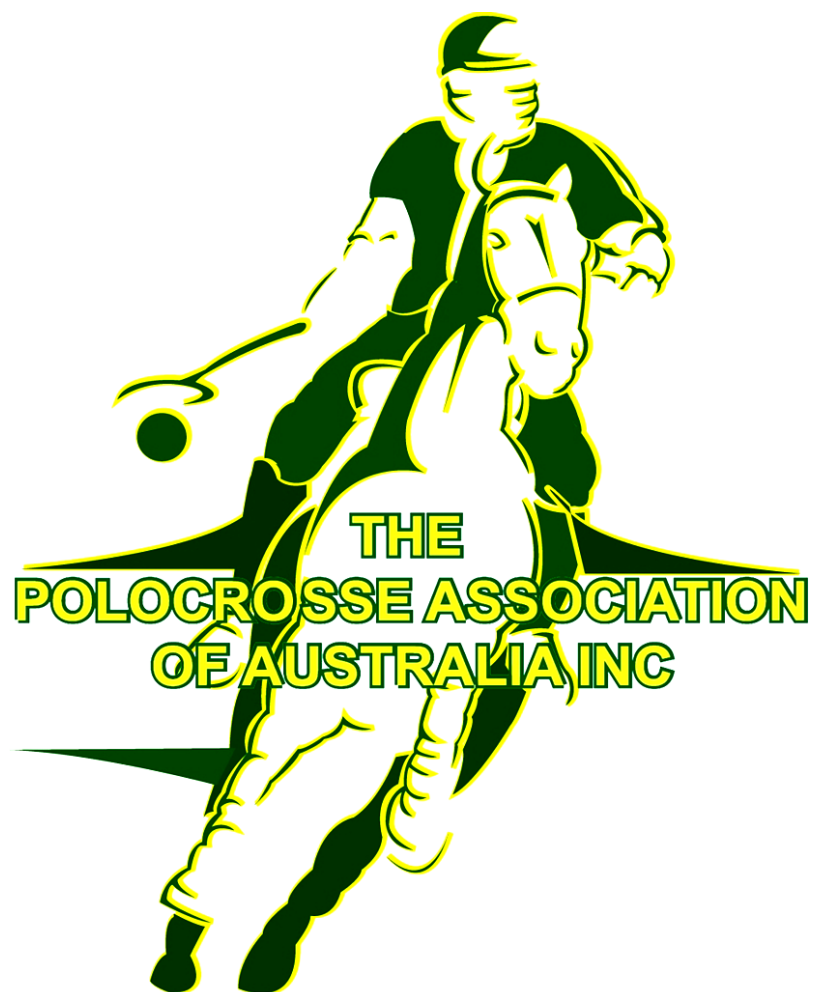




**Australian Government**

**Australian Sports Commission**



# **NATIONAL COACHING ACCREDITATION SCHEME**

## **LEVEL 3 SYLLABUS**

## Contents

INTRODUCTION .....	4
SYLLABUS VERSION HISTORY:.....	4
COACHING COURSE ACCREDITATION PROGRAM OVERVIEW .....	5
PART 1 – THE HORSE .....	7
UNIT 1.1 – ANATOMY AND MOVEMENT .....	7
UNIT 1.2 – PSYCHOLOGY AND TRAINING .....	8
UNIT 1.3 – EXERCISE PHYSIOLOGY AND CONDITIONING .....	9
UNIT 1.4 – NUTRITION.....	10
UNIT 1.5 – HORSE WELFARE .....	11
PART 1 THE HORSE - ASSESSMENT .....	12
UNIT 2.1 – PSYCHOLOGICAL PREPARATION .....	13
UNIT 2.2 – PHYSIOLOGY AND CONDITIONING PROGRAM.....	14
UNIT 2.3 – APPLIED BIOMECHANICS .....	15
UNIT 2.4 – INJURY PREVENTION AND MANAGEMENT .....	16
PART 2 THE PLAYER - ASSESSMENT .....	17
PART 3 – THE GAME .....	18
UNIT 3.1 – HISTORY AND DEVELOPMENT .....	18
UNIT 3.2 – EVENT ORGANISATION.....	19
UNIT 3.3 – UMPIRING .....	21
PART 3 THE GAME - ASSESSMENT .....	22
PART 4 – THE COACH .....	23
UNIT 4.1 – GAME COACHING .....	23
UNIT 4.2 – COACHING EFFECTIVENESS .....	24
UNIT 4.3 – OCCUPATIONAL HEALTH AND SAFETY .....	25

