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## DEVELOPING SPORT LEADERSHIP THROUGH TRAINING OF SPORT COACHES

South African sport have a passionate following. From games in parks and in the streets to international competition, all sports are enjoyed by millions. The world is crazy about sport, whether it is team sport or individual players taking part. Amongst the most popular sporting codes in the world are Soccer, Cricket, Basketball, Hockey, Tennis, Volleyball, Table Tennis, Rugby, Netball and Golf, played by millions of people of all ages with an accumulated number of 15 billion plus fans.

There are core skill sets that every coach must acquire to commence with sound sport coaching as part of the foundation of coaching. These skill sets, knowledge and understanding is embedded in 5 core unit standards of the qualification **“Further Education and Training Certificate: Sport Coaching: Junior/Beginners” at NQF Level 4, worth 137 (SAQA ID 64369) and accredited through the CATHSSETA.**

The RPL Team aims to offer generic recognised training to any person who are passionate about sport coaching and wants to be trained as a coach in one or more sporting codes. The application will take place through the practical training sessions at schools, clubs or academies. For those sport coaches who has never been trained, it is the opportunity to start your career as a sport coach, providing you with solid knowledge, information, competencies and skill sets to function as a sport coach in community sport clubs, schools, TVET colleges and tertiary institutions and to advance your career as a sport coach.

The opportunity is also available for school children in grade 10 to 12 who would like to have an additional skill set in sport coaching. This training can take place over a minimum of 3 months to six months after official school hours and practical application can take place at the school or the primary school in the community.

**Name of the Learning Programme: Principles of Sport Coaching and Exercise Training**, embedded in Further Education and Training Certificate: Sport Coaching: Junior/Beginners at NQF Level 4, to **the value of 28 credits**. The Learning Programme is set out in the table below:

SAQA ID	Unit standard title	L	Cr
243297	Apply knowledge of anatomy and physiology to exercise training	4	5
258719	Apply principles of exercise training	4	6
260120	Apply principles of sport coaching	4	5
243301	Manage safety and emergency incidences	4	6
260123	Plan practice sessions and teach basic motor skills	4	6

**Course Duration (96 Hours):** The training takes 10 days (10 x 8 hours) plus 2 days PoE compilation and if needed 1 day remedial when the coach is found Not Yet Competent (NYC). This course provides participants with an opportunity to gain a SETA accredited Learning Programme, making the person multi skilled in achieving an additional set of competencies. These hours will be done over a 6 month period in the IRI program

**Who should attend training?** - People who are passionate about sport, interest in sport coaching at a variety of community clubs, schools and colleges and who needs legitimate SAQA accreditation of learning.

**Prerequisites** - Must be able to understand, read and write elementary English and be older than 16 years.

## Schedule of training



## Course Objectives are to:

- Capture, conceptualise, learn and understand the most important views on:
  - Anatomy and physiology as it applies to exercise training and sport techniques.
  - The principles of exercise training to ensure that coaches are fully informed on warming up, flexibility, strengthening and endurance training
  - The principles of sport coaching have to do with the roles of the coach, the leadership and motivational aspects of coaching.
  - None of the above can take place outside of the safety and emergency management of sport coaching and how to manage injuries and aspects of risk management
  - Finally, the learner will be able to plan practice sessions and teach sport skills in accordance with the sport techniques required for the specific sport they are involved in.