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Assessment types		Practical (coaching session, skill test) or theoretical tests where applicable. Recognition of current competence (coaching experience, playing experience, educational experience).	Practical (coaching session, skill test) or theoretical tests where applicable. Recognition of current competence (coaching experience, playing experience, educational experience).	Practical (coaching session, skill test) or theoretical tests where applicable. Possible post-course paper. Recognition of current competence (coaching experience, playing experience, educational experience).	Practical (coaching session, skill test) or theoretical tests where applicable. Post-course research paper. Recognition of current competence (coaching experience, playing experience, educational experience).
Number of credits (1 Credit = 25 hours). Including all types of learning methods. To be reviewed.		4	8	16	32
Quality control		Provided by sports federation, education and training regulatory bodies. Sports coaching education recognised agencies and national sports coaching authorities.	Provided by sports federation, educational and sectoral regulatory bodies, as well as by expert review based on institutional or sector based agreements. Sports coaching education recognised agencies and national sports coaching authorities.	Provided by sports federation, expert evaluation coupled by institutional procedural requirements usually involving a third party review. Sports coaching education recognised agencies and national sports coaching authorities.	Provided by sports federation, expert peer review and evaluation coupled with institutional procedural requirements.Sports coaching education recognised agencies and national sports coaching authorities.
Activities/job functions	Tasks	Learning Outcome - Competency 1: Skills (Know- how)	Learning Outcome - Competency 1: Skills (Know- how)	Learning Outcome - Competency 1: Skills (Know- how)	Learning Outcome - Competency 1: Skills (Know- how)
General Skills	General	The coach is able to use basic skills to carry out simple tasks or in which action is governed by rules defining routines and strategies. The coach can select and apply basic methods, tools and materials.	This coach is able to use a range of specific and practical skills to carry out tasks through the personal interpretation of the selection and adjustement of methods, tools and materials. The coach can evaluate different approaches to tasks and outcomes in terms of strategic approach used.	This coach is able to develop strategic and creative responses in researching solutions to problems demonstrating innovative methods and mastery of tools in a specialised field. The coach can demonstrate transfer of theoretical and practical knowledge in creating solutions to problems and devise and sustain arguments to solve problems.	This coach is able to diagnose problems by integrating knowledge from new fields and make judgements with limited information. The coach can develop new skills in response to emerging knowledge and techniques, as well as research, conceive, design, implement and adapt projects that lead to new knowledge and procedural solutions.
	Plan	This coach has no skills applicable for this task under this activity.	This coach is able to design training session plans (mostly technical and tactical), based on sportspeople characteristics, sports discipline demands, and sports science principles, and help more experienced and qualified coaches in the design of annual training plans.	This coach is able to design training sessions plans (technical, tactical, physical and mental) and annual training plans (mostly technical and tactical), based on sportspeople characteristics, sports discipline demands, and sports science principles, and help more experienced and qualified coaches in the design of pluri-annual training plans (physical and mental).	This coach is able to design training sessions plans (technical, tactical, physical and mental) and annual, and pluri-annual training plans (technical, tactical, physical and mental) based on sportspeople characteristics, sports discipline demands, and sports science principles.
Training	Organise	This coach is able to organise the sportspeople, and the equipment and the facilities needed for the training session under supervision while ensuring a safe environment.	This coach is able to organise the sportspeople, and the equipment and the facilities needed for the training while ensuring a safe environment.	This coach is able to organise the sportspeople, and the equipment and the facilities needed for the training while ensuring a safe environment.	This coach is able to organise the sportspeople, and the equipment and the facilities needed for the training while ensuring a safe environment.
	Conduct	This coach is able to conduct the training of sportspeople at this level under supervision while ensuring a safe environment.	This coach is able to conduct the training of sports people at this level while ensuring a safe environment.	This coach is able to conduct the training of sports people at this level while ensuring a safe environment.	This coach is able to conduct the training of sports people at this level while ensuring a safe environment.