UNIT 4.4 – SPORTS ADMINISTRATION.....	27
UNIT 4.5 – TALENT IDENTIFICATION.....	28
UNIT 4.6 – DRUGS IN SPORT .....	29
UNIT 4.7 – CODES OF BEHAVIOUR .....	30
PART 4 THE COACH - ASSESSMENT.....	31

## Introduction

The National Coaching Accreditation Scheme of the Polocrosse Association of Australia Incorporated has been designed to encourage and guide coaching activity in polocrosse.

The scheme is designed to assist the Australian and State and Territory associations in the proper organisation and presentation of accredited courses for coaches.

The Level 3 course deals with the advanced theory and practice of Polocrosse coaching and advanced instruction management.

## Syllabus version history:

Version	Date Reviewed	Dated approved by ASC	Content reviewed/purpose
1	1997	8 December 1997	Initial syllabus
2	2002	8 March 2002	Four year revision.
3	2011	11 May 2012	Four year revision.
4	2017	N/A	Complete revision.
5			
6			

The Level 3 syllabus should be used in conjunction with the National Coaching Accreditation Framework document.

The Level 3 course comprises of a TAFE course which covers:

- Horse movement;
- Psychology;
- Horse Nutrition;
- Exercise physiology;
- Horse Anatomy, Physiology and Health.

This course must be completed prior to the commencement of the sports specific components.

## COACHING COURSE ACCREDITATION PROGRAM OVERVIEW

PART	UNIT	DELIVERY	DURATION
<b>1.</b>	<b>HORSE</b>		<b>HOURS</b>
1.1	Anatomy & Movement	Workshop	5
1.2	Psychology & Training	Workshop	5
1.3	Exercise Physiology & Conditioning	Plan Development, Presentation & Group Discussion	5
1.4	Nutrition	Program Development, Presentation & Group Discussion	5
1.5	Horse Welfare	Research & Presentation	5
		<b>TOTAL</b>	<b>25</b>
<b>2.</b>	<b>PLAYER</b>		
2.1	Psychological Preparation	Develop Performance Plan & Group Discussion	6
2.2	Physiology & Conditioning Program	Develop a Conditioning Program & Presentation	12
2.3	Applied Biomechanics	Study & Presentation	7
2.4	Injury Prevention & Management	Research & Presentation	4
		<b>TOTAL</b>	<b>29</b>
<b>3.</b>	<b>GAME</b>		
3.1	History & Development	Individual Study Topic, Research Paper & Presentation	5
3.2	Event Organisation	Individual Study Topic & Presentation	5
3.3	Umpiring	Individual Study Topic & Group Discussion	5
		<b>TOTAL</b>	<b>15</b>
<b>4.</b>	<b>COACH</b>		
4.1	Game Coaching	Prepare Game Plan & Video Analysis	9
4.2	Coaching Effectiveness	Completion of Study Pack & Coaching Video	5
4.3	Occupational Health &	Study, Group Discussion & Presentation	4

	Safety		
4.4	Sports Administration	Individual Study Topic & Presentation	5
4.5	Talent Identification & Development	Presentation of Program	5
4.6	Drugs in Sport	Study Topic & Practical Testing experience	5
4.7	Codes of Behaviour	Assignment	5
		<b>TOTAL</b>	<b>38</b>

## Part 1 – The Horse

### Unit 1.1 – Anatomy and Movement

**Duration – 5 hours**

#### **Unit Purpose**

This unit will provide the coach with a better understanding of the horse's anatomy and the systems used and study the movement of the horse.

