

Level 1: S&C Foundation Coach

Assessment 1 – Technical lifting coaching and demonstration

Produce a video no longer than 12mins 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 5 exercises within either the Group A or Group B exercise lists – Compound / multi-joint etc.

Group A Exercises

- Overhead Squat
- Back Squat
- Hip Thrust
- RDL
- Bench Press
- Push Press
- Power Clean

Group B Exercises

- Front Squat
- Box Squat
- Deadlift
- Static Lunge
- Military Press
- Bent Over Row
- Hang Power Clean

Marking Criteria

Marks	10	8	6	4	2
EXPLANATION	Both 2-3 key technical considerations and a goal covered accurately, and concisely	Both 2-3 key technical considerations and a goal covered accurately, but not concisely	Either 2-3 key technical considerations OR a goal covered accurately, and concisely	Either 2-3 key technical considerations OR a goal covered accurately, and concisely	Either 2-3 key technical considerations OR a clear goal not covered
DEMONSTRATION	Able to demonstrate all the movements or present them using another athlete or online video	Able to demonstrate 4 of the movements or present them using another athlete or online video	Able to demonstrate 3 of the movements or present them using another athlete or online video	Able to demonstrate 2 of the movements or present them using another athlete or online video	Unable to demonstrate any of the movements or present them using another athlete or online video
COACHING	Present and using at least 2 varied positions of observation (Front-Side-Back) with an open body language	Present and using at least 2 varied positions of observation (Front-Side-Back), but closed body language	'Present' but using only 1 varied position of observation (Front-Side-Back), and closed body language	'Present' but all varied positions of observation (Front-Side-Back) neglected, and with a closed body language	Not 'present' and all varied positions of observation (Front-Side-Back) neglected, and with a closed body language
COMMUNICATION	2 key areas of technical improvement identified and explained concisely with an accurate demonstration	1 key area of technical improvement identified and explained concisely with an accurate demonstration	1 key area of technical improvement identified and explained concisely OR with an accurate demonstration	1 key area of technical improvement identified but without a concise explanation or accurate demonstration	1-2 key areas of technical improvement neglected, and no accurate explanations or demonstrations provided

Total / 40m = %

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 – Session delivery and reflections

Plan and coach FIVE-training sessions with each session focusing on a different adaptation (Conditioning quality). Electronically fill in the session delivery and reflections template for each session. **(SEE NEXT PAGES)**

Marking Criteria

PASS	FAIL
Completed all FIVE-session detail, goals, and reflections to a high standard	Either did not complete all FIVE-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 a Level 1 S&C Foundation Coach via the SESNZ website. Attach your:

- Academic transcript
- First aid certificate
- Mentor Form
- NZSCA Consent & Coach’s Code of Conduct Agreement Form
- Ethics Form
- Competed assessments.

Grading will be completed within a six-week period.

Level 1 S&C Foundation Coach REFLECTION SHEET#1

Sport:	
Trainee Status	
Adaption session aiming for:	
Reference to support how plan is connected to goal	
Session Detail and Plan (Screen, Monitor(Assessment), Program Design, or Session)	
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

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 well in the session?

Three things the coach could have done to improve the session?

Own Questions for trainee?

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