	Evaluate	This coach is able to evaluate the training of sportspeople at this level under supervision.	This coach is able to evaluate the training of sportspeople at this level under supervision.	This coach is able to evaluate the training of sports people at this level.	This coach is able to evaluate the training of sports people at this level.
Competition	Plan	This coach has no skills applicable for this task under this activity.	This coach is able to design match and tournament/event plans and schedules based on sportspeople characteristics, sports discipline demands, and sports science principles, and help more experienced and qualified coaches in the design of annual competition plans.	This coach is able to design match and tournament/event as well as annual competition plans and schedules based on sportspeople characteristics, sports discipline demands, and sports science principles, and help more experienced and qualified coaches in the design of pluri-annual competition plans.	This coach is able to design match and tournament/event, annual and pluri-annual competition plans and schedules based on sportspeople characteristics, sports discipline demands, and sports science principles.
	Organise	This coach is able to organise the sportspeople, and the equipment and the facilities, as well as decide on the rules and regulations needed for the competition under supervision while ensuring a safe environment.	This coach is able to organise the sportspeople, and the equipment and the facilities needed for the competition while ensuring a safe environment. This coach is also able to decide on the rules and regulations for the competition under supervision.		This coach is able to organise the sportspeople, and the equipment and the facilities, as well as decide on the rules and regulations needed for the competition while ensuring a safe environment.
	Conduct	This coach is able to conduct the competition of sportspeople at this level under supervision while ensuring a safe environment.	This coach is able to conduct the competition of sports people at this level while ensuring a safe environment and respecting the rules and regulations.	This coach is able to conduct the competition of sports people at this level while ensuring a safe environment and respecting the rules and regulations.	This coach is able to conduct the competition of sports people at this level while ensuring a safe environment and respecting the rules and regulations.
	Evaluate	This coach is able to evaluate the issues related to the competition of sportspeople at this level under supervision.	This coach is able to generally evaluate the issues related to the competition of sportspeople at this level.	This coach is able to evaluate in depth the issues related to the competition of sportspeople at this level.	This coach is able to evaluate in depth the issues related to the competition of sportspeople at this level.
	Plan	This coach has no skills applicable for this task under this activity.	This coach is able to plan the management of the career of competitive sportspeople the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation under supervision.	This coach is able to plan the management of the career of competitive sportspeople the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation.	This coach is able to plan the management of the career of competitive sportspeople the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation.

	Organise	This coach has no skills applicable for this task under this activity.	This coach is able to organise the management of the career of competitive sportspeople the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation under supervision.	This coach is able to organise the management of the career of competitive sportspeople the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation.	This coach is able to organise the management of the career of competitive sportspeople the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation.
Management	Conduct	This coach has no skills applicable for this task under this activity.	This coach is able to manage the career of competitive sportspeople, the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation under supervision.	This coach is able to manage the career of competitive sportspeople, the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation.	This coach is able to manage the career of competitive sportspeople, the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation.
	Evaluate	This coach has no skills applicable for this task under this activity.	This coach is able to evaluate the management process of the career of competitive sportspeople, the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation under supervision.	This coach is able to evaluate the management process of the career of competitive sportspeople, the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation	This coach is able to evaluate the management process of the career of competitive sportspeople, the performance of other coaches, the integration of sport science experts, and all people related to the sports organisation
	Plan	This coach has no skills applicable for this task under this activity.	This coach is able to plan the education of the sportspeople and of the novice coaches under supervision.	This coach is able to plan the education of the sportspeople and of the novice and assistant coaches, and of other related people (parents).	This coach is able to plan the education of the sportspeople, of the rest of the coaches, and other related people (parents) and experts.
	Organise	This coach has no skills applicable for this task under this activity.	This coach is able to organise the education of the sportspeople and of the novice coaches under supervision.	This coach is able to organise the education of the sportspeople and of the novice and assistant coaches, and of other related people (parents).	This coach is able to organise the education of the sportspeople, of the rest of the coaches, and other related people (parents) and experts.