<b>Learning Outcomes</b>
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• use the correct terminology;</li><li>• identify and explain the various systems of the horse;</li><li>• identify good and poor confirmation and the associated problems in relation to polocrosse;</li><li>• discuss the necessity of foot care and associated problems;</li><li>• explain the importance of flexibility and identify exercises and their benefits; and</li><li>• effectively identify the normal range of motion of the joints and know the structures responsible for limiting movement at each joint.</li></ul>
<b>Content</b>
<ul style="list-style-type: none"><li>• This unit to be conducted by a specialist presenter.</li></ul>
<b>Resources</b>
TAFE course notes

## Unit 1.2 – Psychology and Training

**Duration – 5 hours**

### Unit Purpose

This unit will provide the coach with the knowledge required to assist players in training and educating their horses for competition.

Learning Outcomes
<p>At the conclusion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• explain the necessity for mental conditioning and how it relates to physical conditioning;</li><li>• discuss the individuality of the horse, explain the senses of the horse and how these are relevant when training;</li><li>• identify and apply the principles and methods of training;</li><li>• identify and overcome training problems; and</li><li>• use and explain the benefits of specialised training equipment.</li></ul>
Content
<p>Coaches will be required to participate in a group session which will include a discussion of the following topics:</p> <ul style="list-style-type: none"><li>• The horse's psychological makeup;</li><li>• Mental conditioning;</li><li>• Senses - touch, smell, taste, sight, hearing; and</li><li>• Psychological faculties - memory, attentiveness, willpower.</li></ul> <p>Coaches will be required to submit a training program for a young horse and a mature horse for the pre-season, playing season and post season.</p>
Resources
<p><i>Australian Stock Horse Society Progressive Training Video "Advancing Horse and Rider"</i></p> <p><i>TAFE course notes</i></p> <p><i>"The Jeffery Method of Horse Handling" - Maurice Wright</i></p> <p><i>"Breaking and Training the Stock Horse" – Charles O. Williamson</i></p> <p><i>"Horsemanship for Polocrosse with Murray Sturgess"</i></p> <p><i>Steve Brady Horsemanship</i></p> <p><i>Horsemanship – The Steve Brady DVD, Books</i></p> <p><i>"Centred Riding 1 and 2" - Sally Swift</i></p>



## Unit 1.3 – Exercise Physiology and Conditioning

**Duration – 5 hours**

### Unit Purpose

The coach will be able to develop and implement conditioning methods necessary to improved performance of the horse.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• prepare, implement and monitor a conditioning plan to fulfil the needs of the individual horse specific to polocrosse;</li><li>• explain the importance of the different types of conditioning and how they relate to the game;</li><li>• monitor the progress by the use of standard exercise tests; and</li><li>• monitor a horse's heart rate and describe the value.</li></ul>
Content
<p>Coaches will be required to participate in a group sessions led by a specialist presenter and prepare a conditioning plan from one of the categories listed below for a polocrosse season (pre, playing and post):</p> <ul style="list-style-type: none"><li>• International level;</li><li>• State/Zone level;</li><li>• Club level; and</li><li>• Social level.</li></ul> <p>Addressing the following items:</p> <ul style="list-style-type: none"><li>• peaking and tapering strategies;</li><li>• monitoring and assessing fitness;</li><li>• types of conditioning; and</li><li>• over training.</li></ul>
Resources
<p><i>"Conditioning Sport Horses" - Hilary M. Clayton</i></p> <p><i>Vetsearch Vet - Assessing Fitness - John R Kohnke BVSc RDA</i></p>

## Unit 1.4 – Nutrition

**Duration – 5 hours**

### Unit Purpose

This unit will enable the coach to provide advice on the dietary requirements as it relates to performance of the horse.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• explain the importance of a balanced diet;</li><li>• identify the essential nutrients required;</li><li>• advise players on the correct supplements to use and explain when they are useful; and</li><li>• identify other important measures relating to nutrition. (teeth and parasite control)</li></ul>
Content
<p>Coaches to prepare and present a nutritional program for a polocrosse horse. (pre-season, playing season and post season) The following items are to be included:</p> <ul style="list-style-type: none"><li>• teeth care;</li><li>• parasite control;</li><li>• electrolytes and vitamins - types and</li><li>• requirements;</li><li>• nutritional requirements (basic nutrients -</li><li>• energy, water, protein, minerals &amp; vitamins); and</li><li>• pre-competition feeding.</li></ul> <p>Coaches will be required to explain the basis behind the program submitted and to research and comment on nutritional supplements that are available and useful to the Polocrosse horse.</p>
Resources
<p><i>“Feeding the Polocrosse Horse” - John Kohnke B.V.Sc R.D.A.</i></p> <p><i>“Feeding and Nutrition of Horses” John Kohnke B.V.Sc R.D.A.</i></p> <p><i>TAFE course notes</i></p>

