



Coach Education & Leadership Programme

October 2011 – March 2012



Want to become a qualified Sports Coach, Sports Leader or Gym Instructor?

Are you interested in becoming a qualified sports coach, physical activity instructor, referee or qualified first aider? Do you want to improve on your sporting skills? If so, The Access to Sports Project is running a comprehensive coach education and leadership programme between October 2011 and March 2012. There are a wide range of courses on offer including beginners through to advanced level qualification awards. These courses will provide participants with the opportunity to obtain nationally recognized, accredited sports coaching and physical instructor qualifications within the sport and leisure industry. The programme is supported by a number of partners including Homes for Islington, Proactive Islington, City and Islington College, Football Foundation, Islington Young Peoples Service, Hackney Youth Service and Islington Leisure Team.

For more information please call 0207 686 8812 or email coach.education@aquaterra.org or www.accesstosports.org.uk

FREE/SUBSIDISED PLACES AVAILABLE

There are a limited number of subsidised places on our courses, in particular those aged 16-19 years living in Hackney and Islington (up to 25 SEN / LDD) and also Homes For Islington (HFI) Residents.

To find out if you are eligible for a subsidized or funded place of the courses, please contact us for more information. As part of this scheme candidates / applicants may be required to complete a minimum 12 hours of voluntary work.

Sports Leadership Courses Level 2 in Community Sports Leadership

This intensive one-week course is open to anyone over 16 years of age who is interested in working with children and young people in a community sports environment. You will develop the skills needed to become a Sports Leader through practical, enjoyable sessions and will cover various modules including organisational skills, planning sessions, basic exercise physiology, organising events, competitions and basic first aid.

- Course Length: 35 Hours + 10 Voluntary Hours
- Course Cost: £140

Date: Mon 24 Oct – Sat 29 Oct 2011
Time: 10am-5pm
Venue: Islington Arts & Media School, Turle Road, N4 3LS

Date: Mon 13 Feb – Sat 18 Feb 2012
Time: 10am-5pm
Venue: B6 Six Form College, Kenninghall Road, E5 8BP

Leadership Courses Level 1 in Dance Leadership

The Level 1 Award in Dance Leadership is open to anyone over 13 years of age and is a nationally recognised qualification that enables successful candidates to lead small groups in simple dance activities, whilst under the direct supervision of their tutor. The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of dance. It is a fun and practical qualification with no entrance requirements or final examinations to sit.

- Course Length: 35 Hours + 10 Voluntary Hours
- Course Cost: £140

Date: Mon 13 Feb – Fri 17 Feb 2012
Time: 10am-5pm
Venue: Sobell Leisure Centre, Hornsey Road, N7 7NY

1st4sport Level 1 Award in Coaching Football

This course is intended for people with an interest in coaching football to young people. There are practical and theoretical components and on completion of this course you will be able to confidently demonstrate an ability to safely organise and supervise football activities and football orientated games. Included in this award are child protection and emergency aid modules.

- Course Cost: £180

Dates: Sat 5, 12, 19 Nov 2011

Time: 9.00am-5.00pm
Mon 7 & 14 Nov 2011

Time: 6.30pm – 9.30pm

Venue: Islington Arts & Media School,
Marriott Rd, N4 3RB

Dates: Sat 3, 10, 17 Dec 2011

Times: 9am – 5pm
Tue 29 & 6 Dec 2011

Times: 6.30pm – 9.30pm

Venue: B6 Six Form College, Kenninghall Road,
E5 8BP

Dates: Sun 15, 22 and 29 Jan 2012

Times: 9am – 5pm
Mon 16 & 23 Jan 2012

Times: 6.30pm – 9.30pm

Venue: Kings Hall Leisure, 39 Lower Clapton
RD, E5 0NU

Dates: Sat 4, 11 & 18 Feb 2012

Times: 9am – 5pm
Mon 6 & 13 Feb 2012

Times: 6.30pm – 9.30pm

Venue: Islington Arts & Media School, Turle
Road, N4 3LS

Dates: Sat 3, 10 & 17 Mar 2012

Time: 9am – 5pm
Tue 6 & 13 Mar 2012

Time: 6.30pm – 9.30pm

Venue: B6 Six Form College, Kenninghall Road,
E5 8BP



1st4sport Level 2 Certificate in Coaching Football

The Level 2 is designed for adults (over 16 years of age) with experience of both playing and coaching football who wish to develop their knowledge and experience of coaching the national game. The purpose of the course is to enable you to demonstrate an understanding of the principles of attack and defence through small-sided games, develop an appreciation of the coaching process, and contribute to the promotion of association football.

