



MOC Coach Academy

Coach Education and
Certification System

The Academy

- ▶ The MOC has established the Academy to provide Professional Education in the Coaching Sector.



Coach Education and Certification System

- ▶ The MOC appreciates that the development and running of a National Coach Education and Certification System might be beyond the Federation's resource.
- ▶ The MOC Coach Academy will assist National Federations in this education and certification for their technical staff.



New Academic Orientation

- ▶ Getting to know essential scientific and academic knowledge
- ▶ Familiarization with new environment
- ▶ Meeting new colleagues
- ▶ Flexible online platform for delivery of knowledge
- ▶ Address the Federation requirements and help them in meeting today's professional requirements.



Partnership with Semmelweis University Faculty of Physical Education

- ▶ Semmelweis University Faculty of PE and Sport Sciences is the largest, the most comprehensive and the oldest centre for education and training in sport and physical activity in Hungary with 86 years of history, originally established as the Royal College of Physical Education in 1925.
- ▶ The University has 5 other faculties in the field of Medicine and Health Sciences, with a total of 11.000 students, located in the capital city of Budapest.



Olympic Solidarity

- ▶ Once again Olympic Solidarity is supporting this project





Coach Certification Programme

Level 1 Instructor
Level 2 Coach
Level 3 Pro Licence

INSTRUCTOR Level 1

- ▶ 8 weeks STARTS MONDAY 14th OCTOBER
- ▶ The Instructor course is intended to train coaches for effective work with youth and beginner athletes.
- ▶ The Instructor syllabus emphasizes Theoretical subjects and the practical skills of coaching.
- ▶ At the same time, the Instructor course provides a theoretical base which is sufficient to allow Instructors to continue learning, either through their own efforts or within the structure of the Academy.
- ▶ To make the most efficient use of resources, the Instructor Theoretical Courses will be conducted online over a period of 8 weeks.
- ▶ The Sport Specific section of the course is provided by the Federation and also delivered through our Moodle platform and the practical knowledge is assessed by Federation Tutors through an apprentice scheme.



Academic subjects level 1

INSTRUCTOR

Delivered over 8 weeks

- ▶ Exercise Physiology I
- ▶ *First Aid
- ▶ Growth and Development
- ▶ Nutrition and hydration I
- ▶ Psychology of Sport
- ▶ Training Methodology I

*(Valid certificate of First Aid from St John's Ambulance Brigade or Red Cross)



First Aid

HEADQUARTERS ADDRESS

St. John Ambulance
5 Independence Square
Valletta VLT 1520
E-mail: info@stjohnambulancemalta.com
Tel. 21245740 Mob. 7924574

Download application form at
<http://www.stjohnambulancemalta.com/sitebuildercontent/sitebuilderfiles/CourseApplication>

Course dates check:
<http://www.stjohnambulancemalta.com/id13.html>

Price per person €40
For groups >12 €35

St John's Ambulance – Malta

104, St Ursula Street, Valletta, VLT 1234
Or Triq Giacchino Lebrun, Pembroke
Course Coordinator
E-mail: courses@redcross.org.mt
Mob. 79000112
Tel. 21388112 Wed, Fri 09:00–13:00

Online application form at
<http://www.redcrossmalta.org.mt/form/courses>

The minimum number of people needed to organize such course is 10 people.

Timetable of courses :
<http://www.redcross.org.mt/courses.php>

Price per person €33

Malta Red Cross Society

Sport Oriented

- ▶ History of Sport I
 - Internationally
 - Nationally
- ▶ Rules of the sport
 - Internationally
 - Nationally
- ▶ Officiating



Apprenticeship Practical

The Tutor allocated to the sport in Level 1 should assess the student instructors:

- ▶ Knowledge of the Sport or Discipline
- ▶ Communication with Students in the explanation of basic techniques
- ▶ Maintaining discipline and interest amongst students
- ▶ Basic safety in the Sport
- ▶ Relationship with adult students
- ▶ Relationship with child students
- ▶ Relationship with Parents



Apprenticeship Practical

- ▶ The Students will be expected to attend a minimum of 16 hours of practical apprenticeship with a qualified tutor, recognised by the National Federation registered with the course.
- ▶ The Tutor will draw a report and assess the student on the official form.
- ▶ The student will keep a log book and enter a report of their activity with details of time date and place. The report has to be validated by the Tutor.
- ▶ The weight of these practical sessions is 30% of the total points of the course.



