

The Basic Programme of Level and Complementary Education for Coaches Subjects and Volumes

The Basic Programme of Level and Complementary Education for Coaches is the document which regulates the volumes and ratio of subjects on different levels of education, and sets the main requirements for the related curricula and the complementary education system. Following the obtaining of international experts' opinion, the basic programme will be ratified by the qualification assigning organ, the Estonian Olympic Committee, and it will become the basic document for regulating level and complementary education for coaches in the Republic of Estonia.

The working group for elaborating this project included representatives of the Estonian Olympic Committee, sports federations, the Estonian Qualification Authority, and faculties of exercise and sport sciences of Estonian universities. The working group specified the volume of coaches' level education, proceeding from the respective minimum value established in EQSCT (European Qualification Structure for Coaches Training), namely 300 academic hours as a minimum volume of educating the Coach – EQF level 5. The working group also proceeded from the standpoint that 50% of the education volume is covered by theoretical study and learning of practical skills, and the other 50% by basic studies in disciplines connected with human and sport: biomedicine, pedagogy and psychology together with the necessary overall knowledge on economics, organisational aspects of sport, labour laws and computing.

The development principle of the level education curricula presumes delivering the initial knowledge necessary for the Assistant Coach – EQF level 3 that is further widened and deepened for Junior Coach – EQF level 4 and Coach – EQF level 5. As a rule, the courses of general and basic knowledge precede the theoretical courses and practical skills training in a sports speciality. The curriculum includes compulsory and recommended sources of literature.

Applicants for the qualification of Assistant Coach – EQF level 3, Junior Coach – EQF level 4 and Coach – EQF level 5 need not possess higher education in physical education and sport, it is sufficient to have taken level education at the educating institutions or courses approved by the qualification-awarding committee in the required volume and on the required level.

The applicant for the Assistant Coach – EQF level 3 should be at the time of taking the vocation examination at least 18 years old and his general education and preliminary knowledge should correspond to at least the basic school level.

Minimum volume and distribution of level education

Assistant Coach – EQF level 3 – 60 hours of level education:

14 hours: biomedical education (health, physiology, anatomy)

Basic knowledge on anatomy and physiology, the effect of training loads on human organism and health, essence of supercompensation and recovery processes, basic principles concerning athlete's health, avoiding injuries, first medical aid and nutrition.

10 hours: pedagogical and psychological education

Personality traits necessary for a coach, pedagogical skills and abilities; the structure, content, preparation and analysis of a training lesson, communication skills and management style, basic principles of training and their application.

6 hours: general knowledge education

Basic principles of market economy society, taxation laws, employment contract and basic law, initial knowledge on management of business and computing, basic principles of sport organisation and management.

30 hours: education in sports speciality

Basic didactical knowledge and skills necessary for a coach for conducting safe technical preparation and training of junior and recreational athletes.

Junior Coach – EQF level 4 – 100 hours of level education (in addition to Assistant Coach level):

26 hours: biomedical education (health, anatomy, physiology)

Basic knowledge connected with human and sport is widened to cover the functioning of organ systems in case of physical effort and in recovery phase. Motor learning and basics of biomechanics, physiological basics of strength, speed and endurance training, sports medical health testing, contraindications of practising sports, medical problems in juvenile sports.

16 hours: pedagogical and psychological education

Wider approach to pedagogical skills and abilities necessary for the work of a coach. Different roles of a coach and developing the respective personal traits, applying psychological methods and skills in sport.

8 hours: general knowledge education

Wider approach to knowledge and skills concerning the basic principles of market economy society, taxation laws, management of business and computing, legal acts, conventions and agreements regulating and influencing sport.

50 hours: education in sports speciality

Widening of basic didactical knowledge and skills concerning technical preparation, planning and conducting the training, proceeding from competitive sport requirements for junior and adult athletes.

Coach – EQF level 5 – 140 hours of level education (in addition to Assistant Coach and Junior Coach levels):

36 hours: biomedical education (health, anatomy, physiology)

Deepening the basic knowledge concerning human and sport on the level of the functioning of the organism as a whole. Load stress and regulatory adaptation mechanisms. Sports medical profile of different sports and physical abilities, medical-pedagogical and self-assessment in sport, problems of overtraining and overload injuries. Types of muscle care, massage and stretching. Sport in the context of teamwork between athlete, coach, parent, doctor and scientist. Doping in sport.

24 hours: pedagogical and psychological education

Deepened approach to pedagogical skills and abilities necessary for working as a coach, the necessity for continuously educating oneself, acquiring specific know-how, problems of self-discipline. Profound knowledge on emotional and psychical conditions of an athlete and their regulation. Specific issues of supervising an athlete, e.g. self-discipline.

10 hours: general knowledge education

Profound knowledge and skills concerning the principles of market economy, society, taxation laws, management of business and computing, financing of sport, organising sports events, PR and media.

70 hours: education in sports speciality

Profound knowledge and skills necessary for a coach within the whole spectre of top sport requirements. Special attention is paid to age- and gender-related aspects of training, planning and analysis of training, different training systems and their development, as well as the teamwork of a coach, sports doctor and scientist in the training process management.

Complementary education – subjects and volumes

If applying the qualification having higher education in the field of physical education and sport, if applying Senior Coach – EQF level 6 and Master Coach – EQF level 7 and if re-applying the current level – the obligatory pre-condition is to proceed documented speciality-oriented complementary education in the minimum volume of 60 hours during recent 4 years.