

National Sports Institute

A division of the PNG Sports Foundation



# Certificate III in Sport Coaching

The Certificate III Program is accredited approved by the University of Goroka, under the Institute of Technical & Vocational Education and Training.



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# Certificate III in Sport Coaching

The Sports Coaching Certificate III is designed to provide individuals with skills, knowledge and professional growth in the area of coaching. This course has been developed to assist coaches and beginner coaches to learn the basics in coaching at all levels. The learning and values gained will enable graduates of this course to work with athletes at club level in their sporting communities.

Targeted for this course are the Sports development officers and others in the community who aspire to coach sports teams in the country. Those wanting to specialize in coaching a specific sport will be directed to the National Sporting Federations who can then offer sports specific coaching courses.

## Course Offering

No.	Unit Code	Unit Name	CP	Hrs/Wk	Duration
1	THS 021	Basic First Aid	10	10hrs/wk	6 weeks
2	THC 071	Introduction to Coaching Principles	10	10hrs/wk	6 weeks
3	THS 011	How the Body Works	10	10hrs/wk	6 weeks
4	THS 012	Introduction to Exercise Physiology	10	10hrs/wk	6 weeks
5	THP 153	Workplace Training	15	40hrs/wk	6 weeks
			<b>55</b>		

**Note: Units 1 –4 are completed over a 6-week block, while Unit 5 is completed in the following 6 weeks.**

*\* The total Credit points for this course is fifty five (55). To qualify for the certificate, a student must obtain not less than forty five (45) credit points and must pass workplace training.*

## Course Fees

This program is accredited by the University of Goroka so tuition fees are determined by the university. As at 2021, the advertised Tuition Fee was K3,630.00 (non-residential) and K6,270.00 (residential).

For more information, contact the Director—Student Admin, UOG on Telephone: 531-1739 / 531-1887

## Course Descriptions

**TITLE:** Basic First Aid  
**CODE:** THS 021  
**CREDIT POINTS:** 10  
**PREREQUISITES:** None

### **Description:**

Accidents and injuries are bound to happen anywhere and anytime. It is very important that when accidents do occur, proper management procedures must be applied before the injured is referred to the hospital for expert medical treatment. Such first aid management procedures are applied at the scene of the injury or where the accident happened. In this course students will learn the first aid management procedures used to manage injuries. In addition the course also builds confidence in the students' ability to apply first aid to the injured.

### **Learning Outcomes:**

At the end of the unit, students will;

- \* Manage injuries using first aid management procedures
- \* Demonstrate the ability to perform a simple diagnosis
- \* Identify the causes and signs and symptoms of injuries
- \* Differentiate the difference between first and medical aid
- \* Perform CPR

### **Content:**

1. DRSABCD Action Plan
2. CPR
3. Management of common injuries
4. Prevention and management of common Sports Injuries

### **Teaching and Learning Strategies:**

As much as possible this course will mostly be practical. It involves mostly demonstration, exposition, group discussions and case studies.

### **Assessment Tasks:**

There will be four assessment tasks. Criteria for each of the tasks will be circulated when the tasks are distributed to the students.

<i>Task 1 Tutorial Task</i>	-	10%
<i>Task 2 Practical Test</i>	-	40%
<i>Task 3 Assignment</i>	-	20%
<i>Task 4 Theory Examination</i>	-	30%

### **Selected Key References:**

- \* St. John Ambulance, 2006, Australian First Aid, St. John Ambulance, Australia
- \* Archer, F, et.al, (2002), Level 1 Sports Trainer, Sports Medicine Australia, Australia

**TITLE:** Introduction to Coaching Principles  
**CODE:** THC 071  
**CREDIT POINTS:** 1  
**Prerequisites:** None

**Description:**

Coaching is a challenging profession with many difficult decisions and ethical dilemmas. The aim of this course is to introduce the students to the value of a coaching philosophy and the importance of knowing who you are and what kind of coach you want to be. Students will define what is coaching, what is a coach, the role, legal responsibilities, skills and code of behavior of a coach. The students will explore the differences between the objectives for competition, athlete's participation and the coach's personal objectives. Sport is a reflection of our society; we also see loss in moral behavior in sports as exemplified by unsporting behaviors on and off the field of play. Students will also determine why character education is an essential duty of the coaches; define the definitions of character and sportsmanship and how coaches will help athletes to develop good character.

**Learning Outcomes:**

At the end of the session, students will;

- \* State their philosophy of coaching
- \* Compare the different types of coaching styles
- \* Outline the ethical responsibilities of coaches
- \* Determine the importance of character building in sports.
- \* Identify the need for effective communication in the sporting environment

**Content**

1. Developing a coaching philosophy
2. Developing your coaching objectives
3. Selecting Coaching Style
4. Coaching for Character
5. Coaching Communication

**Teaching and Learning Strategies**

Teaching and learning strategies may comprise of demonstration, brainstorming, case study, group work, interactive video, role plays and research based learning and presentations.

**Assessment Tasks**

There will be three assessment tasks. Criteria for each of the assessment tasks will be provided in the course guide booklet.

