



## **Level One Program**

### **OVERVIEW**

The Level One Program is a compulsory national Program. It is designed for any person seeking to become a coach/coach assistant under the auspices of the Australian Calisthenic Federation. The Level One Program is a 1 year integrated Program. Participants must turn 18 years within 12 months of commencing the Program modules. Participants seeking a variation to the minimum age requirement must complete a Variation to Coach Training application, to be submitted to ACFCC with club and state/territory written support.

The Level One Program must be completed to enable a person to coach unsupervised.

The course fee is set nationally and is reviewed annually in line with CPI. The current fee is \$150.00 payable to the state body at the time of application. In the event of an applicant withdrawing within 2 weeks prior to commencement of the course, a penalty of \$25 will be incurred. Otherwise course fees will be refunded.

The course is offered by State Associations at different times throughout the year. Applicants who have completed qualifications overseas, have sport related qualifications or coaching experience which may exempt them from all or part of the course may apply for Recognition of Prior Learning through their state coaching coordinator.

The Coaches Code of Ethics is agreed to in writing annually by all coaches and is contained in the ACF Member Protection Policy.

Trainees 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 from (1) experienced calisthenics coaches (sports specific modules) and (2) presenters with expertise in relevant areas for the remaining modules, as outlined in Roles and Responsibilities of Presenters and Supervisors (attached).

Assessors carry out at least one practical class assessment of each candidate, using the Candidate Assessment Papers included in this document and following the guidelines as set out in the National Assessing Guidelines for Level One Coaching.

The needs of country coaches are met with the Distance Education package which includes all work sheets and handouts, DVDs for all modules and provision for video assessment of a practical coaching session. Regional training sessions are conducted where possible.

The Australian Calisthenic Federation holds an insurance policy which covers all course deliverers.

### **COURSE OBJECTIVES**

- designed for beginning coaches who wish to coach calisthenics unsupervised.
- develop an educational Program, which will ensure appropriate skills and knowledge for coaching of calisthenics elements.
- provide opportunity and encouragement for all coaches to work toward self-improvement and expertise in their coaching knowledge.
- to upgrade the standard of coaching in calisthenics through better-trained and accredited coaches.

## **COURSE LEARNING OUTCOMES**

A Level One calisthenic coach at the completion of the course will be able to:

- demonstrate understanding of technical knowledge of calisthenic elements
- demonstrate understanding of coaching skills appropriate to specific levels of ability and age
- ensure a safe environment for the development of calisthenic skills
- structure Programs for calisthenic elements, including appropriate warm up and stretching routines
- have a clear knowledge of the requirements and limitations of each specific area of calisthenics
- understand the role of the coach and demonstrate knowledge of appropriate communication techniques
- demonstrate understanding of safe calisthenic practices
- apply the basic biomechanical, physiological and behavioural sciences necessary for beginning levels of coaching
- understand responsibilities and have some knowledge of administrative procedures

## **COURSE REQUIREMENTS AND REGULATIONS**

### **a) Enrolment Prerequisites**

All coaches seeking Level One accreditation must:

- turn 18 years of age within 12 months of commencing the modules
- have successfully completed the Cadet Program
- have Grade Two calisthenic skills
- be actively involved in coaching at club level
- be registered as a full financial member of the relevant State coaching body
- have a current first aid qualification according to established criteria

### **b) Compulsory Texts**

- Technical Guide CD
- Banned and Dangerous Movements Video, ACF

### **c) Attendance Requirements**

- 100% attendance required
- candidates must complete all modules satisfactorily

### **d) Fees**

- course fee set nationally and reviewed annually

### **e) References**

- Technical Guide CD
- You're the Coach
- Principles and Problems of Coaching
- Beginning Coaching
- Coaching Kids
- Banned and Dangerous Movements Video

### **f) Candidate Assessment**

- Participants must attend, actively participate and complete all modules successfully (see Guidelines for Presenters and Supervisors)
- 40 hours demonstrated and verified practical coaching with at least one coaching session assessed according to the Candidate Assessment Paper
- complete all course requirements within 12 months of commencing the course

#### **g) Course Delivery**

- overseen and delivered by State bodies
- presented by ACF approved lecturer/supervisor/personnel
- power point presentations developed for some modules, presenters can choose to use these or not
- changes to course content/requirements distributed by ACFCC registrar to State coaching coordinators
- developed and revised by the ACF Coaching Committee under the direction of the ACF

#### **h) Venue**

- Minimum requirements:
  - flat free space
  - appropriate working surface
  - appropriate audio-visual equipment

The training program is conducted in the one area and there are no other requirements.

#### **i) Records**

- training records are maintained by State bodies
- completed training records are held by states and nationally by ACFCC registrar as per the ASC registration format

#### **j) Post Course**

- candidates must complete 40 hours supervised practical coaching
- each candidate must maintain records of practical coaching experience
- hours are to be verified through State and club records
- Level One accreditation is recognised once all course requirements are fulfilled and paperwork is completed

### **PROGRAM FOR ACCREDITATION UPDATING**

Coaches must achieve a total of 24 update points in each 4 year period following Level One accreditation.

Optional updating seminar programs are to be organised by each state body — some suggestions to be considered for inclusion:

- updating of rules, banned movements, adjudication requirements.
- first aid upgrading or updating
- specialist seminars on calisthenic elements (participation and coaching methodology)
- nutrition
- attendance or participation in national championships

## **OVERVIEW OF COURSE WORK**

|                    |                           |                   |
|--------------------|---------------------------|-------------------|
| <b>Module 1</b>    | The Role of the Coach     | 1 hour            |
| <b>Module 2</b>    | Organisation and Planning | 1 hour            |
| <b>Module 3</b>    | Coaching Communication    | 1 ½ hours         |
| <b>Module 4</b>    | Strength and Conditioning | 4 hours           |
| <b>Module 5</b>    | Growth and Development    | 1 hours           |
| <b>Module 6</b>    | Dance in Calisthenics     | 2 ½ hours         |
| <b>Module 7</b>    | Music and Singing         | 2 ½ hours         |
| <b>Module 8</b>    | Choreography              | 2 hours           |
| <b>Total hours</b> |                           | <b>15 ½ hours</b> |

## **COURSE EVALUATION**

### **FORMAT**

Questionnaire

### **OBJECTIVES**

To collect feedback that could be used in future planning and improvements of the ACF Level 1 Coaching Course.

### **CONTENT**

- course organisation
- presentation by lecturers (module by module)
- value of modules and practical sessions (by module)
- balance between theory and practical material
- course format
- suggestions for inclusion in future programs
- other comments