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| **(Level 1) S&C Foundation Coach** |

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| **Assessment 1 – Coaching of Key Strength Exercises** | | | | | |
| Produce a video no longer than 15mins in length where you coach an athlete through FIVE of the exercises below  Follow this format for **each exercise;**   1. Explain key technical considerations AND exercise goal 2. Demonstrate the movement 3. Observe the trainee completing the movement 4. Explain/show two main work on areas for the trainee | | | | | |
| **Choose Any Five options to be assessed on** | | | | | |
| Hip Thrust – Deadlift – RDL - Back Squat - Static Lunge - Reverse Lunge - Bench Press - Bent Over Row - Military Press | | | | | |
| **Marking Criteria** | | | | | |
| **Score** | **10** | **8** | **6** | **4** | **2** |
| **EXPLANATION** | Excellent | Strong | Good | OK | Poor |
| **DEMONSTRATION** | Excellent | Strong | Good | OK | Poor |
| **COACHING** | Excellent | Strong | Good | OK | Poor |
| **COMMUNICATION (**throughout video) | Excellent | Strong | Good | OK | Poor |
| Overall marks are out of 40. A 75% pass mark is required. Please make sure the video is of good quality to assist with marking  Upload video to YouTube unlisted and attach link onto word document | | | | | |

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| **Assessment 2 – Session delivery and reflection** | | |
| Plan and coach four training sessions – with each session focusing on a different adaptation. Electronically fill in the session delivery and refection template for each session – **ATTACHED ON NEXT PAGE** | | |
| **Marking Criteria** | | |
| **PASS** | **FAIL** | |
| Completed all four-session detail, goals and reflections to a high standard | Either did not complete all four sessions and reflections, or completed to a low standard | |
| This assessment will be graded as either a pass OR fail | | |

Once both assessments have been completed – register to become an S&C Foundation Coach via the SESNZ website. Attaching your competed assessment, scanned academic transcript and scanned first aid certificate. Marking will be done within a six-week period.

**STRENGTH AND CONDITIONING COACHING REFLECTION SHEET**

|  |  |
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| Sport: |  |
| Trainee Status |  |
| Adaption session aiming for: |  |
| Reference to support how plan is connected to goal |  |
| Session Detail and Plan | |
|  | |
| YOUR REFLECTION – before viewing your trainees’ feedback | |
| Three things that went well | |
|  | |
| Three things would you do differently | |
|  | |
| YOUR REFLECTION – After viewing your trainees’ feedback | |
| 2-3 areas the trainee was aligned with your personal reflection | |
|  | |
| 2-3 areas the trainee saw things differently | |
|  | |

**TRAINEE REFLECTION SHEET**

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| How well did the coach explain the goals of the session |
|  |
| Did the session align with your personal goals |
|  |
| Would you do the session again? |
|  |
| If Yes Why?  If No Why? |
|  |
| Three things you felt the coach did really well in the session |
|  |
| Three things the coach could have done to improve the session |
|  |
| Own Question for trainee? |
|  |