



ActiveFife  
Away of life

# Training Programme 2014



Sport Specific Courses

First Aid

Child Protection

Positive Coaching Scotland

Club Officials Workshops

Disability

Specialist Coaching Workshops

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# Introduction

Active Fife are committed to providing opportunities for sports coaches and physical activity leaders as well as potential leaders and coaches to develop their ability to lead sessions for a variety of people.

Active Fife work in close partnership with a range of external organisations to ensure they are able to support and develop coaches at all levels.

This Active Fife Training Brochure offers a wide range of courses for experienced coaches and volunteers wishing to assist at local clubs, or those looking to start coaching with little or no experience.

Many of the courses are also applicable for teachers, parents, senior pupils, coaches youth workers and uniformed group leaders.

For further information please contact Sports Development on 01383 602393 or [SportsDevelopment.Enquiries@fife.gov.uk](mailto:SportsDevelopment.Enquiries@fife.gov.uk)

# ClubFife Accredited



Fife Council's Club Accreditation Scheme (ClubFife) is a straightforward quality assurance system that has been designed to help voluntary sports clubs to operate efficiently and effectively. It will help your club to take a systematic look at what it does, and decide exactly where improvements are needed. It is also a means of identifying and rewarding clubs that operate in a structured way.

ClubFife gives a flexible approach to developing a quality sports club. ClubFife gives your sports club a framework for stage-by-stage improvements to both the quality of delivery and the way your club is managed. The scheme has been developed to ensure it is club friendly and easy to complete. If your club is in need of assistance please do not hesitate to contact the Sports Development team.

Sports Development

T: 01383 602393

E: [sportsdevelopment.enquiries@fife.gov.uk](mailto:sportsdevelopment.enquiries@fife.gov.uk)



# Funding

To help support volunteers delivering sport within the community there are a number of funding opportunities available:

## **Fife Council Community Sports Grants**

Grants are available to encourage, support and promote the training and development of sports coaches and officials.

All courses must be recognised by the sportscotland recognised Governing Body (or equivalent body). Applicants must be actively coaching or officiating at a club, community centre or sports centre in Fife in a voluntary capacity.

The grant will only be awarded on proof of attendance and successful completion of the course.

Applicants can receive grants of up to 50% of the total course costs, up to a maximum of £200.

For further information on Fife Council Community Sports Grants please visit [www.fifedirect.org.uk](http://www.fifedirect.org.uk) or contact Sports Development on 01383 602393 or [SportsDevelopment.Enquiries@fife.gov.uk](mailto:SportsDevelopment.Enquiries@fife.gov.uk)

## **Individual Learning Accounts Scotland (ILA Scotland)**

Individual Learning Accounts (ILAs) are for people who are 16 or over and living in Scotland and are for individuals who will benefit most from this support.

You can apply for an ILA if do not have a degree or above, are not undertaking any secondary, further or higher education, training through the Employability Fund \* or Modern Apprenticeship, or participating on the Community Jobs Scotland programme.

You must also have an income of £22,000 a year or less, or be on benefits to be eligible to get up to £200 towards the costs of learning or training.

It's a great way to pay for learning new skills and because the money isn't a loan, you don't need to worry about paying it back.

ILA learning providers – including learning centres, local colleges, universities and private training companies – offer a wide range of courses. So whether you need to improve your computer skills or learn something new, we're sure you'll find a course to suit you.

Please note: If your application for ILA funding is successful you will be unable to apply for certain other funding for the duration of your learner year.

This includes Part-Time Fee Grant, Employability Fund and the Modern Apprenticeship scheme. If you would like any further information about Individual Learning Accounts before you apply please contact us on 0800 917 8000.

## **SportScotland UKCC Funding**

SportScotland recognises the importance of new coaches coming into sport and the need for accessible, affordable coaching courses to be available to them.

By filling out the relevant application form eligible applicants can access funding towards the cost of UKCC endorsed qualifications.

Applications must be made at least four weeks prior to the start of the course; retrospective applications will not be accepted.

To check eligibility or for more information please visit [www.sportscotland.org.uk](http://www.sportscotland.org.uk)

## **Volunteers**

Active Fife values the contribution of volunteers in sport and physical activity, without which children and adults would have fewer opportunities to be active and live healthy lives. Volunteers are vital to the successful implementation of our programmes and provide a wealth of knowledge and enthusiasm for encouraging everyone to become more active.

To get involved please contact the Active Fife team on 01383 602 393



## Fife Outdoor Leaders Training

Outdoor Education Fife offer training to staff and volunteers within Fife Council who would like the opportunity to use outdoor activities within the context of their work. Courses are also open to members of the public.

