

Level 3 - Coaching Theory

This course accompanies the Level 3 technical modules, which together make up the complete Level 3 Coach qualification. In order to be awarded the complete Level 3 qualification you are required to pass assessments on all of the discipline specific technical modules for your chosen discipline, and the Level 3 Coaching Theory.

The Level 3 coaching theory qualification has been designed to provide you with the skills and understanding to support participants through a competition training cycle. Throughout the course you will develop the skills to evaluate, analyse and implement a training plan using a wide range of tools.

You will have already have completed a Level 2 qualification in your chosen discipline. You will also be intending to progress through the Level 3 technical modules.

Price:

€395

Who is this Aimed at:

Level 2 coaches looking to develop their understanding of planning and relevant theory (biomechanics, psychology, skill acquisition, skill development).

What To Expect:

A course designed to deliver the planning process and application of theoretical concepts through a methodological layer-by-layer approach. Learners will be given time to start and develop each section and layer during the course.

Delivery Method:

Two day classroom based course, facilitated by two tutors (**16 hours - 2 days**)

Do I Need To Bring Participants:

No.

Do I Need To Find A Mentor:

It is advisable to find a mentor to help you build, implement and evaluate your plan.

What Resources Are Included:

Portfolio and resource pack. You will be advised how to access these resources following enrolment to the course.

Outcomes:

By the end of the course:

You will be able to plan more effectively, using a wide range of tools.

Pre-requisites

Cycle 1 - Level 1 Discipline Specific Qualification

Cycle 2 - Club Coach Discipline Specific Qualification

Cycle 3 (2013 - 2016) - Level 2 Discipline Specific Qualification

Cycle 4 (2017 - 2020) - Level 2 Discipline Specific Qualification

Syllabus

Portfolio:

- **Needs Analysis**
- **The Annual Plan**
- **Weekly Planning**
- **Skill Analysis**
- **Evaluation**
- **Implementation**
- **Health, Safety and Positive Coaching**

Assessment Method:

Portfolio- including completion of one meso cycle which consists typically of three months (explained on-course).

Skype call - with assessor

How Long Until I Am Fully Qualified:

You have up to two years to complete the Level 3 Coaching Theory qualification.

When is My Assessment:

Upon completion of your portfolio you can apply for assessment through the assessment application form included in the portfolio.