Visit by Semmelweis Professors

- ▶ On Saturday 9th November, Professors from the University will Visit us for a Day Seminar to help with the delivery of some important modules directly and to make acquaintance with the students
- ▶ They will also explain how online live meetings will be held whenever necessary.
- ▶ Please keep this date free



Entry Requirements

- ▶ Minimum 18 years
- ▶ 4 years Sport Experience
- ▶ Nominated by National Federation



COACH Level 2

- ▶ 10 WEEKS STARTS 13th January 2014 – 21st MARCH 2014
- ▶ The Coach Level course is designed to be an introduction to performance coaching for coaches who have performed well at Level 1 Instructor Course and have gained enough level of coaching specialisation at club level
- ▶ With this specialisation they can begin to meet their country's need for high level coaches.
- ▶ It is anticipated that the majority of Level II participants will continue to Level III.
- ▶ In addition to elements specific to the age groups, the Level II syllabus contains core elements which are common to all sectors.
- ▶ On completion of a Level II course a coach will be expected to be able to identify and coach the basic competition model for National and Regional level.
- ▶ The coach will also be expected to be able to plan and implement a series of appropriate training sessions within the context of an annual training plan.



Academic subjects COACH level 2

- ▶ Biomechanics I
- ▶ Psychological Training Program Design
- ▶ Injury Management
- ▶ Nutrition and hydration II (with anti-doping component)
- ▶ Periodization – 1 year
- ▶ Teaching Methodology
- ▶ Training Methodology II



Sport Oriented

- ▶ History of Sport II
 - Internationally
 - National
- ▶ Rules of the sport II
 - Internationally
 - National
- ▶ Officiating on National & International Level
 - Requirements for a National Championship



Apprenticeship Practical

The Tutor allocated to the sport in Level 2 should assess the student Coach:

- ▶ Their skills to make a good coach.
- ▶ Comprehensive understanding of underlying technical principles of the sport
- ▶ Capability to motivate and retain the athlete in the sport
- ▶ Capability to plan a long-term training program for the athletes.
- ▶ Capability in communication skills in both teaching and listening?
- ▶ Considerations when preparing a team for a competition?
- ▶ Tactics used during a competition



Apprenticeship Practical

- ▶ The Students will be expected to attend a minimum of 20 hours of practical apprenticeship with a qualified Coach, recognised by the National Federation registered with the course.
- ▶ The Tutor will make a report and assess the student on the official form.
- ▶ The student will keep a log book and enter a report of their activity with details of time date and place. The report has to be validated by the Tutor.
- ▶ The weight of these practical sessions is 30% of the total points.



Visit by Semmelweis Professors

- ▶ On Saturday 25th January, Professors from the University will Visit us for a Day Seminar to help with the delivery of important modules directly and to make acquaintance with the students for level 2
- ▶ They will deliver Certificates to the successful Instructor Students level 1.
- ▶ There will then be a final visit on Saturday 22nd March 2014 for the final assessment and delivery of certificates to the successful students level 2 Coaches
- ▶ Please keep these dates free



Entry Requirements

- ▶ Minimum 20 years
- ▶ 1 year experience as Instructor
- ▶ Nominated by National Federation



Level 3 Pro Licence

- ▶ We will apply next year for the sponsorship for level 3 Pro Licence



PRO LICENCE

- ▶ **DURATION 22 WEEKS**
- ▶ The Pro Licence Level III course is designed to be an introduction to performance coaching for coaches who have performed well at Level II and have gained a level of coaching specialisation in National and Regional activities.
- ▶ With this specialisation they can begin to meet their country's need for high level coaching.
- ▶ It is anticipated that the majority of Level III participants will continue to Level IV which is at a degree level.
- ▶ In addition to elements specific to the events group, the Pro Licence syllabus contains core elements which are common to all sectors of High Performance Sport.
- ▶ On completion of a Level III course a coach will be expected to be able to identify and coach the basic competition model for International Competitions.
- ▶ The coach will also be expected to be able to plan and implement a series of appropriate training sessions within the context of 4 year training plan.



Summary

- ▶ **MONDAY 14th OCTOBER STARTS LEVEL 1**
- ▶ **SATURDAY 9th NOVEMBER VISIT PROFESSORS**
- ▶ **FRIDAY 6th DECEMBER END OF LEVEL 1 INSTRUCTOR LICENCE**
- ▶ **MONDAY 13th JANUARY 2014 START LEVEL 2 COACH LICENCE**
- ▶ **SATURDAY 25th JANUARY 2nd VISIT PROFESSORS & DELIVERY OF LEVEL 1 INSTRUCTOR**
- ▶ **FRIDAY 21st MARCH END LEVEL 2 COACHING LICENCE**
- ▶ **SATURDAY 22nd MARCH PRESENTATION OF CERTIFICATES SEMMELWEIS UNIVERSITY**

