

# SCOTTISH QUALIFICATIONS IN COACHING ORIENTEERING



## Level 1 - Session Coach - Outline information for candidates

This document describes the purpose and format of the qualification, and describes the pre-requisites, reading and tasks that candidates must complete before they attend the taught element of the course.

### **PURPOSE of the Qualification**

The Session Coach qualification is the first assessed coach qualification; on completion of the qualification you will be able to:

- Plan, conduct, & review single coaching session in which a skill is introduced and progressed.
  - Ensure session is conducted safely, with enjoyable and positive learning environment throughout, and with due regard to safeguarding.
- Advise participants on local club and competition opportunities.
- Use available support resources as appropriate
- Collaborate with other coaches and facility staff, or operate alone in areas that qualify as types A or B according to British Orienteering criteria
- Show basic knowledge of elements of physical fitness and nutrition

### **PRE-REQUISITES**

- attend Coaching Foundation course within previous 3 years
- gain evidence of own competence at TD4 or above, usually by means of a result within the last 12 months
- be aged 17+
- attend BOF/SOA Event Safety Workshop
- you will need a working knowledge of Condes or PurplePen

### **DELIVERY:**

There are two parts to the course:

1. self-paced learning followed by online quiz and orienteering planning task
2. two days of face to face group tuition and practical assessment.

**The tasks mentioned under item 1 must be completed before your place on a particular course can be confirmed. You should therefore complete and submit your answers no less than 2 weeks before the tuition of your course.**

The self-paced learning should take between 4 and 14 hours, depending on your existing level of knowledge and experience. It comprises:

- read SOA's Child Protection web page - <https://www.scottish-orienteering.org/soa/page/child-protection-and-the-pvg-scheme>
- familiarise yourself with British Orienteering's specification of Area Types available from [https://www.britishorienteering.org.uk/coach\\_support](https://www.britishorienteering.org.uk/coach_support) or by request from SOA Education Manager

- self-paced study of basic fitness: spend 2-3 hours researching printed and online material and studying videos about components of fitness, muscles used in running, and benefits of stretching before and after exercise - **all at a fairly basic level**, though you might choose to read further. Note details of those you find most useful, and come prepared to discuss your findings and their relevance to orienteering. You might start with some of the UK Athletics CIRF program at <http://www.ulearnathletics.com/site/page?id=cirf-resources> particularly the “Components of Fitness” PDF available there or at [https://www.scottishathletics.org.uk/wp-content/uploads/2014/04/uka\\_cirf\\_components\\_of\\_fitness\\_j8780\\_v4\\_layout\\_12\\_24\\_oct\\_final.pdf](https://www.scottishathletics.org.uk/wp-content/uploads/2014/04/uka_cirf_components_of_fitness_j8780_v4_layout_12_24_oct_final.pdf) and various videos on the ulearnathletics website and on YouTube, particularly those that focus on using more than just your leg muscles when running, and some that relate to uphill and downhill running.
- self-paced study of nutrition: read <https://www.nutrition.org.uk/healthyliving/an-active-lifestyle/eating-for-sport-and-exercise.html>
- read the pages on 100% me, Clean Sport and Supplements on the UKAD website:
  - <https://www.ukad.org.uk/education/athletes/100percentme/>
  - <http://www.ukad.org.uk/education/coaches/clean-sport-essentials/>
  - <https://www.ukad.org.uk/medications-and-substances/supplements/>
- **TASK 1:** complete the quiz covering all the above, either online at <https://hiliary.wufoo.com/forms/m1d4j5z117pqy9n/> or as a Word document or in printed form, both of which are available on request from SOA Education Manager.
- **TASK 2:** Using information on the SOA website at <https://www.scottish-orienteering.org/natcen/page/information-and-resources-for-coaches> , remind yourself of Long Term Athlete Development (LTAD) concepts, Step System skills & techniques at least to TD3 (as encountered in Coaching Foundation course) and basics of course planning (see Barry Elkington articles listed on above web page)
  - using control sites on the supplied\* Condes event file and OCAD map file, prepare 2 short loops, one to coach/practise skills at TD1 or 2 and one at TD3 (choose appropriate controls for exercises, produce PDFs of maps)
- Both these tasks must be submitted at least 2 weeks before the tuition is due to begin. Your assessor might discuss your answers with you during the taught element of the course.

\* SOA Education Manager will send separately when you apply for a course

## ASSESSMENT

The extent to which you have achieved the required level of competence is evaluated from three tasks:

1. your answers to the online quiz described above
2. your choice of control sites/legs for exercises at TD1, 2 and 3 as described above
3. your planning and evaluation of 2 coaching sessions, and delivery of the second one of them, during the taught element of the course.

Your assessment is normally completed on Day 2 of the taught element of the course.

Please refer questions to Hilary Quick, SOA Education Manager - email [hiliary@scottish-orienteering.org](mailto:hiliary@scottish-orienteering.org)