

Level 2 Coaching Course | Learning Outcomes

Throughout the entire course, the below listed Learning Objectives will be delivered in either the e-learning content and/or the face-to-face practical element.

THE SPORT	
1	o Describe key drivers for change in WPV and the Paralympic Movement
2	o Understand the competitive environment within which the coach will function
3	o Master all rules and regulations specifically relevant to coaches of sitting volleyball
4	o Understand the expectations of the Coach in a game situation and their role in delivering a performance through game management
5	o Understand the process and practice of player classification
THE PLAYER	
6	o Recognise talent indicators in players and be aware of various player recruitment strategies
7	o Understand the physical, emotional and social needs of the players; balancing and managing these needs to bring about optimal team effectiveness
8	o Understand adapted physical conditioning for sitting volleyball
9	o Recognize the biomechanical and kinesiological needs of performers with specific impairments and understand how types of disability may impact on athletic performance
10	o Understand the principles of mental preparation in sport and the psychological needs of players with a physical disability
11	o Understand basic nutrition and hydration principles for sports performance
12	o Recognise mental health issues in relation to involvement in disability sport
13	o Understand how to support participant awareness of drugs and doping in performance sport
14	o Be able to apply contemporary models of skill acquisition to the development of the sitting volleyball techniques
THE COACH	
15	o Be able to review the needs of sitting volleyball participants prior to designing a series of SV coaching session

16	o Understand the coaching process as it applies to sitting volleyball
17	o Be able to produce a series of sitting volleyball coaching session plans
18	o Be able to evaluate of a series of sitting volleyball coaching sessions focusing on their impact to performance
19	o Be able to plan for a competitive season in sitting volleyball, demonstrating knowledge through a series of planning steps
20	o Understand the principles of planning sitting volleyball coaching sessions, demonstrating knowledge by showing links between sessions
21	o Understand how to maximise the learning process through effective sitting volleyball coaching sessions
22	o Be able to prepare physical environment and resources for an sitting volleyball coaching session
23	o Be able to utilise a wide range of team systems and apply attacking and defensive tactics in game situations which have a positive effect on results
24	o Understand and use information from match analysis to develop the coaching environment (training and competition)
25	o Appreciate the key roles of Coach & 'carer' in the management of a sitting volleyball team
26	o Understand how to ensure participants' safety by assessing and managing possible risks
27	o Understand how to ensure equitable coaching in all team activities
28	o Proactively safeguard and protect children and vulnerable adults throughout the sport
29	o Understand models of leadership in developing individuals and managing sitting teams with a common purpose
30	o Understand the importance of developing effective relationships with all connected with sitting volleyball
31	o Understand coaching philosophy as it relates to sitting volleyball (fun/learning/competition)
32	o Understand the concept of lifelong learning as it relates to the sitting volleyball participants
PRACTICAL	
33	o Show an understanding for the need for rhythm, accuracy and consistency in ball feeding
34	o Demonstrate confidence and control when managing training activities / drills
35	o Be able to use models of player analysis and constructive feedback in relation to physical, mental, technical, technical, lifestyle factors that interact to influence the development of sitting volleyball players
36	o Formulate a plan on how best to apply this new knowledge and state what participant commits to doing to grow the game and/or develop their team