

Are you passionate about sport and coaching?

We have exciting news for Grade 12, post-matric learners, teachers, and teaching assistants.

The Institute of Sport Education and Training (Pty) Ltd, with the support of the University of Pretoria's TuksSport and Enterprises University of Pretoria, is pleased to offer the National Certificate: Coaching Science **fully online!**

The qualification is **CATHSSETA** accredited (126 credits, NQF Level 5) with SAQA Qualification ID 67695, and is offered over a period of one year.

Upon successful completion of the qualification, the learner will **receive a certificate of competence issued by the CATHSSETA.**

This will enable learners to:

1. Coach beginning and intermediate sport performers.
2. Provide sport opportunities to beginning and intermediate sport participants
3. Apply for jobs as a sport coach in schools, clubs and private institutions.

The following modules will be covered:

Principles of sport and exercise, sport special needs, sport administration, health safety and risk management, communication in the workplace, values ethics and social skills, monitoring performance, specific sport coaching, and conducting sport research.

Fee: R 25 000.00 per learner (VAT inclusive)

Duration: 05 May 2021 – 28 April 2022

Admission requirement: The minimum entry requirement is a Grade 12 certificate.

[Click here to apply](#)

[Frequently asked questions](#)

Enquiries: info@iosgroup.co.za

NC: COACHING SCIENCE FOR SPORTS INSTITUTIONS

SAQA ID: 67695

NQF Level: 5

Credits: 126

Purpose

The role of sport in South Africa continues to grow in social importance. If sport is to become truly accessible for all South Africans, building a sound basis of sport skills among youth, has important implications for future top-level sport. Focusing on the fundamentals of sport and a scientific approach to training beginners and intermediates can form good habits that will lay the foundation for pursuing higher levels of performance. A well-coordinated approach to coaching education for beginner and intermediate level sport performers, will also promote the development of sport as a positive force in South African society.

It is therefore essential, that coaches receive the best possible education and training in order to encourage young people to participate in sport. When coaches are aware of the unique physical and psychological characteristics of beginning and intermediate level performers, they can promote the concepts of enjoyment and fair play, in addition to presenting fitness and skills learning. This scientifically based integrated approach, is aimed at increasing levels of participation in sports, thereby improving performance locally, nationally and ultimately internationally.

Outcomes:

- Respond to the unique demands of coaching in the South African sporting context.
- Understand the social and psychological aspects of sport on individuals.
- Assume job responsibilities as a sport coach in schools, clubs and private institutions.
- Design practice sessions that reflect an understanding of the interdependence of fitness and skills
- Development and a sensitivity to the social, emotional and physical changes that occur as players develop.
- Apply an understanding of sport science in the implementation of developmentally appropriate sports programmes.
- Provide risk-based primary emergency care/first aid in the workplace
- Communicate effectively with players, colleagues, employers and parents/guardians.

- Facilitate a programme of prevention, care and management of sport injuries, with special reference to HIV/Aids.
- Understand the importance of player safety.
- Demonstrate administrative efficiency in implementing local sports programmes.
- Demonstrate a commitment to the principles of inclusion in all coaching practices.

MODULE BREAKDOWN

MODULE 1: Social and Psychological aspects of sport

- Discuss the role of mental skills development in the context of sport performance
- Apply an understanding of the principles of motivation in sport to coaching behaviours
- Implement strategies to capitalise on the principles of positive groups dynamics in sport
- Explore the implications of aggressive behaviour on participation in sport
- Identify the sport psychologist's role and special expertise

MODULE 2: First Aid

- Demonstrate the principles of primary emergency care.
- Assess and control a single injury emergency scene in the workplace.
- Demonstrate primary emergency life support for adults, children and infants.
- Explain and manage shock.
- Carry out secondary assessment of sick or injured persons and provide appropriate primary emergency care at the scene.
- Keep records of the incident/accident.

