

TRIATHLON AUSTRALIA | COACH EDUCATION
swim, bike, run **POST COURSE PACK** TRIATHLON AUSTRALIA

- All presentations
- Additional Reference Material
- Assessment guidelines
- Assessment Workbook

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TRIATHLON AUSTRALIA | COACH EDUCATION
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- *Assessment task 1: Workbook*
- The Workbook will be provided to all candidates in electronic format by course coordinator.
- Candidates have 8 weeks from the Monday following the course to email Task 1 to the course coordinator.

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TRIATHLON AUSTRALIA | COACH EDUCATION
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- *Assessment task 2: Practical coaching:*
- Candidates are also required to design a detailed season (three month) training program for a club level triathlete in the triathlon event of their choice e.g., (Sprint, Olympic distance, 1/2 IRON MAN or IRONMAN).
- Candidates have 12 weeks from the Monday following the course to email the completed program to the course coordinator .

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TRIATHLON AUSTRALIA | COACH EDUCATION
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- The training program must be appropriate for the triathlete identified and be based on scientific principles for candidates to pass this aspect. Candidates may be asked to justify any aspect of their plan to the course coordinator.
- Candidates are permitted to access all training program materials, and may consult with others when completing the season training program. Candidates may re-submit the season training program as many times as necessary to meet the requirements of this assessment task.

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- **Assessment task 3: Practical coaching:**
- Candidates have 12 weeks from the Monday following the course to complete the practical assessment.
- Prior to this assessment the athlete will spend 10 hours with a Level 2 coach from the Triathlon Queensland's recognised assessor database.
- The practical coaching assessment task will be assessed post-training program and requires a practical demonstration of coaching skills during a training session of at least 40 minutes duration.
- Any level of athlete/s may be involved in the assessment session.

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TRIATHLON AUSTRALIA | COACH EDUCATION
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- An assessment checklist is used to outline the skills/ competencies that the coach must demonstrate.
- The candidate must be rated as competent on all aspects of the assessment checklist to pass.
- Candidates may re-take the practical assessment as many times as necessary to achieve competency.
- This task will be assessed by the training program coordinator or their nominated representative (e.g. minimum Level 2 Triathlon NCAS and agreed by the Triathlon Queensland's Level 1 Triathlon Coaching Course Convener).


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FLEXIBLE ASSESSMENT PRACTICES

Triathlon Australia Ltd is committed to providing flexibility in the assessment methods used, in order to provide access and equity for all coaches, including coaches with special needs, disabilities, or from remote / rural areas. This includes:

- using oral instead of written information where appropriate;
- using a DVD of the practical coaching session for assessment purposes where necessary (for example, for a coach in a remote area); and
- considering any request from candidates for flexibility, within the framework of ensuring fairness for others, and integrity of the assessment process overall.

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