

**South Africa Gymnastics Federation**

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**SAGF**



## EDUCATION AND TRAINING

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# SOUTH AFRICAN COACHING FRAMEWORK

## SAGF RPL PROGRAM 2015/2016

### ORIENTATION FOR PROVINCIAL COACH ASSESSMENTS

#### **AIM**

The SAGF RPL project aims to establish gymnastics coaching in South Africa as a blended profession by:

- Recognising the many and varied contexts in which we operate:
- Assessing and accrediting the related specialised knowledge, skills, attributes and values of gymnastics coaches at varying levels through planned, consulted and moderated RPL process, regulated by national and international legislation, guidelines and quality assurance mechanisms:
- Conferring a designation to each individual who has been found competent at the required NQF level.

#### **CRITERIA**

RPL assessment will:

- Be in line with criteria of transparency, relevance, currency, validity, sufficiency:
- Be based on the primary functions, competencies, knowledge and assessment which make up the skill set as outlined in the South African Model for Long-term Coach Development (SASCOC, 2012; and the SA Coaching Framework (SASCOC, 2011);
- Be based on the SAQA Level Descriptors for each NQF level (SAQA, 2012);
- Be based on the international Council for Adult Experiential Learning (CAEL) standards for assessing prior learning (Whitaker, 2006);
- Acknowledge the rights and responsibilities of both the candidate and the assessing institution;

## South Africa Gymnastics Federation Education and Training Department

- Utilise transparent processes and procedures; clear record keeping and a user-friendly approach.

### PROCESS

The RPL process will assess equally both theoretically and vocational aspects.

Candidates selected for assessment for a specific designation will be prepared for assessment; receive full set of documentation, be informed of their rights and responsibilities; be informed of the criteria to be used in the assessment. Contact details of mentors will be made available.

You as Coaching Assistant candidate will present for the assessment with a portfolio of evidence.

This will contain

#### 1. Personal Information:

- 1.1. Certified copy of your identity document
- 1.2. Current and up to date CV

#### 2. Proof of current level of coaching:

- 2.1. Copies of your current and/or previous gymnastics coaching qualifications. If no certificates are available a letter of proof from your provincial discipline committee representative stating your current gymnastics coaching qualifications.
- 2.2. Copies of any training, workshop attendance, diplomas, certificates, qualifications etc. you may have.
- 2.3. Copies of results of gymnasts you are currently working.
- 2.4. Letter of endorsement for application from your provincial discipline chairperson stating the role you are fulfilling within the province and/or district, if applicable.
- 2.5. Letter of endorsement for application from your club stating the role you are fulfilling within the club and the amount of hours you currently coach within the club and the classes you are working with (days, times and levels).

#### 3. Understanding of the National qualifications Framework (NQF) and how it translates into your federation.

- 3.1. Draw an organogram showing how the NQF translate into the SAGF coaches' qualification framework.
- 3.2. If you had to choice in which coaching domain would like to full-fill your role as Coaching Assistant and why – (not more than half a page).

#### 4. Assignments.

- 4.1. Develop and submit a training routine to develop one specific sport skill in the participation domain. The training plan/routine must include the following:
  - A clear mention of the sport specific skill which the activity will develop/improve.
  - Clearly identified training activities.
  - A description of each activity/drill and the equipment required for each.
  - The duration of each activity/drill, illustrated by a pie or bar graph.
  - The coaches role in the activity.
  - An indication of the specific skill or technique the activity will improve.
  - How you could adapt this exercise/activity/drill for individual with varying levels of expertise.

## South Africa Gymnastics Federation Education and Training Department

- How you track and monitor individual progress
- 4.2. Submit a copy of your marked assignment for **child safety**.
  - 4.3. Submit a copy of your marked assignment for **anti-doping**.
  - 4.4. This question contains five (5) parts. Answer all five parts in a 1 to 3 page essay
    - 4.4.1. Choose one of the following problems in children's coaching
      - Bullying
      - Team Discipline
      - Fair Play
      - Parent Interference
    - 4.4.2. Carry out an internet/library search to establish:
      - Whether this is a problem found in countries other than South Africa.
      - How coaches in other countries deals with this problem.
    - 4.4.3. Summarise your findings (the information you have gained) using your own words.
    - 4.4.4. Explain how you will incorporate your research findings in your future coaching strategy.
    - 4.4.5. At the end of your essay, include a list of the resources/articles/books/journal articles you have referred to. Include all authors or webpage (URL) references in the case of internet articles.
  - 4.5. Prepare a Power point presentation/set of notes to reflect your findings in question 4.
  - 4.6. Write down the coaching vision and mission of your National Federation. Discuss the vision and mission, explaining why you think/do not think they are sound, workable and practical.
  - 4.7. Provide an overview of the competitions which you have been involved in within your role as gymnastics coach. Explain the lessons you have learned, referring to among others:
    - Observation and progress feedback
    - Organizational aspects
    - Administration and paperwork required
    - Communication
    - Any other aspect which you consider relevant.
- 5. Reflection – Consider yourself as a coach and your coaching career up to this point.**
- 5.1. List your strengths and weaknesses as a coach. Discuss each one and explain how you can improve on your weaknesses.
  - 5.2. Draw up a personal development plan for yourself for the next 24 – 36 months

## POST ASSESSMENT

You will receive a written letter from SAGF containing the results of the RPL assessment. Any candidates not found yet competent (NYC) will receive written guidelines on how to upgrade their skill and present for re-assessment or to be assessed at a lower level. A maximum of one free additional assessment opportunity will be provided for. Should you require further assessment opportunities, you will be required to carry the cost.

**South Africa Gymnastics Federation Education and Training Department**

**APPEALS PROCESS**

Candidates who are found NYC may appeal in writing against the outcome of the assessment, provided that they submit further evidence which may be in the form of additional documentation; proof of additional training undergone etc.

Our best wishes on your coaching journey forward and assure you of our full support.

Yours in Gymnastics

*Louis Fourie*

National Director of Coaching

South Africa Gymnastic Federation