MODULE 3: Principles of Sports and Exercise

- Analyse the phases of social and emotional development
- Analyse the phases of physical and motor growth and development
- Analyse the phases of cognitive development and the implications
- Produce a plan for children's development within a selected sport.
- Understanding basic psychology
- The effect of body systems on learner development
- Effects of environmental and physical factors on individuals
- Physiological responses to different types of training

- Applying the principles of growth and development to individuals

MODULE 4: Planning and Development

- Design progressions for skill learning appropriate to the type(s) of skills and the level
- Design practice activities that develop the underlying sensory-perceptual skills/abilities
- Present a series of practice sessions that follow a progression designed to help beginners
- Utilise effective methods for creating and maintaining a positive learning environment

MODULE 5: Health, Safety and Risk Management

- Sport, fitness and recreational safety.
- Provide for safety and risk management in sport and fitness
- Risk management and safety plans for sport or exercise programmes.
- Methods of recovery during training sessions.
- Common injuries in a sports or exercise programme.
- Injury prevention techniques.
- Nature of HIV and AIDS.
- Human and legal rights of people living with HIV/AIDS.

MODULE 6: Special Needs

- Sports codes for participation by various disability groups.
- Basic concepts of classification and how functional and medical classification operates.
- Core components needed for a basic database for use in disability sport.
- Specific needs of the disabled in relation to the logistics of an event.
- Values, attitudes and sensitivity issues necessary for dealing with people with disabilities.
- Understanding and promoting the concept of inclusion in sport.
- Structures catering for sport for the disabled in South Africa and internationally.

MODULE 7: Sports Administration

- Demonstrate organisation and administrative efficiency in implementing a sport programme
- Organise and implement an event in a selected sport
- Record-keeping systems and reporting structures
- Set up communication channels for permanent / part-time staff and volunteers
- Cost-effective planning
- Evaluating impact of equipment on sport performance
- Importance of budgeting
- Operate a personal computer system.

MODULE 8: Communication in the workplace

- Written communication
- Oral communication
- Report writing
- Business communication
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MODULE 9: Values, Ethics and Social Skills

- Values and Attitudes
- Sportsmanship
- Support to Team Members
- The Essence of Fair Play
- Role Models
- Code of Ethics and Responsibilities
- Sociological features relevant to South African workplaces.
- Constitutional, legislative and policy requirements relating to workplace.
- Historical evolution of workplaces within the sports industry.
- Impact of sociological features on individuals and groups in the workplace.
- Understanding the actions of individuals.

MODULE 10: Monitoring Performance

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- Performance standards and monitoring systems aligned with goals and objectives.
- Preparation for performance review of team member.
- Conducting performance review interview.
- Plans to improve performance.

MODULE 11: Conducting Research

- The situational analysis
- Research and Data
- Basic research techniques
- The literature review
- Use of data within a research project
- Research results and recommendations
- Research reporting

MODULE 12: Specific Sport Coaching

- Selecting a specific sport ((netball, golf, soccer, athletics or rugby)
- Specialised sport codes
- Coaching a specific sport

Frequently Asked Questions

Is the National Certificate a formal qualification?

The qualification is **CATHSSETA** accredited (126 credits at Level 5 of the National Qualifications Framework) SAQA Qualification, ID 67695.

Who issues the certificate?

Upon successful completion of the qualification, the learner will receive a certificate of competence issued by the CATHSSETA.

Will I be a University of Pretoria student if I register for the National Certificate?

Students are enrolled with the Institute of Sport.

Can I automatically continue with my studies at the University of Pretoria once I complete the national certificate?

This qualification does not automatically provide access to further formal studies at the University of Pretoria. Students must comply with the University of Pretoria entry requirements for the specific qualification they wish to enrol for.

Which job opportunities can I apply for after achieving this qualification?

Upon completion of the qualification, you will be able to:

1. Coach beginner and intermediate sport performers in one chosen sport.
2. Provide sport opportunities to beginner and intermediate sport participants.
3. Apply for job responsibilities as a sport coach in schools, clubs and private institutions.

Will I be able to coach at a provincial level with this qualification?

To coach on a provincial level, you need coaching skills as well as knowledge of the specific sport you are going to coach. To this end you need to register with the specific sport federation. The federation will advise if additional development is required.

How does the payment work?

Learners can register for the National Certificate in Sport Coaching from 24 April – 30 April 2021. The cost for the programme is R25 000 per learner.

- A non-refundable registration fee of R5 000 is payable before the start of the programme.
- The balance of R20 000 can be paid in 2 instalments.
 - The first payment of R10 000 per learner is due no later than 30 June 2021.
 - The second payment of R10 000 per learner is due no later than 31 August 2021.