



ITU LEVEL 2 - COMPETITIVE COACHES COURSE ACCREDITATION

Introduction

Coach Education and Development is the key link in the planning and application of strategic plans pertaining to long term athlete growth, development and performance.

Applying sport science with safe training and coaching practices for triathlon specific preparation through education and application is critical to developing coaches who can prepare the athletes properly. With this in mind ITU Sport Development has developed Coach Education courses, curriculum and resources to service National Federations that do not have such programmes and/or resources in place.

To support the National Federations, ITU will provide the opportunity for Federations to obtain their current Coach Education Programme (Level 2) accreditation by ITU once they have meet the five requirements for accreditation and provide the curriculum content and evaluation methods within their current coaching education structure. If the programme does not meet all the requirements, ITU will assist the Federation with developing or supplementing the necessary information required for ITU accreditation. Below is an overview of the ITU Level 2 Competitive Coaches Course objectives, level of coaches it is targeting and the accreditation process.

Level 2 Objectives: The Level 2 coaches' course is an applied course which integrates sports science with triathlon specific preparation for the Junior and U 23 athlete preparing for draft legal racing.

Level 2 Target Coaches: The Level 2 course is for coaches involved with the education and coaching of their Federations Junior and U 23 athletes preparing for draft legal racing.

Accreditation Process: The following information will explain the five requirements for accreditation, the minimum course content and the evaluation components needed. National Federations that have an existing Coach Education Programme and would like their course to carry an ITU Coach Education accreditation and logo should contact Alan Ley, ITU Sport Development Manager to review the process and then submit the following information to alan.ley@triathlon.org:

Requirements for Level 2 Competitive Coaches Course Accreditation

1. Curriculum outline for Level 2 Coaches Course
2. Support manuals used for the course
3. Means of evaluation (theoretical and practical)
4. Prerequisites for enrolment in the course (e.g. prior learning requirements; age; criminal history checks etc.)
5. Re-certification requirements

Level 2 Minimum Course Content

Topic - Module	Minimum Content	Details and Comments
Module 1 Sport Education and Culture	<ul style="list-style-type: none"> History of triathlon Local and International culture Events Rules 	<ul style="list-style-type: none"> Overview of the different disciplines and events within ITU Current ITU Competition Rules International, Continental and National structures within ITU
Module 2 Ethics and Philosophy	<ul style="list-style-type: none"> Personal ethics in sport Individual and team ethics Implementing a coaching philosophy 	<ul style="list-style-type: none"> Defining a personal coaching philosophy Ethical decisions and issues in triathlon
Module 3 Safety and Risk Management	<ul style="list-style-type: none"> Triathlon specific risk management and safety issues 	<ul style="list-style-type: none"> Environmental, physical and equipment risks Developing an Emergency Action Plan Managing risk and liability
Module 4 Planning	<ul style="list-style-type: none"> Short term planning including daily, weekly and monthly Long term planning including annual and quadrennial plans 	<ul style="list-style-type: none"> Understanding the need for individual planning Applied quadrennial, annual, monthly weekly and daily plans Recovery based training
Module 5 Sport Specific Techniques and Preparation	<ul style="list-style-type: none"> Swim techniques, tactics and preparation Bike techniques, tactics and preparation Run techniques, tactics and preparation Transitions techniques, tactics and preparation 	<ul style="list-style-type: none"> Triathlon specific skills and tactics in each discipline Applied coaching skills Current sport specific technology and equipment trends
Module 6 Training	<ul style="list-style-type: none"> Training principles and triathlon specific energy systems Long term development of the Junior and U 23 athlete Triathlon specific training methods 	<ul style="list-style-type: none"> Integrating sports science with triathlon specific preparation Evaluation of the Junior and U 23 athlete using analysis, feedback and correction
Module 7 Communication and Teaching	<ul style="list-style-type: none"> Coaching communication skills specific to Junior and U 23 athletes Individual and group instruction methods 	<ul style="list-style-type: none"> Validation and correction methods of instruction Adapting the teaching and communication methods to different individuals and groups
Module 8 Coaching Responsibilities	<ul style="list-style-type: none"> Coaching roles Leadership styles Organization 	<ul style="list-style-type: none"> Leadership and management of individuals and teams Organization of training, equipment and facilities

If a National Federation Coach Education Programme is missing a minimum module, the ITU Level 2 Competitive Coaches Manual may be used to supplement the information

For example, a programme may look like the following:

Country "X" Base programme + ITU Coaches Ethics and Philosophy (ITU Level 2 Manual)

Country "Y" Base programme + ITU Communication and Teaching ITU Level 2 Manual)

Evaluation

The Level 2 course must have a demonstrated means of assessing and evaluating coaches in a competency-based format. The assessment and evaluation must include the following three components:

1. A written formal examination.
2. A field-based component (in the coaches environment) involving practical coaching under supervision which also includes a coaching ethics assessment.
3. Assessments of the coaches' ability to measure, analyze, apply, and creatively adapt knowledge to a variety of situations.

Assistance

ITU Sport Development looks forward to working with the Continental Confederations and to assist the National Federations with the development and accreditation of their Coaches Education programmes.

Please contact ITU Sport Development Manager Alan (alan.ley@triathlon.org) if you have any questions about the accreditation process.