



# BAB Coach Level 2 Course Outline



Nationally recognised Governing Body for Aikido in the United Kingdom

**This award is for coaches intending to instruct without supervision at club level and beginning to engage in coaching activity at association level.**

Candidates should

- Be recommended by their Association and possess the necessary technical knowledge in Aikido.
- Attend a series of Level 2 Coach courses, approved by the Board (see below).
- To have evidence of practical coaching for at least 2 years since achieving Coach level 1 and prior to taking coach level 2.
- Have been directly involved in training a number of students to 1<sup>st</sup> Kyu.
- Successfully complete pre-course work, returned to the tutor at least 2 weeks prior to the CL2 assessment.
- Successfully complete an assessment of a 30 minute period of peer coaching.

**The CL2 courses can be taken with either scUK or the BAB where applicable and are shown below. Five units need to be taken for CL2, they are, three core units which are:**

<b>scUK description</b>	<b>BAB description</b>	<b>Availability</b>
Coaching Methods and Communication	Communication	Available from scUK or the BAB
Safe Exercise, Injury Prevention and Management	Managing Risk	Available from scUK or the BAB
Coaching Children and Young People	Young People	Available from scUK or the BAB

**Plus any of the following to make up the five CL2 units:**

Safeguarding & Protecting Children	Protecting Children	Available from scUK or the BAB
Fitness and Training	Fit for Purpose	Available from scUK or the BAB
Equity in your Coaching	Equity	Available from scUK or the BAB
How to coach Disabled People in sport	Coaching Disabled People	Available from scUK or the BAB
A Guide to mentoring Sports Coaches	Mentoring Coaches	Available from scUK or the BAB
Improving Practice & Skill	Practice, Skill and Technique	Available from scUK or the BAB



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Planning & Periodisation  
Not available

Planning for Success  
Event Planning and Delivery

Available from scUK or the BAB  
Only available from the BAB

Each theory session will last a minimum of 3 hours

An approved Coach tutor will make an assessment of coaching capability. Assessment will take place throughout the course and both during the theoretical and practical sessions. Each candidate will be expected to coach for a total of 30 minutes and be able to answer specific questions related to the application of the theoretical sessions.

Assessment Criteria: The candidate must demonstrate

- Application of coaching theory
- Use of differing teaching styles
- Effective Communication
- Safety and Duty of Care
- Lesson structure, relevance and progression
- Confidence
- Safe approach to exercise

In addition any candidate may have to satisfy any specific requirements laid down by their own association.

First Aid is not a mandatory requirement. However all coaches carry a “Duty of care” for all students under their supervision and the Board highly recommends that all coaches have an externally validated HSE approved First Aid award.

First Aid qualifications should be assessed and candidates awarded a certificate of competence and not just a certificate of attendance. Upon satisfying these requirements and having a satisfactory assessment from the coach tutor certificates of competence will then be issued via their Association.