



## Intermediate Coaching General Principles INFORMATION

### What are the Intermediate Coaching General Principles?

The Intermediate Coaching General Principles are a series of educational modules for coaches who want to improve their skills and knowledge. From 2008, the Intermediate Coaching General Principles program replaces the former Level 2 Coaching General Principles.

### Who is the program aimed at?

The program is aimed at coaches who have moved beyond the beginner level, and are looking to improve the performance of the athletes they coach. They are typically coaching at club or regional level.

### What is covered in the Intermediate Coaching General Principles?

The Intermediate Coaching General Principles includes a simple introduction to sports science concepts and further information on coaching pedagogy. The 13 modules in the program are:

- |                           |                                  |
|---------------------------|----------------------------------|
| 1 The essence of coaching | 8 Introduction to physiology     |
| 2 Program management      | 9 Basic anatomy and biomechanics |
| 3 Planning                | 10 Development and maturation    |
| 4 Sports safety           | 11 Nutrition for sport           |
| 5 Coaching processes      | 12 Sport psychology              |
| 6 Inclusive coaching      | 13 Anti-doping in sport.         |
| 7 Skill acquisition       |                                  |

### How do these modules integrate with my sport's coaching accreditation system?

The Intermediate Coaching General Principles are included by many sports within their sport-specific accreditation programs. Check with your sport regarding which modules they require coaches to complete as part of a sport-specific accreditation.

Many sports will also provide updating points towards re-accreditation to coaches completing modules from the Intermediate Coaching General Principles.

### How can I enrol in an Intermediate Coaching General Principles course?

The program is available through state and territory departments of sport and recreation. Some offer face-to-face programs, while others offer the modules via correspondence. Some state and national sporting organisations also deliver the modules as part of their sport-specific accreditation programs.

Contact details for your state or territory department of sport and recreation can be found at the Australian Sports Commission's Coaching and Officiating website ([ausport.gov.au/participating/coaches/further\\_information/state\\_contacts](http://ausport.gov.au/participating/coaches/further_information/state_contacts)). They can advise you when the next course is available.