

1st4sport Level 2 Certificate in Coaching Multi-Skills Development in Sport

Developed in partnership with UK Coaching and other experts within the sector, the 1st4sport Level 2 Certificate in Coaching Multi-Skills Development in Sport will introduce learners to the principles of coaching fundamental movement skills and sport specific skills via the planning, delivery and review of a series of linked and progressive coaching sessions.

A Level 2 Multi-Skills coach will be able to apply this knowledge to sport-specific coaching sessions or **plan, deliver and review sessions purely linked to the development of fundamental movement skills (such as agility, balance and coordination) or sport-specific skills (such as jumping, throwing and catching)**

Qualification	Guided Learning Hours	34
Cost	£200	
Units	<ul style="list-style-type: none"> The Role and Responsibilities of the Coach Duty of Care Development Models Nutrition and Hydration Coaching Styles and Participant Development Inclusive Coaching Practice Fundamental Movement Skills Sport Specific Skills Safe Coaching Practice Plan a Series of Linked and Progressive Multi-Skills Coaching Sessions Deliver and Evaluate a Series of Linked and Progressive Multi-Skills Coaching Sessions Practical Demonstration of Coaching 	
Pre-requisites	<ul style="list-style-type: none"> Participants must be 17 years of age, or older. <p>It is recommended that:</p> <ul style="list-style-type: none"> learners have access to a suitable coaching environment prior to attending this course be able to communicate effectively in English (this includes listening, speaking, reading and writing) <p>TO COACH INDEPENDENTLY YOU ARE REQUIRED TO:</p> <ul style="list-style-type: none"> be 18 years of age 	
This helps you	<ul style="list-style-type: none"> Become qualified to support children's successful participation in sport Learn how to design, deliver and evaluate a linked and progressive series of multi-skills activity sessions Make a positive impact on the children they're working with by developing their movement confidence and sport-related skills Help children master the fundamentals of movement in a fun, imaginative and progressive way Make sport more enjoyable for children and young people...and much more! 	
Qualification structure	Qualification is run, either as an evening class or 4 days plus an assessment day	
Who is this suitable for?	Those who wish to start in the coaching world who do not hold a recognized NGB qualification	
Course dates	Monday 17 th – Wednesday 19 th August 2020 and the assessment day – Wednesday 26 th August	
Is there an assessment?	<p>Yes – learners are required to complete a learner portfolio through the duration of the qualification. This will include the following, all of which will be assessed:</p> <ul style="list-style-type: none"> Written tasks Plan and deliver a purpose-driven activity in a simulated environment 	