



ACADEMY OF FITNESS
AND HIGH PERFORMANCE
AFHP.COM.AU

CERTIFICATE 2 IN SPORTS COACHING

Ready to begin your coaching journey?

This course is designed to provide you with the skills and knowledge

to coach foundation-level athletes in a sport of your choice.

Whether you are just starting out, or need to formalise your skills, the

Certificate 2 in Sports Coaching is perfect for you!

A BETTER WAY TO BECOME A SPORTS COACH

YOUR LEARNING PORTAL



ALL your learning material is embedded INTO the assessments with an 'easy to drive' portal. Simply login and start or carry on from where you left off!

Hello, Jimbo! 🌟

SIS20321
Certificate II in Sport Coaching

iLEADERS Level 2: Club Coach Qualification
ILTCert II 2024

0 of 7 Units Resulted

Overview Units Assessments Resources

To Do

Assessments 2 Forms 1 Units 1

AFHP - Induction Course
ICTICT214 | AFHP Induction Course
In Progress Attempt 1

Language, Literacy and Numeracy
ICTICT214 | LLN
Not Started Attempt 1

0 units resulted

Results

Jimbo Jones

Email Call

AFHP
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We know everyone learns in different ways, so the learning portal contains instant access to an array of options for learning - we've got all bases covered.

- ▲ Comprehensive, downloadable learner guides. Use these as you would a textbook - lots of information!



- ▲ Video tutorials and webinars. Sometimes, having something explained to you and shown to you makes more sense than just reading words. Our team of experts have over 40 years of experience in the industry and share their knowledge in all the areas you need to know!

DUTIES OF AN ASSISTANT COACH

SKILL ACQUISITION IN COACHING PRACTICE

We have provided a video of skill acquisition in coaching practice to assist you to further understand the fundamentals of coaching sport participants. Please ensure you watch the **video** and familiarise yourself with the **learner guide** in section one prior to attempting the short answer questions in this section.



- ▲ Html short-courses with learning quizzes. Short, interactive html courses are designed to give you the most relevant information, with short quizzes to test your understanding of the material.

Human Anatomical Hierarchy

Level	Description
1	Cells
2	Tissues
3	Organs
4	Organ Systems
5	Organisms

Kettlebell Swing

Knee Dominant Pattern

Other Pattern

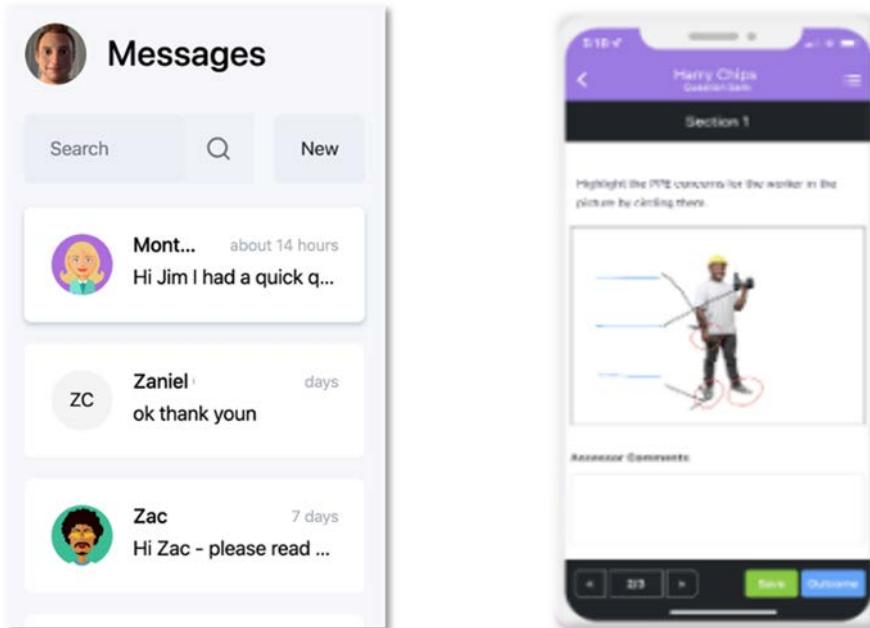
- ▲ Interactive pictures and diagrams. A visual treat to help illustrate critical information.

