf Boat athletes (crew and sweeps) who are in the Learn / Participate phase of development.

R&R

1. I can plan, deliver and review safe and effective game-based R&R coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.
2. I can develop a suitable monthly coaching plan for a number of R&R athletes who are in the Learn / Participate phase of development.

Iron

1. I can plan, deliver and review safe and effective game-based iron coaching sessions, which develop participants' discipline specific skills, fitness and event understanding.
2. I can develop a suitable monthly coaching plan for a number of iron athletes who are in the Learn / Participate phase of development.

<p>Surf Rescue</p> <ol style="list-style-type: none"> 1. I can plan, deliver and review safe and effective game-based surf rescue coaching sessions, which develop participants' discipline specific skills, fitness and event understanding. 2. I can develop a suitable monthly coaching plan for a number of surf rescue athletes who are in the Learn / Participate phase of development. 			
<p>Pool Rescue</p> <ol style="list-style-type: none"> 1. I can plan, deliver and review safe and effective game-based pool rescue coaching sessions, which develop participants' discipline specific skills, fitness and event understanding. 2. I can develop a suitable monthly coaching plan for a number of pool rescue athletes who are in the Learn / Participate phase of development. 			
<p>Reviewed and approved by Assessor:</p> <p>Name: _____ Date: _____</p> <p>Signature _____</p>			