Training is available in paddlesports, mountainsports, mountain biking and sailing as well as general outdoor learning and safety. There are opportunities to experience outdoor activities at a range of levels including; Introductory courses, Skills Training & Assessments, Leadership Awards and NGB Qualifications.

### Outdoor Adventures in Fife

For more details contact Lochore Meadows Outdoor Education Centre

T. 01592 583388

E. [Info.outdoored@fife.gov.uk](mailto:Info.outdoored@fife.gov.uk)

[www.fifedirect.org.uk/outdoorededucation](http://www.fifedirect.org.uk/outdoorededucation)

## Physical Activity Training

The Physical Activity Team can provide tailor-made, flexible training for 8 or more participants around:

- physical activity and health improvement (for all life stages)
- women, physical activity and self-esteem;
- teenage girls, physical activity and self esteem;
- play@home
- volunteer walk leader training

For further information and discussion about meeting your training needs in relation to physical activity please email [physicalactivity.enquiries@fife.gov.uk](mailto:physicalactivity.enquiries@fife.gov.uk)



# Sports Club and Coach Development Conference 2014

**Sunday 9th March    Cost: Free**

Fife Councils Sports Club and Coach Development Conference 2014 is for all the sporting community. It has workshops for committee members, parents, coaches, officials and participants. Workshops included are:

Sports Psychology, Recruiting Volunteers, Positive Coaching Scotland, Social Media, Better Movers Better Thinkers, GB Business Essentials and many other fantastic workshops.

For more information, or to register your interest please contact the sports development team:

† - 01383 602 393

e - [sportsdevelopment.enquiries@fife.gov.uk](mailto:sportsdevelopment.enquiries@fife.gov.uk)





## Introduction to On Field Strength & Conditioning in Young Athletes

**Duration: 1 evening Cost: £25**

This workshop delivered by the University of St Andrews Department of Sport & Exercise, will provide coaches with practical ideas of how to deliver basic strength and conditioning exercises and sessions outwith a strength and conditioning suite. The workshop will be based across a wide range of sports and will focus on delivering strength and conditioning activities in a sports hall or pitch.

Venue	Date	Time	Contact
Auchmuty High School	Monday 19th May	6 -9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk

## Introduction to Speed and Agility for Young Athletes

**Duration: 1 evening Cost: £25**

This workshop delivered by the University of St Andrews Department of Sport & Exercise, will provide coaches with practical ideas of how to deliver basic speed and agility exercises and sessions to develop young athletes.

Venue	Date	Time	Contact
West Fife, TBC	Monday 1st Sep	6 -9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk

## Introduction to Sports Nutrition and Hydration

**Duration: 1 evening Cost: £25**

This workshop delivered by the University of St Andrews Department of Sport & Exercise will look the importance of sports nutrition and hydration, it's impact on performance and the coaches roles and responsibilities along with basic tools and tips for influencing performers.

Venue	Date	Time	Contact
SRUC, Elmwood Campus Cupar	Wednesday 24th September	6 -9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk

## Boccia Leaders Award

**Duration: 3 hours**      **Cost: £30**

This Award will provide participants with the knowledge and skills to introduce the Paralympic sport of boccia to children, young people and adults with a disability. Boccia is played indoors and is suitable for players of all levels of ability, including those with complex needs. The course is a mixture of practice, theory and an introduction to rules.

Venue	Date	Time	Contact
Michael Woods Sports & Leisure Centre, Glenrothes	Wednesday 19th February	10am - 1pm	03451 55 55 55 ext 444 989 norma.buchanan@fife.gov.uk

## Pool Workshop - Introduction to Disability Swimming

**Duration: 4 hours**      **Cost: £30**

This introductory workshop will be of interest to anybody involved in working with disabled non swimmers. The course is one third practical. In water the tutor will facilitate partner working to explore issues such as safety skills, appropriate supports and learner progressions. The theory sessions will cover many aspects of teaching / learning, impairment, communication and disability swimming. Delegates are expected to be confident about moving around in shallow water.

Venue	Date	Time	Contact
Lochgelly High Community Use School	Friday 14th November	TBC	03451 55 55 55 ext 444 989 norma.buchanan@fife.gov.uk

Scottish Disability Sport (SDS) lead the development of sport for children, athletes and players with a physical, sensory or learning disability. The SDS website has an education and training calendar offering many disability sport workshops and courses. To register your interest or for further information please visit the SDS website at [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)



## Legal Structures and Roles and Responsibilities of a Club Committee

**Duration: 1 evening**    **Cost: FREE**

Delivered by Fife Voluntary Action, this workshop will provide advice and practical help with constitutions, steering groups, committees and basic book keeping. The workshop also covers fundraising and will provide Information on funders, application support and fundraising tips.

