

(Level 2) S&C Practitioner Coach

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

Overhead Squat - Olympic Pulls (CG OR SG) - Front Squat - Hang Clean – Clean
Hang Snatch - Push Press - Countermovement Jump - Horizontal Jump

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

Assessment 2 – Athlete Performance Plan Case Study

Choose a sport and put together a comprehensive athlete performance plan (your athlete can be real or mock).
The plan should be no more than **10pages** (this does not include reference pages, which can be extra)

The plan needs to include;

- 1)** Overview of the physical demands of the sport
- 2)** Testing battery appropriate to the sport
- 3)** An athlete profile with test results and targets (TIP: this is critical to plan an appropriate programme)
- 4)** 12-week periodised training schedule (can be in-season, pre-season OR off-season)
- 5)** Within the 12-week plan; detail a four-week resistance training block **AND** a four-week conditioning training block (the blocks need to be relevant to the athlete profile and goals, and supported with references)
- 6)** Summary of training plan

NOTE: Make sure you use supporting research throughout AND show applicability to your athletes' goals, status and sport

Marking Criteria

MARKS	10	8	6	4	2
COMPREHENSIVE	Extensively covers all assessment criteria	Covers all assessment criteria well	Reasonable coverage of assessment criteria	Covers most parts of assessment criteria	Inadequate coverage of assessment criteria
KNOWLEDGE	Extensive & balanced knowledge	Extensive topic knowledge	Topic knowledge is evident	Topic knowledge limited	Minimal topic knowledge
COHESIVE	Strongly links all aspects of training plan	Good linking of training plan	Links some aspects of training plan	Limited linking of training plan	Minimal linking of training plan
RESEARCH	Extensive depth and quality	Good depth and quality	OK depth and quality	Limited depth or quality	Minimal
PRESENTATION	Highly Innovative & professional	Innovative & professional	Some innovation	Limited quality	Unprofessional

There are five marking criteria, with a possibility of 10 marks in each criterion
Total Marks available are 50 - 75% pass mark is required

Once you have completed the level two course the assessments need to be uploaded within 16-wks of the course finishing. Please upload onto the SESNZ website, attaching your completed assessment, scanned academic transcript and scanned first aid certificate. You will receive notification of your results within 6-wks of the end of the submitting time period for your course