



Australian
Calisthenic
Federation

LEVEL TWO PROGRAM

OVERVIEW

- Coaches may commence Level 2 at any time after attaining Level 1 accreditation. No time limit applies for the completion of Level 2.
- The module fee is set nationally and reviewed annually in line with CPI. The current fee is \$35 per module.
- The General Coaching Principles module is presented as an open-book module, based on the ASC Intermediate Coaching General Principles Manual and adapted for Calisthenics. Update points are gained through completion of this module. Some recognition of prior learning may apply. Module to be completed within 6 months of receipt of Workbook.
- The Sports Specific modules will be offered by State Associations at different times throughout the year. Some recognition of prior learning may apply.
- The Coaches Code of Ethics is agreed to in writing annually by all coaches and is contained in the ACF Member Protection Policy.
- Coaches with a grievance regarding their coach training should direct their complaint to ACF, as set out in the ACF Complaint Management Policy.
- Course presenters are appointed following guidelines set out in the ACF Principles for Selection of Level Two Presenters and Supervisors.
- For modules requiring assessment of coaches, the assessment is carried out by the presenter.
- Mentors are selected according to the Principles for Selection of Mentors.
- The Australian Calisthenic Federation holds an insurance policy which covers all course deliverers.
- The needs of country coaches will be given careful consideration with regional workshops offered where possible.

Benefit

- Pay as you go rather than an up front course fee.
- Can start any time of year.
- No set order for completion of components unless specific pre-requisites apply.
- Level 1 update points at double rate can be claimed for each module completed.

Time Commitment

- There is no time limit for completion of Level 2.

Recognition of Prior Learning

- Coaches may seek recognition of prior learning for:
 - General Principles: where tertiary studies have been completed in areas such as Human Movement, Physical Education etc
 - Dance: where tertiary studies in Dance have been completed.
 - Injuries: where tertiary studies in Sports Medicine have been completed.
 - Presenters of a Level Two module will be deemed to have completed that module.

Application for recognition of prior learning must be made to the ACF executive through ACFCC.



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Course Objectives

Designed for coaches who want to improve personal and team standards.

- To develop an educational program which will increase the skills and knowledge of calisthenics coaches.
- To provide opportunity and encouragement for coaches to work towards self- improvement and expertise in their coaching programs.
- To broaden the range of options available in coach education in calisthenics.
- To upgrade the standard of coaching in Calisthenics through better trained and qualified coaches.

Course Learning Outcomes

At the completion of the course a Level Two Calisthenics Coach will be able to:

- Apply the basic biomechanical, physiological and behavioural sciences necessary for intermediate to advance levels of coaching.
- Demonstrate advanced technical knowledge of calisthenic elements.
- Structure advanced programs for calisthenic elements.
- Demonstrate coaching skills appropriate to specific levels and age groups.
- Demonstrate advanced choreographic skills.
- Identify adjudication elements of each area of competitive calisthenics and be able to apply this knowledge in their coaching.

Pre-requisites

- Level One accreditation.
- Membership of State Association.
- Current First Aid Qualification according to the established criteria.

COURSE REQUIREMENTS AND REGULATIONS

a) Attendance requirements

- 100% attendance required. Coaches must attend and complete all modules satisfactorily.

b) Fees

- Course fee will be set nationally and reviewed annually ó see Overview

c) Candidate Assessment

- attendance
- participation and discussion
- successful completion of all module assessment components
- participation in practical sessions

d) Course Delivery

- overseen and documented by State bodies
- presented by ACF approved lecturer/supervisor/personnel
- developed by the ACFCC under the direction of the ACF
- to be implemented at State level by State coaching bodies



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e) Venue

- The modules can be conducted at a school venue, community, church hall or other appropriate venue.
Minimum requirements are:
 - flat free space
 - CD/cassette player
 - overhead projector
 - white board
 - audio visual equipment ie DVD/Video player and TV

f) Records

- maintained by State bodies
- coaches issued numbered registration cards
- nationally held by Registrar of ACFCC

Structured Update Program

- Optional updating seminar Programs are to be organised by each State body and their Programs are to be approved by the ACFCC before implementation.
- Evaluation of Program:
 - 48 points over 4 years
- Each State must provide a comprehensive Program exceeding the minimum limits to reasonably allow all participants to fulfil the requirements.



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OVERVIEW OF COURSE WORK – LEVEL TWO

Sports Specific Modules:

Injuries and Prevention in Calisthenics Assessment (open book)	3 hours 1 hour
Stagecraft	4 hours
Club Swinging Assessment (written and practical)	3 hours 1 hour
Rod Exercises Assessment (practical)	3 hours 1 hour
Dance Assessment (open book) and practical	3 hours 1 hour
Singing	4 hours
Advanced Communication	4 hours
Coaching Effectiveness	4 hours
Coaching General Principles Assessment ó completion of Workbook	10 hours
TOTAL HOURS	42 hours