## Unit 1.5 – Horse Welfare

**Duration – 5 hours**

### Unit Purpose

The coach will be able to update awareness of injury prevention and management of the horse.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• advise players on preventative measures in relation to horse injury;</li><li>• give advice to players on preparation and procedures in relation to travelling of the Polocrosse horse;</li><li>• initiate First Aid measures to a horse when required;</li><li>• give advice on rehabilitation from injury to a horse; and</li><li>• identify and enforce the Horse Welfare policy of the Polocrosse Association of Australia.</li></ul>
Content
<p>Coaches to research and comment on Polocrosse horse injuries addressing the cause, treatment, preventative measures and rehabilitation plan.</p> <p>Coaches will be required to research and advise on the preparation and procedures for travel of the Polocrosse horse.</p>
Resources
<p><i>Polocrosse Australia Horse Welfare &amp; Anti-Doping Policy.</i></p> <p><i>TAFE course notes</i></p> <p><i>“Conditioning Sport Horses” - Hilary M. Clayton</i></p> <p><i>Talking Horses &amp; Vet Search Notes – Tying up and Dehydration.</i></p>

## PART 1 THE HORSE - ASSESSMENT

### **Unit 1.1 Anatomy & Movement**

Coaches will be required to participate in a workshop to be conducted by a specialist presenter.

### **Units 1.2 Psychology & Training of the Horse**

Coaches will be assessed on the preparation and presentation of two units from Part 1. The presentation must be a minimum of 1500 words. It should address the learning outcomes and relevant assessment criteria for the respective unit

### **Units 1.3 Exercise Psychology & Conditioning**

Coaches will be assessed on the preparation and presentation of two units from Part 1. The presentation must be a minimum of 1500 words. It should address the learning outcomes and relevant assessment criteria for the respective unit.

### **Units 1.4 Nutrition**

Coaches will be assessed on the preparation and presentation of two units from Part 1. The presentation must be a minimum of 1500 words. It should address the learning outcomes and relevant assessment criteria for the respective unit.

### **Units 1.5 Horse Welfare**

Coaches will be assessed on the preparation and presentation of two units from Part 1. The presentation must be a minimum of 1500 words. It should address the learning outcomes and relevant assessment criteria for the respective unit.

**The Coach  
has the  
choice  
of two  
Units**

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graph LR; U1[Unit 1.1 Anatomy & Movement] --- C((The Coach has the choice of two Units)); U2[Units 1.2 Psychology & Training of the Horse] --- C; U3[Units 1.3 Exercise Psychology & Conditioning] --- C; U4[Units 1.4 Nutrition] --- C; U5[Units 1.5 Horse Welfare] --- C;
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## Part 2 – The Player

### Unit 2.1 – Psychological Preparation

**Duration – 6 hours**

#### **Unit Purpose**

This unit will assist the coach in understanding the importance of mental preparation techniques and be able to apply them.

<b>Learning Outcomes</b>
At the completion of this unit the coach will be able to: <ul style="list-style-type: none"><li>• identify how motivation affects performance;</li><li>• apply mental preparation techniques; and</li><li>• detail the importance of pre competition mental rehearsal, goal setting, the ability to visualise and competition routine.</li></ul>
<b>Content</b>
Coaches will be required to participate in a group session which will include a discussion of the following topics: <ul style="list-style-type: none"><li>• Mental Rehearsal;</li><li>• Motivation;</li><li>• Goal Setting; and</li><li>• Performance planning.</li></ul> Coaches will be required to develop a performance plan for an individual from one of the following categories: <ul style="list-style-type: none"><li>• International Level;</li><li>• State/Zone level; and</li><li>• Club level.</li></ul>
<b>Assessment</b>
Assessment will be made on presentation of the performance plan, participation and input into the group session.
<b>Resources</b>
<i>Better Coaching - Advanced Coach's Manual" Edited by Frank S. Pyke</i> <i>"Coaches Guide to Sport Psychology" – Rainer Martens</i>