Venue	Date	Time	Contact
Dunfermline High Community Use School	Monday 27th January	6.30 - 8.30pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Lumphinans Bowling Club TBC	September TBC	6.30 - 8.30pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Freuchie Cricket Club	Wednesday 14th May	6.30 - 8.30pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk

## Recruiting & Retaining Volunteers

**Duration: 1 evening**    **Cost: FREE**

Fife Voluntary Action can provide support to organisations with recruiting, managing and supporting volunteers. We can also give you guidance on issues surrounding Protection of Vulnerable Groups legislation, and help you to ensure that your volunteers feel safe and valued. Whether you already involve volunteers or not, feel free to speak to us about any questions or issues you might have.

Venue	Date	Time	Contact
Auchmuty High School TBC	Monday 9th of June TBC	6.30 - 8.30pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk

# Marketing & Promotion through Social Media

**Duration:** 1 evening    **Cost:** FREE

This workshop will support clubs and groups to understand the benefits of social media. It will outline a strategy; provide top tips and information about twitter, Facebook and YouTube and help you to engage your audience online

Venue	Date	Time	Contact
Dunfermline High Community Use School	Monday 20th October	6.30 - 8.30pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk



## A national sportscotland programme which is now being delivered locally by Fife Council's Active Fife team for people involved in community sport.

What is PCS? Positive Coaching Scotland is based on a highly successful cultural change model which was developed in the USA to combat escalating health and social problems.

It is helping to create a positive sporting culture for young athletes and in Scotland, the programme has already been rolled out in several local authority areas and Scottish governing bodies of sport.

What will PCS help with?

We are facing various challenges in youth sport in Scotland that we are determined to address:

- **Reduced** levels of physical activity and rising levels of obesity
- **Falling** levels of volunteer participation
- **Aggressive** touchline behaviour
- **Disrespect** for officials
- **Coaches** who are only focused on winning the game... at all costs.
- **Together** these factors contribute to an increasing number of young people dropping out from sport. As a result today's young people are being
- **denied** the opportunity to learn vital life lessons through sport

## Club Leaders Workshop

**Duration:** 1 evening **Cost:** Free **Age:** 16+

The PCS leaders workshop will provide you with a positive coaching model, which will enable you to establish a shared vision and positive coaching culture within your club.

Venue	Date	Time	Contact
SRUC, Elmwood Campus, Cupar	Tuesday 22nd April	7 - 8.30pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Dunfermline High Community Use School	Wednesday 25th June	7 - 8.30pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Auchmuty High School, Glenrothes	Monday 8th September	7 - 8.30pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk

## Double Goal Coach Workshop

**Duration:** 1 evening **Cost:** Free **Age:** 16+

Reject the traditional scoreboard definition of winning, which divides young people into 'winners' and 'losers'. We need to create a positive learning environment where athletes focus on increased effort, handling mistakes better, learning more, trying harder and staying in the sport longer. The double goal coach workshop will help support coaches to coach using the ethos of Positive Coaching Scotland.

Venue	Date	Time	Contact
SRUC, Elmwood Campus, Cupar	Tuesday 27th May	7 - 9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Dunfermline High Community Use School	Wednesday 27th August	7 - 9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Auchmuty High School, Glenrothes	Tuesday 28th October	7 - 9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk

## Safeguarding & Protecting Children

**Duration:** 1 evening **Cost:** £25 **Age:** 16+

Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns. Participants must be aged 16+ or over on the date of the course.

Venue	Date	Time	Contact
Dunfermline High Community Use School	Monday 3rd March	6 - 9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Toll Centre, Burntisland	Monday 28th April	6 - 9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Kirkland High Community Use School	Monday 25th August	6 - 9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk
Lundin Bowling Club, Lundin Links	Tuesday 28th October	6 - 9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk

## In Safe Hands: Club Child Protection Officer Workshop

**Duration:** 1 evening **Cost:** £25 **Age:** 16+

This 3 hour workshop supports clubs to put child protection policies into practice. It is most suitable for those acting as a clubs or groups child protection officer but is also relevant for those responsible for managing and organising clubs and groups. Candidates should attend a Sports Coach UK, Safeguarding and Protecting Children workshop prior to attending the In Safe Hands workshop.

