

UK ATHLETICS COACHING PATHWAY

LEVEL 5

Details to be confirmed

OPTIONAL MODULES

(available to coaches at all levels)

LEVEL 4

Phase 1

Coach XL
1 day
£80

Phase 2

Managing Performance & Development
Personal and Coaching Skills
2 days
£80

Phase 3

Mentored Practice

Optional Modules

Phase 4

Event Specific
or
CIA (4)
2 day
£80

Assessment

Total Credits 60: Core – 20, Optional Modules – 20, Mentoring – 20 Renewal Credits : 9

Coaching Athletes with a disability

4 x 3 hour modules
£20
3 credits / module

Sports Coach UK Courses

L1/L2 Coaching essentials (intro)
L3 Developing your coaching
L4 High Performance
www.sportscoachuk.org

Coaching Female Athletes

3 hours
£20
3 credits

LEVEL 3

Phase 1

Personal and Coaching Skills
Planning
Coach Dev'tment
LTAD
2 days
£80

Phase 2

Performance Factors
Strength/Cond
Speed, Flex, End
Mental Skills
2 days
£80

Phase 3

Mentored Practice

Optional Modules

Phase 4

Group / Event Specific
Or
CIA (3)
2 days
£80

Assessment

Total Credits 40: Core – 24, Optional Modules – 8, Mentored Practice – 8 Renewal Credits : 6

Eating Disorders

1 day
£40
4 credits

First Aid

3 hours
£20
3 credits

Long Term Athlete Development

3 hours
£20
3 credits

LEVEL 2 (minimum age 18)

Enables coach to coach athletes in the event group(s) they are qualified in

Phase 1

Core Skills Day One
1 Day
8 credits
£50

Phase 2

Core Skills Day Two
1 Day
8 credits
£50

Phase 3

Supported Practice
4 credits

Phase 4

Technical Event Group
(Speed, Jumps, Endurance, Throws or CIA(2))
½ Day 4 credits
£30

Assessment

Total Credits 24; Core – 20, Supported Practice – 4 credits Renewal Credits : 3

Mentored Practice

3 days (2 + 1 day)
£40 per day
5 credits per day

Strength and Conditioning

2 Days
£100
10 Credits

LEVEL 1 (minimum age 16)

Enables individual to assist Level 2 and above coaches

Level 1 Assistant Coach Award

Workshop plus manual
Insurance Cover (insured to assist)
UKA: Coach pass & UKA: Coach Licence
1 day, 2 x ½ day, 4 x 2 hours
Cost: £50

Total Credits : 10 Renewal Credits : 2

STAND ALONE MODULES

Leaders Award: Children in Athletics (1)

(minimum age 14 years)

Qualified to lead athletics type activities for children (8-13 years) with 'Fun in Athletics' soft play equipment under Level 2+ coach guidance

Workshop plus manual
Insurance Cover (insured to assist)
1 day, 2 x ½ day, 4 x 2 hours
Cost: £50
UKA: Coach pass UKA: Coach Licence

Fitness in Running and Walking (1)

(minimum age 16 years)

Enables individual to lead a group in fitness, running and walking activities

Cost of course £50
1 day, 2 x ½ day, 4 x 2 hours
Workshop plus manual
Insurance Cover (insured to assist)
UKA: Coach pass UKA: Coach Licence

Total Credits: 10 Renewal Credits: 2