

Activity Leadership Action Plan

Date	W/K No	Workshop Title	Content	Guided Learning Hrs
TBC	1	Role of a Sports Coach	Code of Practice, Behaviour Management, Roles and Responsibilities, Role of Others	6
TBC	2	The Coaching Process	The Coaching Process, Link to Progressive Sessions, Individual Coaching Sessions, Importance of Evaluation	6
TBC	3	Coaching Styles	Theory of Coaching Styles, Autocratic, Democratic, Laissez-Faire	6
TBC	4	Learning Styles	Learning styles including Visual, Auditory and Kinaesthetic, Support Learning Adults and Children	6
TBC	5	Communication	Methods, Instruct, Facilitate and Demonstrate, Confidentiality	6
TBC	6	Health and Safety	Safety Rules and Laws, Insurance	6
TBC	7	Safeguarding Children and Vulnerable Adults	Sources of Support, Coaching Practice Coaching Children	6
TBC	8	Equality and Diversity in Coaching Sport	Sources of Support, Barriers to Participation, dealing with Unacceptable Behaviour	6
TBC	9	Sports Science	Anatomy and Physiology, Participant Development, Physical Conditioning, Injury Prevention and Management, Sports Psychology	6
TBC	10	Nutrition and Hydration	Nutrition Strategy, Hydration Strategy	6
TBC	11	Drugs in Sport	Sources of Information, Effects of Drugs, Discourage the use of Drugs in Sport	6
TBC	12	Delivery of a Coaching Programme	Screening Form, Linked and Progressive Coaching Programme, Facility Safety Checklist, Coaching Session Plan, Observation Preparation, Evaluation	6
Extra Support	TBA	Sessions to Support Learning	4 Sessions delivered to the needs of the group out of hours and half term.	21