Lines of Movement - Vertical Push and Pull

Upper Trapezius

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- ▲ Direct access through a message portal to teachers assigned to a course and assessors at head office, so asking questions and getting help at any time is quick and simple.
- ▲ You'll have access to an advanced mobile app (iPhone or Android) so access is available anytime, anywhere.



- ▲ Video uploads allow you to SHOW your assessor what you can do and invites you into the world of delivering information in real time – a critical aspect of learning to be a great personal trainer.



All of this makes the process of learning information and translating it into assessments more logical, more relative and more intuitive.

Assessments are structured to identify three key elements.

1. Foundation Knowledge

Multiple choice answers. These are set as a quiz and are auto-marked for immediate response! Six initial attempts allow students the opportunity to correct answers before intervention and assistance from an assessor.

QUIZ

COACHING PRACTICE IN AUSTRALIAN SPORT



We have provided an introduction video of coaching practices to introduce you to basic coaching practice, and also to assist you with your coaching session delivery in later stages of this unit. Please ensure you watch the [video](#) and familiarise yourself with the [learner guide](#) in section one prior to attempting the Quiz in this section.



• **TIM ROBERTSON**

When trying to meet the needs of an individual athlete some of the things

Q1 *

What were the **five (5)** tips on presenting and pacing information at a coaching session?

- Explain a drill or an activity in simple terms
- Best practice is to formulate, execute, repeat and analyse drills with all age levels
- Breakdown the information into small presentations and back it up with a demonstration
- Ask questions of the participants to ensure there is an understanding
- Use video support for low training age participants so they can view the drills in their own time
- Get the participants to use the new knowledge in an activity as quickly as possible
- Remember that young participants cannot process too much information at once and get bored very easily

2. Interpretation & Application of Knowledge

Short-answer questions designed to validate the acquired knowledge has been interpreted correctly. Feedback is provided directly in the assessment by the teacher or assessor for easy reference.

COACHING SESSION STRUCTURES

Q2 *

What are the **six (6)** benefits of warm-up exercises as outlined in the learning resources?



1.	
2.	
3.	
4.	
5.	
6.	

3. Practical, vocational application

Physical demonstration of skills required. This could be writing programs, demonstrating exercise techniques or instructing participants in sporting activities.

SESSION ONE - UPLOAD YOUR SESSION TEMPLATES AND VIDEO EVIDENCE WITH YOUR SUPERVISOR

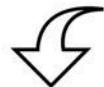
PREPARE TO CONDUCT YOUR FIRST COACHING SESSION:

This checklist is to assist you to prepare to conduct your sport coaching session. Please ensure you have addressed the following actions and have your supervisor confirm you have prepared for your session/s appropriately.

- Confirmed session duties with my supervisor
- Reviewed my session plan with my supervisor
- Prepared the facility and organised equipment for use during my session
- Checked my equipment carefully for damage/wear and tear and reported any damage to my supervisor
- Discussed any setup issues with my supervisor

UPLOAD YOUR COMPLETED SESSION PLAN FOR SESSION ONE

UPLOAD YOUR **SESSION PLAN** HERE:



Choose file No file chosen



Please read any feedback from your assessor below. If you have been marked **Not Satisfactory, it will contain guidance to help you improve your responses.**

None Satisfactory Not Satisfactory

ASSESSOR FEEDBACK - SESSION PLAN

Enrol Now

WHAT WILL I STUDY?

The Units for study in the Certificate 2 in Sports Coaching are selected to provide coaches with knowledge and skills that encompass all aspects of being a coach. There are many elements that are sometimes less obvious, but equally as important in creating a well-rounded and successful coach.



Operate Software Packages (ICTICT214)

Essential for planning sessions, recording information, booking courts and fields.

Work Safely (SIRXWHS001)

A key component in maintaining operational health and safety for both coach and athletes.

