

Intermediate Coaching Course Content

The table below gives a brief overview of the generic online content included in the Intermediate Coaching Course.

Online – Generic

Topic title	Content
The Sports Industry	<p>This section provides an overview of how the sports industry is a valuable asset to help you along your journey to become a nationally recognised coach. It includes reference to:</p> <ul style="list-style-type: none"> • Economic and social significance of sport • Community development philosophies and principles • Gymnastics for All • Keeping up to date with technology
Working At Your Gym	<p>This section introduces the roles and responsibilities of an Intermediate Coach. It includes reference to:</p> <ul style="list-style-type: none"> • Your club's goals and structure • Your behaviour in the gym • Your role within the gym team • Evaluating your performance • Balancing life and your coaching
Coaching Safely	<p>This section explains the responsibilities of an Intermediate Coach. Including determining risks and hazards, what is your duty of care and who to ask for assistance. It includes reference to:</p> <ul style="list-style-type: none"> • Applying common sense! • Avoiding negligence • Creating a safe environment • Insurance • Injury prevention • Assessing your environment
Planning, Coaching and Reviewing	<p>This section discusses the types of lesson plans that can be used and helps you to review and revise the plans post term, as well as some tips for spotting and safe teaching . It includes reference to:</p> <ul style="list-style-type: none"> • Group management • Spotting techniques and teaching activities safely
Communication	<p>This section guides you through the various forms of communication, in terms of who you are communicating with, how you are communicating with them and what is the best method. It includes reference to:</p> <ul style="list-style-type: none"> • Working as part of a coaching team • Dealing with difficult participants • Feedback strategies and encouraging participants • Inclusion of all participants

Topic title	Content
	<ul style="list-style-type: none"> • Working with specific groups • Communication during conflict
Skill and Drill Correction (SPACE)	This section focuses on working with participants to develop their shapes, skills on apparatus and drills whilst making them indestructible by introducing the SPACE acronym; Skill Progressions, Physical Preparation, Appropriate Coaching Points, Common Errors and Evaluate.
What is the National Levels Program?	This section discusses the systematic developmental approach to skill acquisition also known as the National Levels Program and what it means for you as an Intermediate Coach.
What are Dominant Movement Patterns?	<p>This section introduces the idea that all gymnastics skills, regardless of the Gymsport they belong to, can be categorised within a framework called the Dominant Movement Patterns (DMPs). It includes reference to:</p> <ul style="list-style-type: none"> • The DMPs skills, Gymsports and apparatus • The DMPs in detail • Working with objects • Fundamental shapes • Movement Principles

Online – Gymsport

Topic title	Content
About the Gymsport	<ul style="list-style-type: none"> • History of the Gymsport in Australia • Competition pathways • Execution and performance (where relevant)
Physical preparation and Posture	<ul style="list-style-type: none"> • Principles of good posture • Strength training and development • Flexibility training and development
Gymsport skill development	<ul style="list-style-type: none"> • How to coach the skills • Safety

Face to Face Course

Topic title	Content
Coaching skills specific to the Gymsport	<ul style="list-style-type: none"> • Coach a range of skills safely appropriate to the Gymsport • Reinforce key coaching points • Design and develop drills and activities relevant to needs of the group • Coach skills to a group • Analyse, discuss and review coaching sessions
Lesson Plan Delivery	<ul style="list-style-type: none"> • Plan and design a lesson plan • Deliver and review the lesson plan