## Unit 2.2 – Physiology and Conditioning Program

**Duration – 12 hours**

### Unit Purpose

This unit will provide the coach with the knowledge required to develop a training program. Focus to be on nutrition, conditioning, recovery and the environmental factors that may affect the Polocrosse player.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• design and outline a training diet addressing methods of monitoring, dietary supplements and special needs;</li><li>• identify the nutritional requirements of a player needed for the game;</li><li>• describe how diet can affect a player's recovery program;</li><li>• develop a conditioning program addressing stretching, strength and endurance for the polocrosse player for pre-season, playing season and post season;</li><li>• identify how the performance of the polocrosse player is affected by various environmental factors; and</li><li>• identify the principles and design an effective recovery program.</li></ul>
Content
<p>Coaches will be required to develop a conditioning program for the polocrosse player from the categories as listed below:</p> <ul style="list-style-type: none"><li>• Club level - mandatory, and</li><li>• International level, or</li><li>• State/Zone level.</li></ul> <p>The program to address the following:</p> <ul style="list-style-type: none"><li>• nutritional requirements;</li><li>• stretching;</li><li>• strength and conditioning; and</li><li>• recovery.</li></ul>
Assessment
<p>Coaches will be assessed on the presentation of the above condition program.</p>
Resources
<p><i>"Better Coaching - Advanced Coach's Manual" Edited by Frank S. Pyke</i></p>

## Unit 2.3 – Applied Biomechanics

**Duration – 7 hours**

### Unit Purpose

This unit will assist the coach in understanding the principles of body movement.

<b>Learning Outcomes</b>
At the completion of this unit the coach will be able to: <ul style="list-style-type: none"><li>• use biomechanics for skill evaluation - error detection and correction; and</li><li>• describe how these principles can prevent injury.</li></ul>
<b>Content</b>
Coach to develop a basic study of applied biomechanics as it relates to the player. This study to be related to the polocrosse player and /or the skills of the game.
<b>Assessment</b>
Assessment will be made on the presentation of the study.
<b>Resources</b>
<i>“Better Coaching - Advanced Coach’s Manual” Edited by Frank S. Pyke</i> <i>“Sports Biomechanics” – Geoffrey T. Hosford</i>

## Unit 2.4 – Injury Prevention and Management

**Duration – 4 hours**

### Unit Purpose

To provide awareness of player injury prevention and management.

### Pre requisite

Advanced First Aid Certificate

Learning Outcomes
At the completion of this unit the coach will be able to: <ul style="list-style-type: none"><li>• advise players on preventative measures in relation to injury;</li><li>• initiate first aid to a player when required; and</li><li>• give appropriate referral to a health professional and implementation of a rehabilitation program from a diagnosed injury.</li></ul>
Content
This unit will be required to be completed as an individual study topic. Coaches will be required to complete a research paper on common player injuries covering prevention and rehabilitation measures
Assessment
Assessment will be made on presentation of a research paper and presentation.
Resources
<i>“Better Coaching - Advanced Coach’s Manual” Edited by Frank S. Pyke</i>



## **PART 2    THE PLAYER - ASSESSMENT**

### **Unit 2.1    Psychological Preparation**

Assessment will be made on presentation of the performance plan, participation and input into the group session.

### **Unit 2.2    Physiology & Conditioning Program**

Assessment will be made on presentation of a Conditioning Plan.

### **Unit 2.3    Applied Biomechanics**

Assessment will be made on presentation of the study.

### **Unit 2.4    Injury Prevention & Management**

Assessment will be made on presentation of a research paper.

## Part 3 – The Game

### Unit 3.1 – History and Development

**Duration – 5 hours**

#### **Unit Purpose**

This unit will give the coach a good understanding of the history and input into the development of the sport of Polocrosse.

