



Australian Government

Australian Sports Commission

Active After-school Communities

Helping kids and communities get active

COMMUNITY COACH TRAINING PROGRAM

As part of the Active After-school Communities Program, a number of Community Coach Training Programs are being offered to deliverers, coordinators and supervisors across Metropolitan Melbourne throughout the year. Each training program provides extensive information for individuals who are either participating in the program as deliverers, coordinators or supervisors. Completion of this training through attendance and participation in all modules is a key requirement for deliverers. However, a Recognition of Current Competencies process is also available to those who have existing related qualifications.

On completion of each module, participants will:

1. Role of the AASC Community Coach (approx. 1 hr)	<i>Have a clear understanding of the AASC program, their role and responsibilities, and the philosophy of the Playing For Life approach. Participant will also have knowledge of how to develop sessions that engage and motivate primary school aged children to participate in physical activity.</i>
2. Communication and Behaviour Management (approx. 2 hrs)	<i>Have strategies for communicating effectively with, and managing groups of, primary aged children.</i>
3. Safe Environments (approx. 1.25 hrs)	<i>Be able to identify and implement strategies necessary to minimise the risk of injury occurring and to manage injuries or other emergency situations if they arise.</i>
4. Nutrition and Wellbeing (approx. .75 hr)	<i>Be able to provide basic information to primary school-aged children on nutrition and wellbeing.</i>
5. Planning, Preparing, Delivering and Reviewing Playing for Life Activity Sessions (approx. 5 - 6hrs)	<i>Be able to effectively plan, prepare, deliver and review physical activity sessions that are based on the Playing for Life philosophy.</i>

To enrol in one of the Community Coach Training Programs, please complete the enrolment form indicating your course preference and return it by fax or email to the nominated regional coordinator for that chosen program.

If you have any questions regarding the programs offered or if these programs do not meet your needs, please contact any of the regional coordinators. Community Coach Training Programs are taking place across the state and suitable alternatives can be explored.

We look forward to seeing you at one of the courses.



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