



UPDATING AND DEVELOPMENT PROGRAM

From January 2012 a revised and restructured update program has been implemented for you as an accredited coach. Working through this program will keep you up to date, provide you with increased knowledge to enhance your coaching methods, earn update points and lead you to Level 2 accreditation.

The ACF Updating and Development Program offers accredited coaches access to a wide variety of updating opportunities including seminars, workshops, sport specific and related modules, presenting, administrative duties and more.

Professional development will be further enhanced by including the Level 2 modules in your updating and this is now so easy to do with the UADP.

start Level 2 as
soon as you
achieve Level 1

no registration
form or upfront
fee

several modules
offered each year
in each state

module fee
reduced to \$35

no time limit to
complete
modules

DOUBLE update points are earned for each Level 2 module completed

The information packed 4 hour Level 2 modules included in the Updating and Development Program include:

Clubs
Communication
Dance
Rods
Singing
Sports Injuries and Prevention
Stagecraft

*See the National Level 2 Module Timetable
(for travellers)*

The Essence of Coaching
Coaching Processes
Skill Acquisition
Planning
Sport Psychology
Introduction to Physiology
Program Management
Development and Maturation

These topics are included in the recently introduced **ACF Level 2 General Principles module** which has been adapted for Calisthenics from the ASC Intermediate Coaching General Principles Manual.

no attendance
or travel time

complete
workbook at
home

\$35 module
fee includes
workbook CD

ASC manual
\$25 - purchase
online

6 months to
complete
workbook

Once you have completed all 8 Level 2 modules, you just need to submit your signed Module Attendance Sheet and pay the appropriate registration fee to your state coaching body. Your details will be forwarded to the Australian Sports Commission for registration as a

Level 2 Coach