Venue	Date	Time	Contact
Freuchie Cricket Club	Tuesday 11th November	6 - 9pm	01383 602 393 sportsdevelopment.enquiries@fife.gov.uk



## Emergency First Aid

**Duration: 6 Hrs**

**Cost: £50**

**Age: 16+**

At the end of this course candidates will be able to recognise and treat most emergency situations, give emergency aid to an injured person until medical assistance arrives, and carry out the duties of an appointed person as specified within first aid regulations. This qualification is valid for 3 years.

Venue	Date	Time	Contact
Kirkland High Community Use School	Monday 27th January & Monday 3rd February	6.30 - 9.30pm	01334 659 353 communityuse.kirkland@fife.gov.uk
Lochgelly High Community Use School	Thursday 13th & Thursday 20th February	6.30 - 9.30pm	01592 583493 communityuse.lochgelly@fife.gov.uk
Queen Anne High Community Use School	Saturday 22nd February	9.30am - 4pm	communityuse.queenanne@fife.gov.uk 01383 602 351
Waid Academy Community Use School	Tuesday 18th & Tuesday 25th March	6.15 - 9.15om	01334 659 355 communityuse.waid@fife.gov.uk
Kirkland High Community Use School	Monday 21st & Monday 28th April	6.30 - 9.30pm	01334 659 353 communityuse.kirkland@fife.gov.uk
Kirkland High Community Use School	Monday 27th October & Monday 3rd November	6.30 - 9.30pm	01334 659 353 communityuse.kirkland@fife.gov.uk
Lochgelly High Community Use School	Friday 21st & Friday 28th November	6.30 - 9.30pm	01592 583493 communityuse.lochgelly@fife.gov.uk

## Paediatric First Aid

**Duration: 2 evenings Cost: £50 Age: 16+**

This is a six hour first aid course focusing on children and babies. It is suitable for anyone working with children in crèches, nurseries, schools, leisure centres and after schools clubs, as well as parents. Topics covered in the course include: First Aid in the workplace and role of the appointed person, primary and secondary assessment, principles of resuscitation, breathing disorders, recognition and treatment of head injuries, control of bleeding, treatment for shock, bones, joints and muscle injuries, burns and poisons, bites and stings and childhood conditions. This qualification is valid for 3 years.

Venue	Date	Time	Contact
Waid Academy Community Use School	Tuesday 21st & Tuesday 28th January	6.15 - 9.15pm	01334 659 355 communityuse.waid@fife.gov.uk
Kirkland High Community Use School	Monday 10th & Monday 17th February	6.30 - 9.30pm	01334 659 353 communityuse.kirkland@fife.gov.uk
Balwearie High Community Use School	Tuesday 25th February & Tuesday 4th March	6 - 9pm	01592 583 490 communityuse.balwearie@fife.gov.uk
Kirkland High Community Use School	Monday 12th & Monday 19th May	6.30 - 9.30pm	01334 659 353 communityuse.kirkland@fife.gov.uk
Kirkland High Community Use School	Monday 10th & Monday 17th November	6.30 - 9.30pm	01334 659 353 communityuse.kirkland@fife.gov.uk

## Adrenaline Auto - Injection

**Duration: 1 evening**    **Cost: £12**    **Age: 16+**

The NaRS Adrenaline Auto-Injection Module (NaRS AA) is designed specifically for qualified First Aiders and Pool Rescuers to assist known clients that suffer from a history of anaphylactic reactions and have been prescribed by a GP with their own Adrenaline Auto-injector. This 2 hour course will enable candidates to: recognise an allergic reaction, manage anaphylactic shock, manage anaphylaxis without shock, administer adrenaline by intra-muscular auto-injection, and beware of contra-indications, side-effects and storage implications. Candidates will be required to successfully complete an assessment and demonstrate the ability to carry out various anaphylactic treatments in a safe manner. The course certificate is valid for 24 months. Candidates must hold a current NaRS First Aid or Pool Rescue qualification recognised by the STA.

Venue	Date	Time	Contact
Balwearie High Community Use School	Tuesday 11th March	6.30 - 8.30pm	01592 583 490 communityuse.balwearie@fife.gov.uk

## First Aid at Work

**Duration: 3 days**    **Cost: £120**    **Age: 16+**

This is a hands on practical First Aid Course which creates a level of competence for first aid skills that meet the requirements for the Health & Safety at Work Act 1981. The course will enable learners to give first aid to a casualty that requires assistance in a variety of emergency situations. The course includes: Resuscitation, shock, bleeding, unconsciousness, contents of first aid boxes, transporting casualties, bones, muscles and joints, minor injuries, poisons, record keeping, hygiene and communicating in an emergency. Attendance is mandatory at all sessions in order to pass the course and the course certificate is valid for 3 years.