Education	Conduct	This coach has no skills applicable for this task under this activity.	This coach is able to educate the sportspeople and the novice coaches under supervision.	This coach is able to educate the sportspeople, the novice and assistant coaches, and other related people (parents).	This coach is able to educate the sportspeople, the rest of the coaches, and other related people (parents) and experts.
	Evaluate	This coach has no skills applicable for this task under this activity.	This coach is able to evaluate the educational process of the sportspeople and the novice coaches under supervision.	This coach is able to evaluate the educational process of the sportspeople, the novice and assistant coaches, and other related people (parents).	This coach is able to evaluate the educational process of the sportspeople, the rest of the coaches, and other related people (parents) and experts.
Activities/job functions	Tasks	Learning Outcome - Competency 2: Knowledge (know-what)	Learning Outcome - Competency 2: Knowledge (know-what)	Learning Outcome - Competency 2: Knowledge (know-what)	Learning Outcome - Competency 2: Knowledge (know-what)
General Knowledge	General	This coach can recall and comprehend basic general knowledge, limited to facts and main ideas when working with competitive sportspeople	This coach applies a wide range of practical and theoretical knowledge that includes proceses, techniques, materials, instruments, equipment, and terminology. The coach can evaluate outcomes in terms of strategic approach used.	This coach can use broad and detailed theoretical and practical knowledge specialised in coaching and show awareness of limits to knowledge base. Some knowledge is at the forefront of coaching and will involve a critical understanding of theories and principles.	This coach uses highly specialised theoretical and practical knowledge some of which is at the forefront of coaching to critically analyse, evaluate and synthesise new and complex ideas. The coach can extend or redefine existing knowledge or professional practice in coaching.
	Plan	This coach has basic general knowledge and main ideas on the planning taks for the training activities of competitive sportspeople	This coach knows the fundamentals of session planning (mostly technical and tactical), the basic elements of LTSD related to the level of performance of the sportspeople, the basic demands of the sports discipline, and the fundamental principles of sports science.	This coach has an in depth knowledge of all the principles of session planning (technical, tactical, physical and mental), all the elements of LTSD related to the level of performance of the sportspeople, all the demands of the sports discipline, and the principles of sports science.	This coach has an in depth knowledge of all the principles of session and annual planning (technical, tactical, physical and mental), all the elements of LTSD related to the level of performance of the sportspeople, all the demands of the sports discipline, and the principles of sports science.
	Organise	This coach has basic knowledge on group an individual organisation, equipment distribution and facilities assigment to provide an effective and safe training session.	This coach has general knowledge on group an individual organisation, equipment distribution and facilities assignment to provide for an effective and safe training session.	This coach has an in depth knowledge on group an individual organisation, equipment distribution and facilities assignment to provide for an effective and safe training session.	This coach has an in depth knowledge on group an individual organisation, equipment distribution and facilities assignment to provide for an effective and safe training session.
