



# BAB Coach Level 3 Course Outline



Nationally recognised Governing Body for Aikido in the United Kingdom

**This award is for experienced coaches working at national level within their associations.**

Candidates should:

- Be recommended by their Association and possess the necessary technical knowledge in Aikido.
- Provide a full teaching C.V. supported by a statement from their principle or C.L.O.
- To have evidence of practical coaching for at least 3 years since achieving coach level 2 and prior to taking coach level 3.
- Candidates will have been directly involved in the training of a number of students to 1<sup>st</sup> Dan.
- Attend a series of Level 3 coach courses, approved by the Board.
- Successfully complete pre-course work, returned to the tutor at least 2 weeks prior to the CL3 assessment.
- Successfully complete an assessment of a 30 minute period of peer coaching.

**After achieving CL2, the remaining six CL3 course units can be taken with either scUK or the BAB where applicable and are shown below:**

<b>scUK description</b>	<b>BAB description</b>	<b>Availability</b>
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
Planning & Periodisation	Planning for Success	Available from scUK or the BAB
Not available	Event Planning and Delivery	Only available from the BAB



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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.