Respond to Interpersonal Conflict (SISXIND009)

This short unit teaches simple, practical ways to handle everyday conflict — spotting problems early, talking so people actually listen, keeping everyone safe, and knowing when to get help. It's all about respectful communication, de-escalation and common-sense steps you can use at school, in sport or in the workplace so small issues don't become big ones.

Conduct Sport Coaching Sessions for Foundation Level Participants (SISSSCO001)

The main part of the certification, focussing on how to structure and deliver an effective coaching session, collecting feedback and managing parents and spectators!

Work in a Community Coaching Role (SISSSCO002)

Spend time practising what you have learned in a real environment under the supervision of a coach in a sport of your choice!

Maintain Activity Equipment (SISXFAC006)

Central to any successful coaching program is the smooth running of the environment and the equipment necessary to do the job. Use your sport as a case study and decide on the important elements for success!

Provide First Aid (HLTAID011)

A core unit in many certifications, this is usually undertaken with a local provider and the certificate can be applied as a Credit Transfer to your package.

WHEN AND WHERE CAN I STUDY?

The course is designed for you to start ANYTIME. Once you are enrolled, the course will move with you, going as fast or as slow as you like.

No term dates.

No class commitments.

No reason to put it off!

WHAT JOBS CAN I GET?

The Certificate 2 in Sports Coaching will allow you to be an assistant coach, working under the supervision of a senior, qualified coach. It is a perfect course for anyone looking to test the water and see if coaching is a route that they enjoy and might be interested in pursuing to a higher level, where sports specification and deeper knowledge and practise is required.



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INVESTMENT & FLEXIBLE PAYMENT OPTIONS

NOW ONLY - \$1090 UPFRONT OR \$19 p/w

OPTION 1

Payment in Full

1 x monthly payments of 840.00 after an initial 250 deposit paid at time of online enrolment.

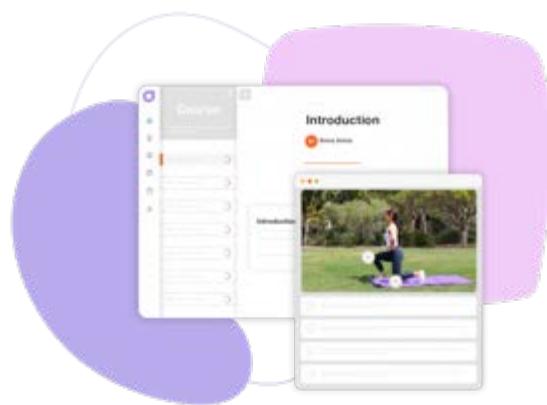
Total - 1090

OPTION 2

Payment Plan

19 per week after initial 250 deposit paid at time of enrolment.

Total - 1240



[Enrol Now](#)

TESTIMONIALS

"AFHP have exceptional staff that really go above and beyond to help each student learn and progress. The online modules have an abundance of information that is both easy to navigate and applicable to becoming a personal trainer. I highly recommend anyone who is interested in doing a fitness course to take a look at AFHP."

CHRIS CHAN

"I signed up to do my course with AFHP after having a bad experience with another provider and I am so glad I did. The online material is interactive and easy to read. And the in-classroom sessions are very informative and enjoyable. The trainers have such a wealth of knowledge and I have learnt so much from the sessions with them. I would highly recommend AFHP to anyone that who is looking at studying and getting into the fitness industry."

NAKITA MUNRO

"My son is really loving the course and is enjoying engaging with the online platform. He is busy planning his practicals with his sports teacher and is thoroughly motivated by the course content. Great product!"

RIKKI MCCABE

"Working with AFHP to complete my Certificate III and IV has been an amazing and worthwhile experience. Learning through a mixture of online, written and physical methods has equipped me with all the essential knowledge needed to enter the fitness industry. The teachers are the best in the business and will help you every step of the way.

I would definitely recommend AFHP for anyone who wants to achieve their fitness certificates."

TOM DEARNSLEY

