



SPORT COACHING L3

New Zealand Certificate in Sport Coaching (Level 3)



Active Careers through
On-Job Qualifications

INTRODUCTION

The *New Zealand Certificate in Sport Coaching (Level 3)* is for foundation coaches who want to deepen their understanding of what makes a great participant-centred coach. Gaining this certificate gives you 40 level 3 credits and may lead to the *New Zealand Certificate in Sport Coaching (Level 4)*.

The key concepts that form the foundation for this coaching assessment are:

- Know yourself and know why you are coaching – Ko wai au?
- Know your participants – Whakawhānaunga
- Know your sport – Mātauranga tākaro.



WHAT WILL I NEED TO DO?

To complete this qualification you will work through a Skills Active assessment workbook.



As you complete the assessment tasks you will think about and answer questions like:

- Why do people play sport? Why am I coaching?
- What does it mean to be a participant-centred coach and what is my coaching philosophy?
- Who am I coaching? What are their needs and how can I ensure their needs are being met?
- How does another coach run their coaching session and how do I want to run mine?
- What does it mean to be a good sport, how can I instill good sporting behaviour in those I coach, their parents, whānau and caregivers?
- What is the big picture for my sport – the industry, rules and regulations?
- How will I manage the risks and prevent injuries associated with my sport?
- How do I plan, run and reflect on my coaching sessions?

WHAT EXPERIENCE DO I NEED?

You need to currently be coaching a beginner-level team (or group of individuals) for at least one season (3-4 months) in a sport of your choice.



WHAT WILL I NEED TO SUCCEED?



To successfully complete this programme you will need:

- a computer with internet access so you can view resource material that is referred to in the assessment.
- support from your sporting code.
- access to at least one other beginner-level coach who you can observe.
- people to coach!

HOW WILL I BE ASSESSED?

This qualification has a mix of written and practical tasks, along with an assessment by conversation. These all need to be assessed by a registered Skills Active assessor. Skills Active can arrange for an assessor to assess your written work and for an evidence verifier to attest to your practical tasks.

It is expected that this programme will take 6 months to complete.