<b>Task 1 Research and Oral Presentation</b>	-	30%
<b>Task 2 Case Study</b>	-	30%
<b>Task 3 Examination</b>	-	40%

**Selected Key References**

- Gearside, L, Bee, L, Durham, D 2004, *Beginning Coaching Level 1 Coach's Manual*, 3<sup>rd</sup> ed., Australian Sports Commission, Canberra, Australia
- Goodman, N, Black, K Schembri, G, 2008, *Coaching Children*, Australian Sports Commission, Canberra, Australia
- Martens, R 2004, *Successful Coaching*, 3<sup>rd</sup> edn, Human Kinetics, Champaign, USA
- Thompson, P J.L. 2009, *Introduction to Coaching*, IAAF, Monaco, Turkey

**TITLE:** How the Body Works  
**CODE:** THS 011  
**CREDIT POINTS:** 10  
**PREREQUISITES:** None

**Description:**

The human body is a complex living machine that has the capability to perform a variety of activities to keep it alive. Coaching involves the human body therefore it is very essential that coaches and athletes alike understand how the body works with regard to exercising and training. This unit will provide the participants an opportunity to recognize the different structures that the body is made of and understand their functions and how they work together and respond to exercise and training.

**Learning Outcomes:**

At the end of the course, participants will;

- \* Identify and name the structures of the body
- \* Use the movement and directional terminologies in their coaching
- \* Demonstrate and apply the skills and knowledge of the human body, how it works and how it responds to exercise and training in coaching

**Content:**

1. Cells and Tissues
2. Basic Anatomical concepts
3. The Musculo-Skeletal System
4. The Nervous System
5. The Cardio-Respiratory System
6. How the body responds to exercise & training

**Teaching and Learning Strategies:**

As much as possible this course will mostly involve exposition, group discussions, and demonstrations.

**Assessment Tasks:**

There will be four assessment tasks. Criteria for each of the tasks will be circulated when the tasks are distributed to the students.

<i>Task 1 Quiz</i>	-	10%
<i>Task 2 Test</i>	-	30%
<i>Task 3 Research and Oral Presentation</i>	-	20%
<i>Task 4 Examination</i>	-	40%

**Selected Key References:**

- Thompson, P.J.L., 2009, Introduction to Coaching: The Official IAAF Guide to Coaching, Athletics, IAAF, Monaco
- Wilmore, J.H. & Costill, D.L., (1994), Physiology of Sport and Exercise, Human Kinetics, Champaign, Illinois
- Beashel, P, and Taylor, J, (1992), Sport Examined 2<sup>nd</sup> Ed, Thomas Nelson and Sons Ltd, Australia
- Pyke, F,S, (2001), Better Coaching; Advanced Coach's Manual 2<sup>nd</sup> Ed, Human Kinetics, Australia

**TITLE:** Introduction to Exercise Physiology  
**CODE:** THS 012  
**CREDIT POINTS:** 10  
**PREREQUISITES:** THS 011

**Description:**

This unit prepares the coaches to understand the changes that occur to the body as a result of exercise and training so that they can be able to plan and develop training programs that are effective and appropriate to the needs of their athletes. The participants will acquire the necessary skills and knowledge such as understanding how the body produces energy for exercise, how to develop fitness components, test these components, plan and prescribe suitable meals and mentally prepare athletes adequately for competition. These skills and knowledge are the basis of successful coaching.

**Learning Outcomes:**

At the end of the course, participants will;

- \* Identify the energy systems and describe how the body produces energy during training and exercise
- \* Categorize each sport according to the amount of energy they require
- \* Identify and define the fitness components
- \* Explain how the fitness components can be developed and conduct fitness tests for each fitness component
- \* Plan suitable meals for athletes

**Content:**

1. Introduction to Exercise Physiology
2. Energy systems
3. The Components of Fitness
4. Fitness Testing
5. Athlete's Diet
6. Developing Mental Skills

**Teaching and Learning Strategies:**

As much as possible this course will mostly involve exposition, group discussions, and demonstrations.

**Assessment Tasks:**

There will be three assessment tasks. Criteria for each of the tasks will be circulated when the tasks are distributed to the students.

<i>Task 1 Assignment</i>	-	20 %
<i>Task 2 Practical Test</i>	-	45%
<i>Task 3 Examination</i>	-	35%

**Selected Key References:**

- Thompson, P.J.L., 2009, Introduction to Coaching: The Official IAAF Guide to Coaching, Athletics, IAAF, Monaco
- Wilmore, J.H. & Costill, D.L., (1994), Physiology of Sport and Exercise, Human Kinetics, Champaign, Illinois
- Gore, C. J (Editor), 2000, Physiological Tests For Elite Athletes, Australian Sports Commission, Australia.

**TITLE:** Workplace Training  
**CODE:** THP 153  
**CREDIT POINTS:** 15  
**PREREQUISITES:** All units covered in the Course

**Description:**

Workplace Training is an important part of professional development. Workplace Training provides the students the opportunity to put into practice what they learn from the courses. This includes, working with sporting clubs and associations, provincial sports offices, the corporate sector such as mining companies who seek to have a healthier, fitter and active workforce. The course gives the participants a chance to experience working in an established organisation and putting into practice the skills and knowledge acquired in the respective courses. Students will first of all be taken through requirements of the course and will then be expected to complete the assessment tasks during workplace training.

**Learning Outcomes;**

At the end of workplace training students will have;

- \* Acquired the skills and knowledge required to work in an organization
- \* Gained experience and confidence in working in an organization
- \* Applied their knowledge and skills

**Content**

1. Self-Branding and Marketing
2. Contracts
3. Host Organization
4. Mini Expo - Invite Heads of Schools, Sports and Recreation Organisations to talk to students & generate interest for students to work at their organisation

**Assessment**

*The following are assessment tasks and requirements to successfully complete the six weeks workplace training.*

<b>Task 1 The Organisation:</b>	-	15%
<b>Task 2 The Placement</b>	-	30%
<b>Task 3 Graduate Capabilities Developed while on Workplace Training</b>	-	30%
<b>Task 4 Written Reflection</b>	-	25%