<b>Learning Outcomes</b>
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• explain and discuss the origin of the sport;</li><li>• identify how the sport developed at the following levels:<ul style="list-style-type: none"><li>➤ Club</li><li>➤ Zone/Region</li><li>➤ State</li><li>➤ National</li><li>➤ International</li></ul></li><li>• discuss future development of Polocrosse.</li></ul>
<b>Content</b>
<p>Coaches to complete as an individual study topic a research paper on the history, origin and future development of Polocrosse and be prepared to give a presentation.</p>
<b>Assessment</b>
<p>Coaches will be assessed on the completion of a research paper and presentation.</p>
<b>Resources</b>
<p><i>Polocrosse Australia Rule Book</i></p> <p><i>International Polocrosse Council History</i></p> <p><i>Polocrosse Australia Operational Plan</i></p>

## Unit 3.2 – Event Organisation

**Duration – 5 hours**

### Unit Purpose

This unit will provide the coach with an understanding of the rules of event\* organisation at all levels.

#### Learning Outcomes

At the completion of this unit the coach will be able to identify the requirements of organising events \* in the following categories:

\* (*Events pertain to Tournaments, Exhibitions [ie Royal Shows], Nationals, World Cup and Test Series.*)

- Australia
  - Club
  - Zone/Region
  - State
  - National
- International
  - Test Series and World Cup (Horse draw and horse loaning system).
- Competition Draws for events \*
  - Round robin
  - Knockout
  - Seeding

The coach will also be able to identify how event \* organisation may effect a team and/or player.

#### Content

This unit will be required to be done as a home study unit covering all of the above learning outcomes. Coaches to prepare and submit a draw for each of the following categories:

- Club
- Zone/Region
- State
- National
- International

and explain the basis behind each of the draws.

<b>Assessment</b>
Coaches will be assessed on presentation of the unit.
<b>Resources</b>
<i>"Polocrosse Australia Rules for hosting a National Championship.</i> <i>Nationals Checklist.</i> <i>International Polocrosse Rules</i>

## Unit 3.3 – Umpiring

**Duration – 5 hours**

### Unit Purpose

This unit will provide the coach with an understanding of the methods and standards of Umpiring.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• explain and interpret the rules of Polocrosse;</li><li>• identify the functions of a successful umpire;</li><li>• identify different Umpiring styles;</li><li>• identify how umpiring can influence a game for a team and/or individual player;</li><li>• initiate the 'P.A.A.' Umpires' Code of Behaviour and advise on the Umpires' Code for National Championships; and</li><li>• advise players on the guidelines of a Tribunal Hearing.</li></ul>
Content
<p>Coaches are to be familiar with the learning outcomes and be prepared to participate in a group discussion.</p>
Assessment
<p>Assessment will be made on a group discussion.</p>
Resources
<p><i>"Polocrosse Association of Australia Rule book.</i> <i>International Polocrosse Rules.</i> <i>Polocrosse Association of Australia "Codes of Behaviour"</i></p>

## **PART 3    THE GAME - ASSESSMENT**

### **Unit 3.1    History & Development**

Assessment will be made on Coaches completion of a research paper and presentation session.

### **Unit 3.2    Event Organisation**

Assessment will be made on presentation of the unit.

### **Unit 3.3    Umpiring**

Assessment will be made on group discussion.

## Part 4 – The Coach

### Unit 4.1 – Game Coaching

**Duration – 9 hours**

#### **Unit Purpose**

At the completion of this unit the coach will be able to identify a team's strengths and weaknesses through performance analysis of the team during the game.

