



EXCELLENCE IN SPORTS COACHING



Level 1 Certificate in Coaching Volleyball

Course	Day	Date	Time
One	Saturday	08 May 2010	0900-1700
	Sunday	09 May 2010	0900-1700
	Saturday	05 June 2010	0900-1700
Two	Saturday	22 May 2010	0900-1700
	Sunday	23 May 2010	0900-1700
	Sunday	06 June 2010	0900-1700

Course Fee

Leeds Met Student/Staff:	£175
External Candidates:	£190
Candidates 16 – 18 years old:	£150

Minimum Age

16

Course Aims

To provide an introduction to the principles and practices of coaching safe and ethical volleyball activities to adults and young people. The qualification will help you to understand how to deliver aspects of coaching sessions, normally under direct supervision of more qualified coaches. On successful completion of this qualification, you are eligible to seek employment in appropriate Volleyball **Assistant** coaching roles.

Course Content

- Establishing working relationships with the participants and others
- Establishing a safe working environment
- Preparing for activities, taking into account participants' needs and motives
- Delivering prepared activities
- Concluding and reviewing activities

Course Exam/Certificate?

You must, in order to gain a certificate:

- Attend all course hours
- Successfully complete the theory and practical exam

Course Duration

22 Hours



Course Venue

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

To apply, please download the Sports Coaching Application Form from the website and send with full payment to:

Carnegie Coach Education
Leeds Metropolitan University
University Sport
G10b Carnegie Annexe
Headingley Campus
Leeds
LS6 3QS
Email: coacheducation@leedsmet.ac.uk

Cheques must be made payable to **LEEDS METROPOLITAN UNIVERSITY**