



AUSTRALIAN PROFESSIONAL SKATERS' ASSOCIATION INC. LEVEL 3 ACCREDITATION

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

Level 3 Accreditation is open to any Australian Sports Commission (ASC) Level 2 Registered coach. The course will consist of an APSA delivered Sports Specific Course including:

- 12 Off Ice and On Ice Modules – Listed Below
- 30 Minute On Ice Practical Assessment for each nominated Discipline
- 3 Home Study Assignments

Level 3 coaches must also hold a current Senior First Aid Certificate.

SPORTS SPECIFIC COURSE

The modules listed below will all be conducted by APSA in the Sports Specific course. The Practical Assessment for your nominated discipline/s must be passed.

- Module 1 - Course Overview
- Module 2 - Australian and International Figure Skating - Structure, Stakeholders, and Pathways
- Module 3 - Advanced Physical Conditioning - Impacting On Ice Training
- Module 4 - Managing Injury, and Recovery
- Module 5 - Nutrition for Optimal Sports Performance
- Module 6 - Technique of Senior Level Elements – Discipline Specific
- Module 7 - Using Biomechanics Principles in Developing Advanced Skills
- Module 8 - Constructing Programs for International Competition
- Module 9 - Planning– Quadrennial / Yearly / Season / Lesson
- Module 10 - Sports Psychology - Preparing and Managing Skaters.
- Module 11 - Conducting a National Level Camp
- Module 12 - Self Management and Development
- Module 13 - Practical Assessment - On Ice - Discipline Specific

3 TAKE HOME ASSIGNMENTS

A description of each assignment will be issued to participants on arrival at the Sports Specific Course, listing the criteria required to show competence.

All assignments will be due within 12 months of the Sports Specific course. Assignments need only to be completed once regardless of how many disciplines you have been assessed in.

- PHYSICAL YEARLY PLAN
- TECHNICAL YEARLY PLAN
- SPORTS PSYCHOLOGY

LEVEL 3 ACCREDITATION STATUS:

On completion of the Sports Specific Course, the Take Home Assignments, gaining competence on all written and practical assessments and receipt of a photo copy of your Senior First Aid Certificate you will be accredited at Level 3 with the ASC and receive your new Level 3 accreditation card.

You will be listed on the APSA website as a Level 3 coach in the discipline/s that you been assessed as competent in. If in the future you wish to add further disciplines to your Level 3 status you will firstly need to complete sufficient mentoring with an APSA approved Mentor Coach in your nominated discipline. When ready, you will be assessed based on competency for your discipline.

Please note that your APSA membership (through your State Professional Skaters' Association) must be current and your Working with Children Check Certificate / Card must also be current to maintain your accreditation. On becoming a Level 3 Accredited coach you will be required to attain 20 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