<b>Learning Outcomes</b>
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• develop the pre game planning required in preparation prior to competition;</li><li>• develop and implement game tactics;</li><li>• analyse the game and provide feedback; and</li><li>• identify and provide assistance to correct these faults.</li></ul>
<b>Content</b>
<p>Coaches will be required to prepare a game plan and develop an analysis sheet as a individual study topic; and</p> <p>Coaches will be required to give a video presentation of a game analysing the game and providing constructive feedback.</p>
<b>Assessment</b>
<p>Assessment will be made on the presentation of a game plan and video analysis.</p>
<b>Resources</b>
<p><i>“Better Coaching - Advanced Coach’s Manual” Edited by Frank S. Pyke</i></p> <p><i>“Successful Coaching” – Rainer Martens</i></p> <p><i>“Play Practice” – Alan G. Launder</i></p>

## Unit 4.2 – Coaching Effectiveness

**Duration – 5 hours**

### Unit Purpose

To expand the coach's knowledge in relation to effective coaching.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• provide a simple, positive and supportive learning environment for players;</li><li>• analyse, evaluate and improve their coaching by using self-reflection;</li><li>• provide feedback and utilise to its full potential when required; and</li><li>• resolve and manage conflicts and effect remedial action.</li></ul>
Content
<p>Coaches will be required to complete the study pack on “Video Self Analysis” produced by the Australian Coaching Council.</p>
Assessment
<p>Coaches will be assessed on the successful completion of the study pack “Video Self Analysis”; and</p> <p>Coaches to submit a video of themselves coaching for assessment.</p>
Resources
<p><i>Study Pack “Video Self Analysis: a Lens on Coaching” Published by the Australian Coaching Council.</i></p> <p><i>“Embracing Your Potential” – Terry Orlich PhD</i></p> <p><i>“In Pursuit of Excellence” - Terry Orlich PhD</i></p>



## Unit 4.3 – Occupational Health and Safety

**Duration – 4 hours**

### Unit Purpose

This unit will provide the coach with the knowledge required to provide a safe environment and be aware of their legal responsibilities.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• identify and explain their legal responsibilities;</li><li>• understand the importance and requirements of the relevant forms of insurance cover and how it applies to the Polocrosse Australia Insurance;</li><li>• initiate horse, player, equipment and field safety;</li><li>• advise and apply the correct procedure when reporting an accident.;</li><li>• assess the suitability of playing surfaces;</li><li>• outline the various categories of liability that may arise in the sporting context; and</li><li>• develop risk management strategies.</li></ul>
Content
<p>Completion of study pack on “Legal Responsibilities and Risk Management” produced by the Australian Coaching Council.</p> <p>Coaches to prepare a presentation on this topic covering all of the learning outcomes.</p> <p>Coaches will be required to participate in a group discussion which will include a discussion of the following topics:</p> <ul style="list-style-type: none"><li>• the law as it applies to Sports Official’s;</li><li>• duty of care;</li><li>• risk management; and</li><li>• relevant forms of insurance cover.</li></ul>
Assessment
<p>Coaches will be assessed on the completion of the study pack, group discussion and a presentation of this unit</p>
Resources
<p><i>“Coaching Children” Published by the Australian Sports Commission</i> <i>Chapter on Sports Safety and Legal Responsibilities of the Coach.</i></p>

*“Managing the Risks of Coaching” – Australian Sports Commission*

*“Risk Management” Polocrosse Association of Australia and March Insurance*

## Unit 4.4 – Sports Administration

**Duration – 5 hours**

### Unit Purpose

This unit will provide the coach with the knowledge and skills required in relation to administration and management responsibilities.

<b>Learning Outcomes</b>
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• competently manage their playing resources to best capitalise on the talent available;</li><li>• identify components involved in public relations. ie publicity and promotional activities;</li><li>• identify the processes involved in and the benefits of strategic planning;</li><li>• identify the guidelines involved in the implementation of fundraising strategies;</li><li>• manage a team at Club, State, and National Level; and</li><li>• manage a team at International level competing in<ul style="list-style-type: none"><li>➤ Australia</li><li>➤ travelling overseas</li></ul></li></ul>
<b>Content</b>
<p>Coaches to make an assessment from one the following categories:</p> <ul style="list-style-type: none"><li>• National</li><li>• State</li><li>• Club</li></ul> <p>selecting an area of weakness in administration and/or management and determine a strategy to rectify this weakness.</p>
<b>Assessment</b>
<p>Coaches will be assessed on completion and presentation of their strategy.</p>
<b>Resources</b>
<p><i>Australian Sports Commission – Resource Library</i></p>

