



## **AUSTRALIAN PROFESSIONAL SKATERS' ASSOCIATION INC. LEVEL 2 ACCREDITATION**

### **PURPOSE - To equip coaches with the skills and knowledge necessary to coach through to Novice level.**

Level 2 Accreditation is open to any Australian Sports Commission (ASC) Level 1 registered coach. The course will consist of an External Course, and a Sports Specific Course (including written assessments, practical assessments and home study assignments). These two sections of Level 2 Accreditation may be taken in any order.

#### **EXTERNAL COURSE - ASC Intermediate Coaching General Principles**

The Intermediate Coaching General Principles Course is provided by the Australian Sports Commission for all Sports. It is up to each candidate to organize this course through the Department of Sport & Recreation in your state. Your certificate of successful completion will need to be sent to APSA.

#### **SPORTS SPECIFIC COURSE**

The modules listed below will all be conducted by APSA in the Sports Specific course. Written assessments for Music and Off Ice Training and Conditioning must be passed. Written and Practical Assessments for your nominated discipline/s must also be passed.

- \* Course Overview
- \* Pattern Tests
- \* Turns and Steps
- \* Choreography
- \* Technique of Elements – Discipline Specific
- \* Music
- \* Biomechanics Relating to Skating Elements
- \* Member Protection and Child Protection
- \* Managing the Risks of Coaching
- \* Off Ice Training and Conditioning
- \* Practical Coaching Assessment – Discipline Specific
- \* Written Assessment – Discipline Specific

## **HOME STUDY ASSIGNMENTS**

Each Home Study Assignment / Exam will be handed to you at the conclusion of the Sports Specific course. Instructions of how to complete the assignment, exam or DVD will accompany the module.

- \* International Judging System
- \* Choreography
- \* Planning & Periodization

**The choreography assignment must be completed for each of your nominated disciplines.**

## **LEVEL 2 ACCREDITATION STATUS:**

On completion of both courses listed above, receipt of the home study assignments required and gaining a pass on all written and practical assessments, you will be accredited at Level 2 with the Australian Sports Commission and receive your new ASC Level 2 accreditation card. This will make you eligible to progress to Level 3.

You will be listed on the APSA website as a Level 2 coach in the discipline/s that you have nominated and been assessed in. If in the future you want to add further disciplines to your Level 2 status you will need to complete and pass the written exam, practical assessment and choreography assignment for that discipline.

Please note that your APSA membership (through your State Professional Association) must be current and your Working with Children Check Certificate / Card must also be current to maintain your accreditation.

On becoming a Level 2 Accredited coach you will be required to attain 15 Update Points per year to maintain your accreditation. Activities that qualify to receive update points are listed on the APSA website [www.apsa.net.au](http://www.apsa.net.au)