Training	Conduct	This coach has a basic knowledge of session structure (warm-up, main part, cool down), drill progression/adaptation/differentiation (optimal challenge), skill development contents and methods (technical, tactical, physical, mental), safety principles (first aid), use of equipment, teaching aids, rules, space and facilities (adapted), teaching methodology principles (explanation, demonstration, practice and correction), effective communication procedures (verbal and non-verbal), leadership and coaching styles use (command, co-operative, etc.), motor learning principles (practice, feedback, etc.), psychological (positive learning environment), and organisation procedures (class formation, time management) needed for the training session.	(technical, tactical, physical, mental), safety principles (first aid), use of equipment, teaching aids, rules, space and facilities (adapted), teaching	This coach has an in depth knowledge of session structure (warm-up, main part, cool down), drill progression/adaptation/differentiation (optimal challenge), skill development contents and methods (technical, tactical, physical, mental), safety principles (first aid), use of equipment, teaching aids, rules, space and facilities (adapted), teaching methodology principles (explanation, demonstration, practice and correction), effective communication procedures (verbal and non-verbal), leadership and coaching styles use (command, co-operative, etc.), motor learning principles (practice, feedback, etc.), psychological (positive learning environment), and organisation procedures (class formation, time management) needed for the training session.	This coach has an in depth knowledge of session structure (warm-up, main part, cool down), drill progression/adaptation/differentiation (optimal challenge), skill development contents and methods (technical, tactical, physical, mental), safety principles (first aid), use of equipment, teaching aids, rules, space and facilities (adapted), teaching methodology principles (explanation, demonstration, practice and correction), effective communication procedures (verbal and non-verbal), leadership and coaching styles use (command, co-operative, etc.), motor learning principles (practice, feedback, etc.), psychological (positive learning environment), and organisation procedures (class formation, time management) needed for the training session.

	Evaluate	This coach has a basic knowledge of assessment and evaluation procedures of the lesson: creating conditions for diagnosis, using methods of observation of performance, using assessment/diagnosis procedures, using intervention strategies, using feedback principles. This coach also has a basic knowledge of assessment and evaluation procedures of sportspeople: awareness of standards, skill development and contents (technical, tactical, physical and mental), motor learning, as well as the elements included above. This coach has a basic knowledge of self-performance evaluation during training.	This coach has a general knowledge of assessment and evaluation procedures of the lesson: creating conditions for diagnosis, using methods of observation of performance, using assessment/diagnosis procedures, using intervention strategies, using feedback principles. This coach also has a general knowledge of assessment and evaluation procedures of sportspeople: awareness of standards, skill development and contents (technical, tactical, physical and mental), motor learning, as well as the elements included above. This coach has a general knowledge of self-performance evaluation during training.	This coach has an in depth knowledge of assessment and evaluation procedures of the lesson: creating conditions for diagnosis, using methods of observation of performance, using assessment/diagnosis procedures, using intervention strategies, using feedback principles. This coach also has an in depth knowledge of assessment and evaluation procedures of sportspeople: awareness of standards, skill development and contents (technical, tactical, physical and mental), motor learning, as well as the elements included above. This coach has an in depth knowledge of self-performance evaluation during training, and also knows how to evaluate the performance of other coaches.	This coach has an in depth knowledge of assessment and evaluation procedures of the lesson: creating conditions for diagnosis, using methods of observation of performance, using assessment/diagnosis procedures, using intervention strategies, using feedback principles. This coach also has an in depth knowledge of assessment and evaluation procedures of sportspeople: awareness of standards, skill development and contents (technical, tactical, physical and mental), motor learning, as well as the elements included above. This coach has in depth knowledge of self-performance evaluation during training, and also knows how to evaluate the performance of other coaches.
Competition	Plan	This coach can recall and comprehend basic general knowledge, limited to facts and main ideas on the planning tasks for the competition activities of competitive sportspeople	This coach has a general knowledge of match and tournament/event planning and scheduling, of the sportspeople competitive needs, of the competitive demands of the sport (travel), and the sport science principles (planning, periodisation, nutrition, hydration, recovery, psychology) needed to design match or competition/event plans.	This coach has an in depth knowledge of match and tournament/event planning and scheduling, of the sportspeople competitive needs, of the competitive demands of the sport (travel), and the sport science principles (planning, periodisation, nutrition, hydration, recovery, psychology) needed to design match or competition/event plans. Additionally, this coach has a general knowledge of the same contents as related to annual tournament/event planning and scheduling.	This coach has an in depth knowledge of match and tournament/event planning and scheduling, of the sportspeople competitive needs, of the competitive demands of the sport (travel), and the sport science principles (planning, periodisation, nutrition, hydration, recovery, psychology) needed to design match or competition/event plans. Additionally, this coach has an in depth knowledge of the same contents as related to annual tournament/event planning and scheduling.