## Unit 4.5 – Talent Identification

**Duration – 5 hours**

### Unit Purpose

This unit will provide the coach with the knowledge required to be able to identify talented players and determine programs to enhance player performance.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• initiate talent identification programs for determining player potential;</li><li>• identify the characteristics required for successful high performance;</li><li>• identify the factors that influence performance in sport; and</li><li>• implement talent development programs such as special training clinics for talented players.</li></ul>
Content
<p>Coaches will be required to prepare the following programs as an individual study topic:</p> <ul style="list-style-type: none"><li>• a coaching program for a training camp; and</li><li>• a talent identification program for polocrosse including sport specific skills tests for identifying future state /national /international players.</li></ul>
Assessment
<p>Assessment will be made on presentation of the above programs</p>
Resources
<p><i>“Modern Athlete and Coach” - Shroter, g., Voss, G.</i></p>

## Unit 4.6 – Drugs in Sport

**Duration – 5 hours**

### Unit Purpose

This unit will provide the coach with the knowledge required to ensure that players are aware of their responsibility in relation to drugs in Polocrosse.

Learning Outcomes
<p>At the completion of this unit the coach will be able to:</p> <ul style="list-style-type: none"><li>• identify drugs used in polocrosse - what they are and why they are banned for both player and horse;</li><li>• advise players of the legal issues;</li><li>• advise players of the Polocrosse Australia regulations and requirements and the penalties involved;</li><li>• advise players of ASADA drug testing procedures; and</li><li>• provide advice on permitted medications.</li></ul>
Content
<p>This unit to be completed as a individual study topic covering the following items:</p> <ul style="list-style-type: none"><li>• practical experience in Drug Testing relevant to both Polocrosse player and horse;</li><li>• describe the testing procedures for both player and horse; and</li><li>• detail and apply the Polocrosse Australia regulations and requirements.</li></ul>
Assessment
<p>Assessment will be made on evidence of practical testing experience and on presentation of individual study topic.</p>
Resources
<p><i>Polocrosse Australia Anti-Doping policy.</i> <i>Polocrosse Australia Anti-Doping Control Officer</i> <i>ASADA Guides – Athletes –Check your substances</i> ASADA web site <a href="http://www.asada.gov.au">www.asada.gov.au</a> and WADA <a href="http://www.wada-ama.org">www.wada-ama.org</a></p>

## Unit 4.7 – Codes of Behaviour

**Duration – 5 hours**

### Unit Purpose

On completion of this unit the coach will be aware of the codes of behaviours so as to reduce the incidence of unacceptable sporting behaviour.

<b>Learning Outcomes</b>
At the completion of this unit the coach will be able to: <ul style="list-style-type: none"><li>• identify and enforce codes of behaviour; and</li><li>• understand and promote the Essence of Sport.</li></ul>
<b>Content</b>
Coaches to prepare a code of behaviour for club, state, national and international teams.
<b>Assessment</b>
Successful completion of code of behaviour assignment and presentation.
<b>Resources</b>
<i>Essence of Australian Sport – Australian Sports Commission</i> <i>Polocrosse Australia Codes of Behaviour</i>

## **PART 4**

## **THE COACH - ASSESSMENT**

### **Unit 4.1 Game Coaching**

Assessment will be made on the presentation of a game plan and video analysis.

### **Unit 4.2 Coaching Effectiveness**

Assessment will be made on Coaches on the successful completion of the study pack "Video Self Analysis".  
Coach to submit a video of themselves coaching.

### **Unit 4.3 Occupational Health & Safety**

Assessment will be made on Coach's completion of the study pack, group discussion and a presentation.

### **Unit 4.4 Sports Administration**

Assessment will be made on Coach's presentation of their strategy.

### **Unit 4.5 Talent Identification & Development**

Assessment will be made on evidence of practical testing experience and on presentation of individual study topic.

### **Unit 4.6 Drugs in Sport**

Assessment will be made on completion of a research paper and presentation session.

### **Unit 4.7 Codes of Behaviour**

Assessment will be made on completion of code of behaviour assignment and presentation.