

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 - Front Squat - Olympic Clean Pull - Hang Clean – Power Clean - Hang Snatch - Push Press – Split Jerk – Pendlay Row

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

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 **10 pages**, 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) Physical Monitoring battery appropriate to the sport
- 3) An athlete profile with assessment results and targets. **TIP: This is critical when planning an appropriate programme.**
- 4) 12-week periodised training schedule (can be in-season (competition), pre-season (specific prep) OR off-season (general prep)
- 5) Within the 12-week plan; detail a 4-week training block that includes both resistance (Strength-Power) AND conditioning (Aerobic & anaerobic on-feet and off-feet) training. The 4-week block needs to be relevant to the athlete profile and goals.
- 6) Summary of training plan.

NOTE: Make sure you use supporting literature and expert coach communication throughout AND show applicability to your athletes' goals, status, and sport.

Marking Criteria

Marks	Overview	Physical Monitoring	Athlete Profile	12-Week Plan	4-Week Conditioning Block	Training Plan Summary
2	Poor use of supporting literature and inadequate expert coach communication	Poor use of supporting literature and inadequate expert coach communication	Poor use of supporting literature and inadequate expert coach communication	Poor use of supporting literature and inadequate expert coach communication	Poor use of supporting literature and inadequate expert coach communication	Poor use of supporting literature and inadequate expert coach communication
4	Covers most parts of supporting literature and expert coach communication but overall, this is limited	Covers most parts of supporting literature and expert coach communication but overall, this is limited	Covers most parts of supporting literature and expert coach communication but overall, this is limited	Covers most parts of supporting literature and expert coach communication but overall, this is limited	Covers most parts of supporting literature and expert coach communication but overall, this is limited	Covers most parts of supporting literature and expert coach communication but overall, this is limited
6	Reasonable coverage of supporting literature and links some expert coach communication	Reasonable coverage of supporting literature and links some expert coach communication	Reasonable coverage of supporting literature and links some expert coach communication	Reasonable coverage of supporting literature and links some expert coach communication	Reasonable coverage of supporting literature and links some expert coach communication	Reasonable coverage of supporting literature and links some expert coach communication
8	Covers supporting literature and expert coach communication well with good depth and quality	Covers supporting literature and expert coach communication well with good depth and quality	Covers supporting literature and expert coach communication well with good depth and quality	Covers supporting literature and expert coach communication well with good depth and quality	Covers supporting literature and expert coach communication well with good depth and quality	Covers supporting literature and expert coach communication well with good depth and quality
10	Extensive use of supporting literature and strongly links with expert coach communication	Extensive use of supporting literature and strongly links with expert coach communication	Extensive use of supporting literature and strongly links with expert coach communication	Extensive use of supporting literature and strongly links with expert coach communication	Extensive use of supporting literature and strongly links with expert coach communication	Extensive use of supporting literature and strongly links with expert coach communication

Total / 40m = %

Overall marks are out of 40. A 75% pass mark is required.

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
- Completed assessments.

Grading will be completed within a six-week period.