	Organise	This coach has a basic knowledge of competition organisation, equipment and facilities required, sports rules, safety issues, regulations and competition formats needed for the organisation of competition.	This coach has a general knowledge of competition organisation, equipment and facilities required, sports rules, safety issues, regulations and competition formats needed for the organisation of competition.	This coach has an in depth knowledge of competition organisation, equipment and facilities required, sports rules, safety issues, regulations and competition formats needed for the organisation of competition.	This coach has an in depth knowledge of competition organisation, equipment and facilities required, sports rules, safety issues, regulations and competition formats needed for the organisation of competition.
	Conduct	This coach has a basic knowledge of competition implementation, use of equipment and facilities, application of sports rules, safety issues, application of regulations and competition formats needed for conducting competition.	This coach has a general knowledge of competition implementation, use of equipment and facilities, application of sports rules, safety issues, application of regulations and competition formats needed for conducting competition.	This coach has an in depth knowledge of competition implementation, use of equipment and facilities, application of sports rules, safety issues, application of regulations and competition formats needed for conducting competition.	This coach has an in depth knowledge of competition implementation, use of equipment and facilities, application of sports rules, safety issues, application of regulations and competition formats needed for conducting competition.
	Evaluate	This coach has a basic knowledge of competition assessment and evaluation, awareness of competitive standards, competition/match charting systems needed for evaluating competition.	This coach has a general knowledge of competition assessment and evaluation, awareness of competitive standards, competition/match charting systems needed for evaluating competition.		This coach has an in depth knowledge of competition assessment and evaluation, awareness of competitive standards, competition/match charting systems needed for evaluating competition.
	Plan	This coach can recall and comprehand basic general knowledge, limited to facts and main ideas on the planning taks of the management activities of competitive sportspeople.	This coach has a general knowledge of planning activities (goal setting, task assignment, etc.) for managing sportspeople, and a basic knowledge of planning the management of novice coaches.	This coach has an in depth knowledge of planning activities (goal setting, task assignment, etc.) for managing sportspeople, and a general knowledge of planning the management of novice, assistant coaches, and other people related.	This coach has an in depth knowledge of planning activities (goal setting, task assignment, etc.) for managing sportspeople, and a general knowledge of planning the management of novice, assistant coaches, and other people related.
Management	Organise	This coach has basic general knowledge on the organisation taks of the management activities of competitive sportspeople.	This coach has a general knowledge of the organisation of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.	This coach has an in depth knowledge of the organisation of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.	This coach has an in depth knowledge of the organisation of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.
	Conduct	This coach has basic general knowledge on the management of competitive sportspeople.	This coach has a general knowledge of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.	This coach has an in depth knowledge of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.	This coach has an in depth knowledge of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.
	Evaluate	This coach has basic general knowledge on the evaluation of the management activities of competitive sportspeople.	This coach has a general knowledge of the evaluation of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.	This coach has an in depth knowledge of the evaluation of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.	This coach has an in depth knowledge of the evaluation of the management of the career of competitive sports people (contracts, sponsorship, etc.), the performance of other coaches (staff analysis and administration), the integration of sport science experts, and all people related to the sports organisation.

Education	Plan	This coach can recall and comprehand basic general knowledge, limited to facts and main ideas on the planning taks of the educational activities of competitive sportspeople	This coach has a basic knowledge on the planning activities for the education of sportspeople and novice coaches.	This coach has a general knowledge on the planning activities for the education of sportspeople and novice and assistant coaches, and a basic knowledge on the same activities for other people related to the sport.	This coach has an in depth knowledge on the planning activities for the education of sportspeople and coaches, and other people related to the sport.
