



BG UKCC COACH EDUCATION COURSES
SUMMARY OF CHANGES
AUGUST 2008

In common with other sports, BG has taken on board the standards and procedures of the United Kingdom Coaching Certificate – UKCC. These mean a change from the ways we previously ran courses and examined candidates.

The changes involve qualification structures, age rules, timing / frequency, content and cost of courses, and the assessment process. Coaches and clubs must be clear on these aspects when applying for courses.

Planning has become an essential part of the Coach Development Process. It is important that you understand the new processes involved with achieving a gymnastics coaching qualification and think ahead.

QUALIFICATION STRUCTURE

The changes to the qualification structure are quite fundamental and the implementation schedule is:

Introduction of a new “**Award Scheme Coaching**”-course under the Level 1 (start 1st September 2008)

Introduction of new **UKCC Level 1** courses and assessments and procedures replacing all the current Level 1 courses (start 1 August 2008)

All **Level 2** courses remain in the current system for another year and will be replaced by new UKCC Level 2 on 1 August 2009.

All **Level 3** courses remain in the current system for another two years and will be replaced by new UKCC Level 3 on 1 August 2010.

AGE RULES

Candidates aged 14 - 18 can attend the “**Award Scheme Coaching**”- course (must have reached their 14th birthday). Once 19, if they wish to continue coaching, coaches must qualify at UKCC Level 1.

Candidates aged 16 & over can attend the **UKCC Level 1 course** (must have reached their 16th birthday).

Coaches aged 18 & over can attend the **Level 2 and higher courses** (must have reached their 18th birthday).

CONTENT

Award Scheme Coaching: The new British Gymnastics Award Scheme coaching course will be available from 1st September 2008.

Gymnasts between the ages of 14 and 18 can attend this course. It is only open to gymnasts who are in a registered BG club or attached to the BG leisure centre scheme.

It is a one-day (6 hour) practical course and allows gymnasts to help with recreational classes using the BG proficiency award schemes. The gymnasts must hold current BG membership.

Key points of the course:

- Must be delivered in a BG registered club or be a BG leisure centre scheme member.
- A BG tutor must deliver this course
- The cost is £49 per candidate

If you have gymnasts wanting to attend this course, please contact your Regional Coaching Co-Ordinator. For contact details please click onto the BG website www.british-gymnastics.org and click onto coaching.

UKCC Level 1: These courses follow a specific format and are tied to new assessment procedures:

All UKCC courses are scheduled so that there is a 2-week gap between day 1 and day 2. Day 3 follows whenever is practical. The 2-week gap is intended to allow the candidate coach to try out 'How To Coach' ideas introduced on day 1. It is important that coaches are given an opportunity to do this with support from their club mentor coach. To help achieve this –

Candidates will receive a logbook on day 1 for immediate use, which links with course specifics and will help both candidate and mentor with guided learning. Mentors should familiarise themselves with this and the candidate's resource packs to be effective in this.

The candidates will then complete the course in respect of Sport Specific aspects, assessment procedures, etc.

One of the important concepts introduced through the UKCC system is the "learner centred" approach. Rather than being told what to improve on, candidates should be encouraged constantly to self-reflect and offer own opinions on this, which the mentor can then expand on. They should also be encouraged to develop their ability to plan, observe, analyse and give feedback, all of which will they will be assessed on. They will be expected to use the "learner centred" approach in coaching their gymnasts.

ASSESSMENTS

Award Scheme Coaching

There is no formal assessment for this course. The assessment is informally included in the course.

UKCC Level 1

All assessments will now be conducted on a 1-to-1 basis. The candidate will spend an hour with the assessor, who will be looking not just at what the candidate knows about technical skills but 'How' they coach them to gymnasts. The candidate will be assessed on a mix of skills from the syllabus. The candidate will be asked to self-reflect on their whole performance and the assessor will add their assessment of this and give the candidate a decision on their competence and an action plan for further development.

Levels 2 & 3

These assessments will continue as at present but will fall in line with the above after August 2009 for L2 and August 2010 for L3.