- Course Length: 90 Hours
- Course Cost: £360

Dates: Mon 28 Nov – Fri 2 Dec 2011
Tue 14 & Wed 15 Feb 2012,
Tue 13 & Wed 14 Mar 2012

Time: 8.00am- 4.00pm

Venue: Market Road Astro turf, London, N7 9PL

Prerequisite: Level 1 Certificate in Coaching
Football

Dates: Mon 20 Feb - Fri 24 Feb 2012
Tuesday 24 & Wed 25 April 2012,
Tue 22 & Wed 23 May 2012

Time: 8.00am- 4.00pm

Venue: Market Road Astro turf, London, N7 9PL

Prerequisite: Level 1 Certificate in Coaching
Football



1st4sport Level 1 Award in Coaching Basketball

This course is for people with some or little knowledge of basketball and those who are interested in coaching young people and children in the basketball environment.

After completing this course you will be able to confidently demonstrate the ability to assist in the coaching of passing, dribbling and shooting skills; understand individual defence and offence; grasp simple tactics and basic rules; and organise sessions safely and practically.

- Course Length: 30 Hours
- Course Cost: £150

Courses to be arranged – please call for more details

1st4sport Level 1 Award in Coaching Volleyball

This course is for anyone aged over 16 years of age who has some interest in the game of Volleyball. On completion of this course candidates will be able to help assist groups of beginners play and practice Volleyball in a safe and fun environment. In addition to the basic technical and tactical requirements of the game, the course covers basic communication skills and how to plan sessions.

- Course Length: 30 Hours
- Course Cost: £150

Dates: Sun 4, 11, 18 Dec 2011
Times: 9am – 5pm
Venue: Islington Arts & Media School, Turle Road, N4 3LS

Dates: Sat 11, 18, 25 Feb 2012
Times: 9am – 5pm
Venue: B6 Six Form College, Kenninghall Road, E5 8BP

1st4sport Level 1 Award in Coaching Badminton

This course is for anyone aged over 16 years of age who has some interest in the game of badminton. On completion of this course candidates will be able to help assist groups of beginners play and practice badminton in a safe and fun environment. In addition to the basic technical and tactical requirements of the game, the course covers basic communication skills and how to plan sessions.

- Course Cost: £180

Dates: Sat 12, 19 & 26 Nov 2011
Times: 9am – 5pm
Venue: B6 Six Form College, Kenninghall Road, E5 8BP

Dates: Sun 11, 18, 25 Mar 2012
Times: 9am – 5pm
Venue: Islington Arts & Media School, Turle Road, N4 3LS

1st4sport Level 1 Award in Coaching Netball

This course is for anyone aged over 16 years of age who has some interest in the game of Netball. On completion of this course candidates will be able to help assist groups of beginners play and practice netball in a safe and fun environment. In addition to the basic technical and tactical requirements of the game, the course covers basic communication skills and how to plan sessions.

- Course Cost: £170

Dates: Sun 12, 19 Feb & Sat 17 Mar 2012
Times: 10am – 5pm
Venue: Islington Arts & Media School, Turle Road, N4 3LS



1st4sport Level 1 Award in Coaching Table Tennis

This course is for anyone aged over 16 years of age who has some interest in the game of Table tennis. On completion of this course candidates will be able to help assist groups of beginners play and practice table tennis in a safe and fun environment. In addition to the basic technical and tactical requirements of the game, the course covers basic communication skills and how to plan sessions.

- Course Length: 30 Hours
- Course Cost: £170

Courses to be arranged – please call for more details



1st4sport Level 1 Award in Coaching Cricket

This course is calling out to anyone with some or little experience and knowledge in cricket and is interested in coaching young people. After completing this course candidates will be competent in demonstrating an understanding in areas such as group coaching, net management, Kwick Cricket, games and drills, and basic umpiring. There will also be workshops on child protection and first aid.

- Course Length: 30 Hours
- Course Cost: £200

Dates: Sun 30 Oct, 6 & 13 Nov 2011
Times: 10am – 5pm
Venue: Kings Hall Leisure centre, Lower Clapton Road, E5 0NU

Dates: Dates to be confirmed
February/March 2012
Times: 9am – 5pm
Venue: Islington Arts & Media School, Turle Road, N4 3LS

Introduction to Table tennis Coaching

This course is for anyone aged over 16 years of age who has some interest in the game of Table tennis.

- Course Length: 6 Hours
- Course Cost: £50

Dates: Sun 16 Oct 2011
Times: 9.30am – 4pm
Venue: Sobell Leisure Centre, Hornsey Road, N7 7NY

Active IQ Level 2 Award in Instructing Exercise & Fitness Sessions

This qualification provides the knowledge and skills to enable learners to plan, deliver and evaluate safe and effective gym sessions. This qualification will provide entry onto the Register of Exercise Professionals at Level 2 and can be achieved in the context of a gym setting.