	Organise	This coach has basic general knowledge on the organisation taks of the educational activities of competitive sportspeople.	This coach has a basic knowledge on the organisation of educational activities of sportspeople and novice coaches.	This coach has a general knowledge on the organisation of the education of sportspeople and novice and assistant coaches, and a basic knowledge on the same activities for other people related to the sport.	This coach has an in depth knowledge on the organisation of educational activities of sportspeople and coaches, and other people related to the sport.
	Conduct	This coach has basic general knowledge on the education of competitive sportspeople.	This coach has a basic knowledge on the education of sportspeople and novice coaches.	This coach has a general knowledge on the education of sportspeople and novice and assistant coaches, and a basic knowledge on the same activities for other people related to the sport.	This coach has an in depth knowledge on the education of sportspeople and coaches, and other people related to the sport.
	Evaluate	This coach has basic general knowledge on the evaluation of the educational activities of competitive sportspeople.	This coach has a basic knowledge on the evaluation of the educational activities of sportspeople and novice coaches.	This coach has a general knowledge on the evaluation activities for the education of sportspeople and novice and assistant coaches, and a basic knowledge on the same activities for other people related to the sport.	This coach has an in depth knowledge on the evaluation of the educational activities of sportspeople and coaches, and other people related to the sport.
Activities/job functions	Types	Learning Outcome - Competency 3: Personal, ethical, professional (to be)	Learning Outcome - Competency 3: Personal, ethical, professional (to be)	Learning Outcome - Competency 3: Personal, ethical, professional (to be)	Learning Outcome - Competency 3: Personal, ethical, professional (to be)
	Autonomy / responsibility	This coach has little or no autonomy or responsibility. This coach completes work or tasks under direct supervision and demonstrates effectiveness in simple contexts. This coach can take limited responsibility for improvement in performance in work in familiar groups.	This coach has little autonomy or responsibility. This coach can take responsibility for completion of tasks and demonstrate some independence in role in work in stable context but with some changes in factors. This coach can manage role under guidance in predictable work contexts. This coach can supervise routine works of others and can take some responsibility for training and educating other coaches.	This coach has considerable autonomy and responsibility. This coach can manage projects independently that require problem solving. This coach shows creativity and initiative in developing projects and managing people and processes that include review self-performance, trainining others to develop team performance.	This coach has full autonomy and responsibility. This coach demonstrates leadership and innovation in contexts that are new, complex and predictable that require the solving of problems that involve many interacting factors. This coach can review strategic performance of teams.
	Learning	This coach accepts and seeks guidance on learning.	This coach takes responsibility for own learning and demonstrates self-direction in learning	This coach evaluates own learning and identify learning needs.	This coach demonstrates autonomy in the direction of learning, capacity for sustained commitment to development of new ideas or processes, and a high level understanding of learning processes.
All	Communication / social	This coach can respond to simple but detailed written and oral communication. The ncoach can demonstrate social role for self and can adjust it to different social settings.	This coach can produce and respond to detailed written and oral communication even in unfamiliar contexts. The coach can take responsibility for using self understanding to change behaviour.	This coach can communicate ideas, problems and solutions to different audiences using a range of techniques involving qualitative and quantitative information. This coach can express a comprehensive internalised personal world view manifesting solidarity with others.	This coach can communicate project outcomes and methods with authority through engaging in critical dialogue with different audiences. This coach can scrutinise and reflext on social norms and relationships and lead action to change them.
	Professional / vocational	This coach can demonstrate awareness of procedures for solving problems by using the information provided.	This coach can solve problems using and integrating well known information from expert sources taking account of relevant social and ethical issues.	This coach can formulate responses to abstract and concrete problems. The coach can demonstrate experience of operational intereaction within a complex environment. The coach can make judgements based on social and ethical issues that arise in work.	This coach can solve problems by integrating complex, incomplete and unfamiliar knowledge sources. The coach can perform critical analysis, evaluation and systhesis of new and complex ideas and strategic decision making based on these processes. The coach can demonstrate experience of operational integration within a complex environment. The coach can promote social, and ethical advancement through actions.