



Recognition of Prior Learning

Junior Coach – Online Modules

SECTION A: MENTAL SKILLS TRAINING

GSNZ LEARNING OUTCOMES Applicant is able to:	EVIDENCE	RESULT
Understand the role of mental skills training in developing sports performance		
Understand the principles of motivation		
Develop goal-setting strategies with their athletes to enhance motivation		

SECTION B: SKILL ANALYSIS AND COACHING

GSNZ LEARNING OUTCOMES Applicant is able to:	EVIDENCE	RESULT
Divide a skills into meaningful phases and identify the key elements within each phase		
Develop an observation plan to analyse the key elements of a skill		
Understand the skill/feedback loop as a basis for skill learning		
Select and teach the simple and complex skills in their sport		
Understand and implement a TGFU approach to coaching		
Give effective feedback		

SECTION C: PHYSICAL PREPARATION

GSNZ LEARNING OUTCOMES Applicant is able to:	EVIDENCE	RESULT
Explain the body's energy systems and their application to training		
Explain the general training principles		
Apply the general training principles and guidelines to the design of athlete training programmes		
Explain the principles of periodisation and apply them to developing a simple periodised training programme		

SECTION D: ASSESSOR COMMENTS

--

DECISION/OUTCOME

Decisions	Notes/Details	Please tick
Qualification granted in full as requested		
Additional Course work required		
Additional Practical work required		

Assessor Name: _____

Signature: _____

Date: _____