



Online Core Coach Training

British Canoeing Online Core Coach Training

18-Hour blended learning course

What does the course involve?

This course includes six online (real-time) live sessions following a set course schedule. In-between each live session there are specific tasks and activities for you to complete in your own time.

A class of 4-8 students will complete the course together; getting to know one another through the live sessions and some task's you'll complete together.

How long does it take?

This course requires approximately 18-hours of your time. This includes:

- a calendar of six 60-120 minute real-time live sessions;
- tasks/activities to do in your own time (interspersed in-between each live session).

Courses are typically spread out over 2-7 weeks.

Who is this course for?

This course is specifically designed to support people working towards the [British Canoeing Awarding Body Coach Award Qualification](#). It is also appropriate, and repeatable, as stand-alone training to support ongoing coach learning and development.

If you are looking to gain your first paddlesport coaching qualification, or looking to update your general coaching knowledge this course could be for you.

The course is suitable for learners aged 16 and over.

Do I get CPD Points?

Completion of this course provides 20 CPD points for Coaching and Leadership Update CPD .

What level of knowledge do I need before joining the course?

You need a base level of knowledge of the discipline(s) you wish to coach; this helps you get started with some knowledge of WHAT you will be coaching.

We also recommend that you complete the British Canoeing [Paddlesport Instructor eLearning](#) prior to starting this online course. This gets you started with some background content about HOW to coach.

What do we cover?

Through an interactive course you will explore different approaches to coaching, to enabling learning, and some core coaching skills. You will also be supported in evolving your personal coaching development plan to enable you to take your learning into practice after the course.

What do I need?

- A desktop computer, tablet or laptop.
- Reliable internet access/speed (that can cope with Online video meetings and YouTube videos).
- The latest version of a supported browser (see below).
- A mic and web-cam for the live sessions (hosted via Zoom).
- A quiet space for taking part in the live sessions.

Supported Browsers

Desktop Computers

Platform	Apple Safari	Google Chrome	Microsoft Edge	Mozilla Firefox
Apple Mac OS	Yes	Yes	Yes	Yes
Microsoft Windows	No	Yes	Yes	Yes

Tablets and Mobile Devices

Platform	Apple Safari	Google Chrome	Microsoft Edge	Mozilla Firefox
Apple iOS for iPhone or iPad	Yes	No	No	No
Android OS for Android phones and tablets	No	Yes	No	No

What if I miss a Live Session?

You need to complete all of the self-directed learning and all of the Live sessions.

If you miss a live session, due to unforeseen circumstances you will need to catch up by watching the session recording and following this up with a conversation with the tutor. If you miss more than one live session it is likely that you won't be recognised as having completed the course, but you will need to discuss options with us if this happens.

You are expected to complete the self-directed learning in between each live session. The live sessions build on this knowledge, so won't make much sense if you don't.

Accessibility

Our online course is designed to be accessible to all learners.

Within the materials designed for learners to complete in their own time we have:

- Provided optional summary voice-over to online materials;
- Included subtitles on course videos;
- Used font size of 14 throughout all written materials to help readability;
- Used Plain English wherever possible and introduced new concepts or technical terms;
- Used clear, consistent navigation features to help people to work through online materials.

We are committed to making the course more inclusive, if there is anything that we can do to improve the accessibility of the content, please contact us at, email/telephone.

Please note: If English is not your first language you may benefit from completing the course with support of a communication support worker or interpreter.

Due to the highly interactive nature of the course, the course is not compatible with screen reader software. Please contact us to discuss accessing the learning material in a format accessible for screen reader software.

Course Programme

The course follows a pattern of live sessions, interspersed with tasks/activities to be done in your own time.

Self-Directed Learning	Topic 1 - Welcome & Introductions
Live session 1	
Self-Directed Learning	Topic 2 - The learner/athlete; where coaching starts
live session 2	
	Topic 3 - The learner/athlete journey
Self-Directed Learning	Topic 4 - Enabling learning; understanding feedback
	Topic 5 - Coaching to develop learners'/athletes' learning
Live session 3	
	Topic 6 - Reflective practice
Self-Directed Learning	Topic 7 - Coaching philosophy
Live session 4	
Self-Directed Learning	Topic 8 - Session planning
Live session 5	
Self-Directed Learning	Topic 9 - Coaches' decision-making
Live session 6	
	Topic 10 - Creating an optimum learning environment
Self-Directed Learning	Topic 11 - Structuring practice
	Topic 12 - Conclude, personal reflection and action planning
1:1	Individual review and action planning with tutor

Where do I get help?

If you experience any difficulties please get in touch with your Course Tutor. You will meet them at the first live session and they remain your main point of contact throughout the course.

How do I find a course and enroll?

[Find course dates here.](#)

Funding Support

The total course cost is £200 with options to apply for a sportscotland scholarship contributing 60% to the cost. Note that all applications to sportscotland must be submitted 4 weeks ahead. If you apply to sportscotland by the deadline and are unsuccessful with funding, we will refund your deposit if you no longer wish to take part. When applying for funding, you may wish to include an estimate of the cost of Discipline Specific Training and Assessment too as it is not possible to apply for a further scholarship.

[Apply for sportscotland funding here.](#)

Further information

If you have not yet enrolled in the course, or you wish to seek additional help, please contact us - hello@canoescotland.org