

# Learning Programme

PRE-COURSE		DAY 1	DAY 2		DAY 3		DAY 4	
Work Books  Physiology Psychology Coaching Philosophy Reflective Practice Risk Assessment Child Protection  Essential Reading/Other  See Supporting Resources	Four Week Pre-course work phase	Module 1 Induction	Module 5 Psychology A	Four Week Applied Practice  Generation of Session Plans for Portfolio Building & Assessment completion of on-Course Study work	Module 8 Physiology	Four Week Applied Practice  Generation of Session Plans for Portfolio Building & Assessment Completion of on course Study work	Module 12 <b>Coaching 4</b> Independent Practical Assessment	
		Module 2 Coaching Process	Module 6 Internal Assessment <b>Micro Coaching 2</b>		Module 9 Psychology C		Module 11 Internal Assessment <b>Micro coaching 3</b>	Portfolio Assessment
		Module 3 Coaching & Planning	Module 7 Psychology B		Module 10 Team Organisation & Scrummaging		Multi-choice Question Paper	
		Module 4 Internal Assessment <b>Micro Coaching 1</b>	Review & Self Reflection Personal Action Planning		Review & Self Reflection Personal Action Planning		Review & Self Reflection Personal Action Planning	
		Review & Self Reflection Personal Action Planning	Review & Self Reflection Personal Action Planning		Review & Self Reflection Personal Action Planning		Review & Self Reflection Personal Action Planning	

## Learning Programme Key

	Pre-Course Workbooks to be completed as per instructions enclosed within individual books
	Four Week work period for pre course
	Modules delivered in interactive workshops, some group work involved, also some evidence generation/assessment
	Coaching sessions where candidates get to practice in a supportive environment, adds & includes final assessment
	Portfolio and completion of Multi-choice question paper
	Tutor and candidate agree action points for continued improvement and to support learners needs

## Supporting Resources CD-ROM & DVD (Hard copies available on request)

International Laws of the Game, Modified Laws of the Game, Coaching Environment, Health & Safety Guidelines, Code of Conduct, Respect Code, Safe Play Code, Coach & Player Pathway, Long Term Athlete Development, Skills Matrix, RL Tops Coaching Cards, Rugby League Skills Awards, Core Skills, Supplementary skills, Beat the "Ref" Quiz, Core Skills DVD.