



# Australian Calisthenic Federation

## Level Two Coaching Course

### **Overview**

- Coaches may enrol to commence level 2 at anytime and then complete requirements as time and opportunity allows. There is no prescribed time limit for the completion of level 2.
- The sports specific module fee is set nationally and reviewed annually in line with CPI. The current fee is \$55 per module. In the event of an applicant withdrawing within 2 weeks prior to presentation of the module, a penalty of \$25 will be incurred. Otherwise module fees will be refunded.
- General Coaching Principles section of the course will be available through various avenues in each State or Territory. Details of these courses are available from your State Coaching Coordinator. You may gain update points through completion of this course. Some recognition of prior learning may apply.
- Sports Specific sections of the course will be offered by State Associations at different times throughout the year. There is a capacity for recognition of prior learning for components within this section if you meet the guidelines.
- The Coaches Code of Ethics is agreed to in writing annually by all coaches and is contained in the ACF Member Protection Policy (Attachment E).
- Coaches with a grievance regarding their coach training should direct their complaint to ACF, as set out the ACF Complaint Management Policy.
- Course presenters are appointed following guidelines set out in the ACF Principles for Selection of Level Two Presenters and Supervisors (attached).
- The Australian Calisthenic Federation holds an insurance policy which covers all course deliverers.
- The needs of country coaches will be given careful consideration with regional workshops offered where possible.
- Benefit
- Pay as you go rather than an 'up front' course fee.
- Can start anytime of year.
- No set order for completion of components unless specific pre-requisites apply.
- As a registered Level 2 course participant you may claim update points for Level 1 for each module attended.
- ACF holds an insurance policy covering course deliverers.

### **Time Commitment**

- There is no time limit for completion of Level 2.

### **Recognition of Prior Learning**

- Coaches may seek recognition of prior learning for:
- Level Two General Principles: where tertiary studies have been completed in areas such as Human Movement, Physical Education, etc.
- Level Two Dance: where tertiary studies in Dance have been completed.
- Level Two Injuries: where tertiary studies in Sports Medicine have been completed.
- Presenters of a Level Two module will be deemed to have completed that module.

Application for recognition of prior learning must be made to the ACF executive through AC FCC.



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## **General Objectives**

- Designed for coaches at inter and advanced levels who want to improve personal and team standards.
- Develop an educational program, which will increase skills and knowledge of calisthenics coaches.
- Provide opportunity and encouragement for interested coaches to work towards self improvement and expertise in their coaching programs.
- To broaden the range of options available in coach education in calisthenics.
- To upgrade the standard of coaching in Calisthenics through better trained and qualified coaches.

## **Course Learning Outcomes**

### **A Level 2 Calisthenics Coach will at the completion of the course:**

- Apply the basic biomechanical, physiological and behavioural sciences necessary for intermediate to advance levels of coaching.
- Demonstrate advanced technical knowledge of calisthenic elements.
- Structure advanced programs for calisthenic elements.
- Demonstrate coaching skills appropriate to specific levels and age groups.
- Demonstrate advanced choreographic skills.
- Identify adjudication elements of each area of competitive calisthenics and be able to apply this knowledge in their coaching.

## **Pre-requisites**

- Level 1 accreditation.
- Practical coaching experience with full responsibility for a team for a period(s) of at least two years.
- Membership of State Association.
- Current First Aid Qualification according to the established criteria.



# Australian Calisthenic Federation

## **Course Requirements and Regulations**

### **a) Enrolment Pre-requisites**

- Level One accreditation
- Practical coaching experience with full responsibility for a team for a period(s) of at least two years
- Membership of State Association
- Current First Aid Qualification according to the established criteria

### **b) Attendance requirements**

- 100% attendance required. Coaches must attend and complete all units satisfactorily.

### **c) Recognition of Prior Learning**

Coaches may seek recognition of prior learning for:

General Coaching Principles - where tertiary studies have been completed in areas such as Human Movement, Physical Education, etc.

Dance: where tertiary studies in Dance have been completed.

Injuries & Preventions in Calisthenics: where tertiary studies in Sports Medicine have been completed.

Presenters of a Level Two module will be deemed to have completed that module.

Application for recognition of prior learning must be made to the ACF Executive through ACFCC.

### **d) Fees**

Course fee will be set nationally and reviewed annually (see Overview).

### **e) Candidate Assessment**

- attendance
- participation and discussion
- successful completion of all module assessment components
- participation in practical sessions

### **f) Course Delivery**

- overseen and documented by State bodies
- presented by ACF approved lecturer/supervisor/personnel
- developed by the ACFCC under the direction of the ACF
- to be implemented at State level by State coaching bodies

### **g) Venue**

- The coaching course can be conducted at a school venue, community, church hall or other appropriate venue.

Minimum requirements:

- flat free space
- CD/cassette player
- overhead projector
- white board
- audio visual equipment ie DVD/Video player and TV



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### **h) Records**

- maintained by State bodies
- coaches issued numbered registration cards
- nationally held by Registrar of ACFCC

### **Structured Update Program**

- Optional updating seminar Programs are to be organised by each State body and their Programs are to be approved by the ACFCC before implementation.
- Evaluation of Program:
  - must earn twelve points per year
  - 48 points over 4 years
  - 36 points must be sports specific
  - 12 hours must be practical coaching
- Each State must provide a comprehensive Program exceeding the minimum limits to reasonable allow all participants to fulfil the requirements.



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## Level 2 Course Content

### Sports Specific Modules:

<b>Injuries and Prevention in Calisthenics</b> Pre reading and Assessment (open book)	3 hours
<b>Stagecraft</b>	3½ hours
<b>Club Swinging</b> Assessment	3 hours 1 hour
<b>Rod Exercises</b> Assessment	3 hours 1 hour
<b>Dance</b> Assessment	3 hours 1 hour
<b>Singing</b>	2 hours
<b>Advanced Communication</b>	4 hours
<b>Coaching Effectiveness</b>	4 hours
<b>TOTAL HOURS</b>	<b>28½ HOURS</b>

General Coaching Principles Course

(External course hours depend on mode of study i.e. correspondence, on line, course attendance.)