



British Council for Chinese Martial Arts Coaching Education Programme

Level 2 Coaching Course

All courses start at 10am and finish around 5pm approximately.

PROGRAMME

Roles & responsibilities of a coach.

Safe training practice

Legal requirement of Coaching/Teaching

Health and safety legislation in respect of coaching

Code of practice for coaches

Dealing with injuries & emergencies

Coaching Plans

People Development

Basic Introduction to Nutrition

Basic Psychology in Sport

Fitness Principles

Planning coaching sessions for beginners, intermediate level and elite athletes

Conducting coaching session *(Afternoon session is more practical, with each candidate invited to instruct a short training session; loose clothing or track suit is advisable.)*

Administration legal requirements,

Data protection act and recommended guidelines.

Level 3 Governing Body Courses

There are four modules in all; Nutrition, Physical Conditioning, Basic Sports Psychology and Biomechanics in Sport.

The Governing Body Level 3 award is only given on completion of all four modules and in addition the completion of course work which must be completed within 18 months. Modules may be taken individually if preferred and a Certificate of attendance only, will be issued.

Level 3 Module 1 Nutrition

Table of Contents

Objectives
Minerals & Vitamins
Energy Pathways
Carbohydrates, Fats, Proteins
Energy Demands
Intensity
Duration
Fitness Levels
Pre-Exercise diet
How to identify the energy demands
Basic nutritional advice
Weight management: fat loss, lean muscle mass gain.
Facts on Fat
Desirable body fat percentage

Liquid management
Avoiding dehydration
Vitamins, minerals & supplements
Vitamins & minerals requirements
Exercise & free radical levels
Drugs and sport,
Narcotic analgesics,
Anabolic steroids,
Testosterone,
Growth hormone
Preparation for competition
Making weight for competitions
Competition nerves
Food guide and calories
Food Plans

Level 3 Module 2 Fitness

Table of Contents

Muscles and movement
The skeletal muscles of the body
How muscles work
Muscle contractions need energy
The creatine phosphate system
The lactic acid system
Oxygen debt
The aerobic system
Muscle speed
Data collection & analysis
Testing your people, why test?
Body measurements, waist to hip ratio
Performance tests
Testing aerobic fitness
Laboratory testing
Cardio respiratory power
Beep Test
Harvard step test
Cooper test
Testing anaerobic fitness
Anaerobic fitness
Wingate anaerobic cycle test

Strength & power
Explosive strength
Vertical jump test
Strength general
Curl-up test
Important features
Flexibility / balance
Sit-and reach
Side-bending of the trunk
Motor fitness balance
'T' drill speed agility test
How to improve fitness
Maintenance training
Effects of training
Training methods for endurance
Exercise and immunology
Plyometrics, Plyometrics defined
Specific training programmes
Flexibility stretching exercises
Injury prevention
Evaluation process evaluation and key points

Level 3 Module 3 Sports Psychology Table of Contents

Objectives	Self-confidence self confidence model
Introduction	Motivation
The main mental qualities	Personal factors:
The basic psychological skills	Program factors:
Relaxation	Environmental factors:
Basic techniques	Succeeding with motivation
Stress management model	Goal setting
Goal setting	Smart or smarter
Imagery and mental rehearsal	Sccamp Fitt principles
Imagery in stress reduction	Burnout
Imagery in relaxation	Prevention is better than cure
Self-talk	Personality and sport
Thought awareness	Trait theories
Rational thinking and positive thinking	Sport competition anxiety test (scat)
Positive thinking and affirmation	Assessing your anxiety
Biofeedback in stress management	Analysis

Level 3 Module 4 Biomechanics in sport

Objectives	Initiation of movement
Analysing the biomechanical	Role assumed by muscles
Aspects of performance	Common injuries of the elbow
Implementing and evaluating	Hands and wrist
Skeleton	The biomechanics of the vertebral column.
Types of bone	Common injuries of the back and neck
How we move	Soft tissue injuries
Joint stability	The knee joint
Joint flexibility	Structure of the ankle and foot
Arrangement of ligaments and muscles	Lever systems & types of levers
Actions of muscles	
Definitions:	
Mechanical loads of human body	
Resolution of forces	

Chris Ellerker
Coach Education Officer