



## Level One Assistant Coach Course Outline

### Course Structure

**Title:** IJA Assistant Coach      **Accrediting Body:** IJA / Sport Ireland Coaching      **Level:** 1

The course covers 6 areas of coaching which will allow the assistant coach to provide specific assistance to players in those areas.

The following is a brief overview of the modules and what you can expect to learn during the course:

- Module 1 History and Evolution of Judo
- Module 2 Coaching, Roles, Styles, Values and Ethics
- Module 3 Health and Safety
- Module 4 Coaching Practice and Performance
- Module 5 Judo Rules and Etiquette
- Module 6 Lifestyle

### Learning Approach

The IJA Sport Ireland Level One Coaching course has a blended learning approach with some course content being delivered online while other areas of the course are delivered on the mat and in a classroom environment.

### Learning Outcomes

The aim of the course is to provide assistant coaches with the ability to introduce participants to the sport of Judo in a safe, enjoyable and progressive way. The assistant coach will have an all-round ability on which participants will base future involvement in the sport of Judo.

### Assessment Requirements:

The assessment requirements are as follows:

1. Online questions (to be completed between 1<sup>st</sup> weekend and 2<sup>nd</sup> weekend)
2. Portfolio (to be completed between 1<sup>st</sup> weekend and 2<sup>nd</sup> weekend)
3. Practical demonstration on delivering a training session (day 4)



## Important Information for Pre-Registration

1. Judoka must hold a grade of Blue belt (2nd KYU) or above.
2. Judoka must be over 18 years of age.
3. NVB E Invitation Form must be completed & submitted to the Garda Vetting Officer. Please email: [admin@irishjudoassociation.ie](mailto:admin@irishjudoassociation.ie) for the NVB E Invitation Form or see <https://irishjudoassociation.ie/policies-forms/>

4. Completed forms must be returned to IJA office with payment to secure your place on the course.

**Note:** The following points 5-6 are a pre-requirement for certification - all course participants must provide original or copies of certification to the IJA office by the end of the course. The links below will allow you to contact the relevant organisations and arrange training and certification.

5. Safeguarding 1 Certificate must be provided by end of course with valid future date of at least 3 months – please see the following link to register with your Local Sports Partnership to obtain your certificate.

See: <https://shar.es/1FNObt>

6. First Aid Certificate must be provided by end of course with valid future date of at least 3 months - please see the following link to register

<http://www.redcross.ie/first-aid-training/>

<http://www.orderofmaltaireland.org/first-aid-training-courses/>

<http://www.stjohn.ie/>

Email: [resusfirstaidireland@gmail.com](mailto:resusfirstaidireland@gmail.com) contact **Ray Stears**

7. The course fee is non-refundable for cancellation within 14 days of the course start date. Places are limited, so please book early.

NB Apply for your NVB E Invitation, Safeguarding 1 Certificate & First Aid Certificate at an early stage to ensure no delays nearer certification time.



## Level One Coaching Course Registration Form

### Course Details

Course Title:	Assistant Coach Level 1
Duration:	4 days over two weekends.
Dates: -	
Weekend 1	19 <sup>th</sup> May & 20 <sup>th</sup> May 2018
Weekend 2	1 <sup>st</sup> September & 2 <sup>nd</sup> September 2018
Venue:	District Health & Fitness, Athenry, Co. Galway
Host Province:	Connaught
Course Fee:	€175
Closing Date:	CLOSING DATE for registration Monday 14 <sup>th</sup> May 2018

### Payment Options

(Tick Box)

Cheque or Postal Order	<input type="checkbox"/>	Payable to 'Irish Judo Association'
Paypal	<input type="checkbox"/>	To members@irishjudoassociation.ie
Lodge funds to IJA Account-	<input type="checkbox"/>	Account Name: Irish Judo Association

**Bank Name:** Bank of Ireland

**IBAN:** IE88 BOFI 9005 1956 3348 35

**BIC:** BOFIE2D

**Narrative:** 'Course IJA10018'

### Personal Details (required for certification)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Club: \_\_\_\_\_ IJA License Number: \_\_\_\_\_

Grade: \_\_\_\_\_ Mobile Number: \_\_\_\_\_