

# Performance Coach Syllabus



Version 5, as agreed by MTUK&I council on 24/6/14

**Scope:** *Design, implement and evaluate a cycle of work over at least a training year*

Candidates must demonstrate competence in the following areas:

	<b>Learning Outcome</b> <i>The coach must be able to....</i>	<b>Training Modules</b>	<b>Assessment methods</b>
<b>1</b>	<b>Personal and Professional Development</b>		
1.1	Identify, apply and communicate effectively current legislations, policies, regulations/rules and contracts to a variety of relevant audiences for the professional delivery of coaching services	PCT	Po & Viva
1.2	Reflect on your developing knowledge, understanding and approach of coaching practice and identify areas for development	PCT	Po & Viva
1.3	Explain and evaluate the essential characteristics of effective management and leadership in coaching	PCT	Po & Viva
1.4	Design, implement and evaluate relevant business plans for effective coaching practice	PCT	Po & Viva
1.5	Manage the setting of targets and goals, keep records and reflect on the performance of the coaching team	PCT	Po & Viva
1.6	Using an evidence based approach identify, justify and implement all appropriate pre-event and event preparation activities	PCT	Po & Viva
1.7	Communicate information, ideas and solutions in a professional manner using appropriately selected communication forms	PCT	Blended
1.8	Explain how a coach identifies and facilitates key professional personnel and networks that can assist in the creation and maintenance of safe and effective provision.	PCT	Po & Viva
1.9	Be aware of and comply with current legislation regarding children and vulnerable people	PCT	Po
1.10	Integrate knowledge and skills underpinning the coaching sciences into a programme of support for an athlete or team	PT2	Blended
<b>2</b>	<b>Physical Training</b>		
2.1	Identify and explain how physiology and nutrition contribute to performance in climbing activities	PT2, PCT	Po & Viva
2.2	Evaluate current research and practice that informs training programme design and implementation	PT1&2	Blended
2.3	Design, deliver and evaluate a safe and effective evidenced based periodised training programme for an individual or group	PT1&2	Blended
2.4	Select and justify appropriate methods for the evaluation and assessment of climbing performance in relation to physiology and nutrition	PT2	Blended
2.5	Discuss and apply contemporary issues pertaining to the physical preparation of athletes across the Long Term Athlete and Participant Development programme	F1-3, PCT, PT1&2	Blended

2.7	Discuss and evaluate the implications of inappropriate use of training and dietary practices in climbing and outline effective preventative management strategies	PT2	Po & Viva
<b>3</b>	<b>Skill Acquisition</b>		
3.1	Select and justify appropriate methods for the evaluation and assessment of technical and tactical climbing performance	F3, PCT	Po & Viva
3.2	Identify and explain key biomechanical theory governing technical elements of climbing	F3	Blended
3.3	Design and evaluate activities to explain the theory and practice of dynamic movement	F3	Blended
3.4	Explain, demonstrate and evaluate the fundamental movement skills and principles of climbing specific to the terrain	F3	Po & Pr
3.5	Select, use and evaluate technology enhanced learning applications to support coaching	F3	Blended
3.6	Identify, explain and justify how aspects of the learning environment can be effectively manipulated to improve technical performance	PCT	Blended
<b>4</b>	<b>Psychology</b>		
4.1	Select and justify appropriate methods for the evaluation and assessment of psychological aspect related to climbing performance	F3, MST, PCT	Po & Viva
4.2	Evaluate the theoretical perspectives of individual and group behaviour and how this impacts on your coaching practice	PCT	Blended
4.3	Select, justify and implement specific psychological techniques within sports coaching practice and evaluate their effectiveness with performers	MST, PCT	Blended
4.4	Explain, implement and evaluate the characteristics of effective feedback and how it drives performance	PCT	Blended
4.5	Identify and interpret principles of learning style theory to select appropriate strategies to inform the coaching process	PCT	Blended
4.6	Identify and explain the theoretical principles involved in the acquisition of motor skills and how they inform practice	PCT	Blended

**KEY:**

- F1** FUNDamentals 1: Movement
- F2** FUNDamentals 2: Technique
- F3** FUNDamentals 3: Advanced Technique
- PT1** Physical Training for Climbing 1
- PT2** Physical Training for Climbing 2
- PCT** Performance Coach Core Training
- MST** Mental Skills Training

**Assessment methods:**

- Po** Portfolio assessment
- Pr** Practical assessment
- Viva** Interview questions at assessment
- Blended** a combination of all three of the above