

## **Intermediate Course Competencies**

The competencies for an Intermediate Coach are as follows:

1. Teach fundamental gymnastics skills relevant to the Gymsport
2. Work effectively in sport, recreation and business environments
3. Provide equipment for activities
4. Develop and update sport, fitness and recreation industry knowledge
5. Organise and complete daily work activities
6. Follow work health and safety policies and implement sports injury prevention
7. Communicate effectively with others in a sport environment

The following list of performance outcomes is used at the face to face course to determine that a coach meets the competencies of an Intermediate Coach:

1. Identifies, accesses, checks, sets up and monitors the use of equipment required for the delivery of the lesson.
2. Uses safe manual handling techniques.
3. Dismantles, checks and stores equipment correctly, ready for next user.
4. Plans a lesson to meet the physical maturity and skill levels of participants.
5. Prepares for lessons efficiently, following lesson plan, using appropriate communication to establish effective working relationships.
6. Conducts risk assessment prior to all activities making adjustments to ensure safety.
7. Provides participant briefing and ongoing monitoring to support safe participation through correct technique and safe use of equipment.
8. Uses coaching methods, communication skills and presentation techniques appropriate to the participants' characteristics and needs.
9. Devises progression and regression activities and offers corrections and feedback to support development of fundamental skills.
10. Uses clear communication including instructions, demonstrations, key coaching points and feedback.
11. Conducts drills to progress participants' gymnastics skills utilising KCP, physical preparation activities, corrections to common errors and evaluation of progress on all apparatus.
12. Reviews coaching performance, seeking feedback and takes appropriate actions to improve future coaching.