



**carnegie**  
coach education

## Level 1 Certificate in Coaching (Basketball)

Course	Day	Date	Time
Two	Sunday	11 March 2012	0900-1700
	Sunday	18 March 2012	0900-1700

### COURSES NOW AVAILABLE TO APPLY ONLINE

#### Course Fee

External Candidates:	£180
Leeds Met Student/Staff:	£170

#### Minimum Age

16

#### Who is it for/Course Pre-requisites

**\*\*Candidates who enrolled onto this course should download and complete the Coaching Practice Requirements and Home Study Questions before attending the first day of the course. It is also recommended that you download read the Health & Safety Guidelines for Basketball.**

These are available from England Basketball website

<http://www.EnglandBasketball.co.uk/articles/article.aspx?aid=19&pid=39> in the Courses/ Coaching Awards section.

This is the basic level of coaching qualification, which gives outline knowledge of basketball, and enables the holder to introduce basketball to individuals, groups and people with particular needs; and to assist a Level 2 coach (or above). Examples are:- Parents of performers, Sports Centre Staff, Teachers, Youth Workers, Players or ex-players, Adult Volunteers and Students. The holder is not covered by Basketball's insurance for working unsupervised and must work under the supervision of a minimum of a Level 1 Coach Award holder.

#### Course Aims

The role of the Level 1 coach is to 'Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'



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## **Course Content**

By successfully completing a Level 1 coaching qualification, as part of a UKCC endorsed coach education programme, coaches will be able to:

- Prepare for the delivery of coaching activities
- Deliver prepared activities of the coaching sessions
- Evaluate the effectiveness of coaching activities
- Gain knowledge and understanding of all elements of good coaching practice

## **Course Exam/Certificate?**

Candidates will be required to demonstrate an understanding and application of certain coaching techniques in an appropriate environment. The assessment of the Practical Syllabus will be assessed by the course tutor on a minimum of one 15 minute coaching session providing a good demonstration of the basic skills of basketball. A 30 minute written multiple choice answer paper will be conducted to assess candidate's knowledge and understanding.

## **Recommended Reading**

- 'Know the Game – Basketball' – Published by A&C Black
- 'Health & Safety in Basketball' – Published by the English Basketball Association
- 'Coaching Basketball – Individual and Team Fundamentals' – Published by the English Basketball Association

## **Course Duration**

17 Hours

## **Course Venue**

Carnegie Sports Centre, Headingley Campus, Leeds, LS6 3QQ