



Recognition of Prior Learning

Senior Coach – Online Modules

SECTION A: SCIENCE IN COACHING

GNSZ LEARNING OUTCOMES Applicant is able to:	EVIDENCE	RESULT
Understand and apply sports science principles that benefit athlete performance and enjoyment		
Analyse nutritional information provided by an athlete and make suggestions/recommendations		
Use biomechanical principles to perform a skill analysis		

SECTION B: EFFECTIVE COACHING

GNSZ LEARNING OUTCOMES Applicant is able to:	EVIDENCE	RESULT
Foster the development of an athlete-centred coaching environment		
Demonstrate an understanding of, implement and reflect on the principles of communication, questioning and feedback in a series of training sessions for their athletes		

SECTION C: ASSESSOR COMMENTS

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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: _____