Entry requirements

The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary. There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

Assessment

Internally assessed: Coursework, Multiple Choice Examination, Portfolio of Evidence, Practical Demonstration / Assignment

- Course Length: 80 – 90 Hours
- Course Cost: £575

Dates: Mon 24 – Sat 29 Oct 2011
Sat 5, Sun 6 Nov,
Sat 12, Sun 13 Nov
Sat 19, Sun 20 Nov

Time: 9.30am-5.00pm

Venue: Sobell Leisure centre, Hornsey Road, N7 7NY

Dates: Mon 13 – Sat 18 Feb 2012
Sat 25, Sun 26 Feb,
Sat 3, Sun 4 Mar,
Sat 10, Sun 11 Mar

Time: 9.30am-5.00pm

Venue: Sobell Leisure centre, Hornsey Road, N7 7NY



Active IQ L3 Award in Personal Trainer certificate

Active IQ L3 Personal Trainer certificate teaches the learner skills and abilities to work with clients or groups in the very competitive personal training market. Modules of this course include anatomy & physiology, principles of nutrition and skills in delivering sessions with clients. Tutors include current managers and personal trainers working in the industry, experienced in developing students and employees to become highly successful fitness professionals.

- Course Length: 245 Hours
- Course Cost: £1500

Dates to be confirmed - March 2012 start completion end of July 2012



Active IQ Level 2 Award in Instructing Circuits Sessions

The aim of the course is to train learners, who already have knowledge and skills in gym or exercise to music instruction, to a professionally competent level to plan and deliver safe and effective circuit training sessions.

Entry requirements

Learners must hold a Level 2 qualification in Fitness Instructing (Gym/ETM) or equivalent.

- Course Length: 40 Hours
- Course Cost: £160

Dates: Sat 14 Jan 2012
Sun 15 Jan
Sat 21 Jan

Time: 9.30am-5.00pm

Venue: Sobell Leisure centre, Hornsey Road, N7 7NY



Active IQ Level 2 Award in Adapting Exercise for Adolescents

This qualification is designed to provide learners with the knowledge and skills required to be able to adapt fitness instruction to accommodate adolescents providing an understanding of the physiological and psychological issues they face and how they affect their ability to exercise.

Entry requirements

Learners must hold a Level 2 Certificate in Fitness Instructing or equivalent.

- Course Length: 30 Hours
- Course Cost: £125

Dates: Sat 4 Feb 2012
Sun 5 Feb
Sat 11 Feb

Time: 9.30am-5.00pm

Venue: Sobell Leisure centre, Hornsey Road, N7 7NY



Sports Coach UK Workshops

How to Coach Disabled People in Sport

This workshop tackles the frequently asked questions about working with disabled people in sport. At the end of the workshop coaches will be able to determine how to include disabled people in sport, select appropriate coaching activities and create effective coaching environments.

- Course Length: 3 Hours
- Course Cost: £30

Dates: Mon 19 Mar 2011

Time: 6.30pm – 8.30pm

Venue: Sobell Leisure centre, Hornsey Road, N7 7NY

A Guide to Mentoring Sports Coaches

Mentoring is a powerful tool in the education and development of sports coaches at all levels. This workshop will help you as a mentor to support coaches learning and focus on how learning occurs.

- Course Length: 3 Hours
- Course Cost: £30

Dates: Mon 5 Dec 2011

Time: 6.30pm – 9.30pm

Venue: Sobell Leisure centre, Hornsey Road, N7 7NY

Safeguarding and Protecting Children

This workshop gives you the opportunity to explore and recognise the signs of child abuse, identify poor practice, identify appropriate action and explain the roles and responsibilities of the Police, Social Services and other agencies.

- Course Length: 3 Hours
- Course Cost: £30

Dates: Mon 14 Nov 2011

Time: 6.30pm – 9.30pm

Venue: Sobell Leisure centre, Hornsey Road, N7 7NY

Introduction to Long term Athlete Development

This workshop will enable coaches to understand the key concepts of LTAD and what it means to them and their practice. Topics will include identifying and recognising the reasons for adopting LTAD and the appropriate action needed to integrate LTAD into their coaching.

- Course Length: 3 Hours
- Course Cost: £30

Dates: Mon 6 Feb 2012

Time: 6.30pm – 9.30pm

Venue: Sobell Leisure centre, Hornsey Road, N7 7NY

For more information contact
The Access to Sports Project:
020 7686 8812
coach.education@aquaterra.org
www.accesstosports.org.uk

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