Venue	Date	Time	Contact
Kirkcaldy High Community Use School	Saturday 1st, Saturday 8th & Saturday 15th February	10am - 4.30pm	01592 583 492 communityuse.kirkcaldy@fife.gov.uk

## Cricket

Cricket Scotland is currently reviewing their coach education structure. For more information on cricket coaching courses please visit the Cricket Scotland website at [www.cricketscotland.com](http://www.cricketscotland.com)

## Cycling

### Cycling Coaching - UKCC Level 2

**Age: 16+**

The Level 2 Certificate in Coaching Cycling (L2CCC) is an entry level award aimed at people with some coaching and/or cycling experience, the finer points of how and what to coach are all expertly explained within the course. The knowledge gained from this qualification will allow you to develop an understanding of safe, ethical and effective cycling coaching. The certificate qualifies you to independently plan, deliver and evaluate a series of cycling activity sessions to groups of beginner and intermediate level children or adults. This award includes the Sportscoach UK workshop: Safeguarding and Protecting Children. The course is 3 days over 2 weekends 12 weeks apart with substantial home study required.

Venue	Date	Time	Contact
TBC	TBC	9.30am - 4.30pm	<a href="http://www.britishcycling.org.uk/scotland/article/scst-scottish-cycling-coaching-about">http://www.britishcycling.org.uk/scotland/article/scst-scottish-cycling-coaching-about</a>

# Cycling Training Assistant

**Duration:** 1 Day      **Price:** Free      **Age:** 16+

Candidates will be able to support the delivery of Bikeability Scotland Levels 1 and 2 and will receive a recognised CTA qualification from Cycling Scotland. Bikeability Scotland Level 1 teaches children the basic skills of riding a bike, such as balance, control and making turns. It is usually delivered to children in Primary 5, and takes place in the playground. Bikeability Scotland Level 2 teaches children how to ride a bike safely on the road and navigate basic junctions. It is usually delivered to children in Primary 6 and takes place on quiet roads. Book online at [fifedirect.org.uk/bikeability](http://fifedirect.org.uk/bikeability).

Venue	Date	Time	Contact
Kennoway Primary School	Saturday 8th March	9.30am - 4.30pm	<a href="http://www.fifedirect.org.uk/bikeability">www.fifedirect.org.uk/bikeability</a>
Pitreavie Primary School, Dunfermline	Tuesday 18th & Tuesday 25th March	9.30am - 4.30pm	<a href="http://www.fifedirect.org.uk/bikeability">www.fifedirect.org.uk/bikeability</a>
Carleton Primary School, Glenrothes	Thursday 22nd & Thursday 29th May	9.30am - 4.30pm	<a href="http://www.fifedirect.org.uk/bikeability">www.fifedirect.org.uk/bikeability</a>

## Football

### 1.1 Children

**Duration: 6 Hours**    **Price: £35**    **Age: 16+**

This 6-hour course is open to all interested parties aged 16 and over, experienced or otherwise, who work with children of primary school age. In addition to delivering new content, the course will assist coaches to develop their coaching technique, focus on skill development and will explore the best age specific activities for developing young players

Venue	Date	Time	Contact
Michael Woods Sports & Leisure Centre, Glenrothes (astro)	Sunday 30th August	10am - 4pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

### 1.2 Children's

**Duration: 12 Hours**    **Price: £45**    **Age: 16+**

This 12-hour course is designed to assist coaches with the planning, preparation, organisation and evaluation of their coaching sessions and focuses on coaching style and the use of differentiation, i.e. provision of practices to suit the wide range of abilities within the primary school age group. Applicants must have completed the Early Touches certificate course.

Venue	Date	Time	Contact
Beath Community Use (astro)	Wednesday 19th & 26th March	6 - 9pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393
	Sunday 30th March	10am - 4pm	
Beath Community Use (indoors)	Wednesday 17th & 24th September	6am - 9pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## 1.1 Youths

**Duration: 6 Hours**    **Price: £35**    **Age: 16+**

This 6-hour course is open to all interested parties aged 16 and over, experienced or otherwise, who work with youths/adults 13+. In addition to delivering new content, the course will assist coaches to develop their coaching technique, focus on skill development and will explore the best age specific activities for developing young players.

Venue	Date	Time	Contact
Beath Community Use (astro)	Wednesday 3rd & 10th September	6-9pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## 1.2 Youths

**Duration: 12 Hours**    **Price: £45**    **Age: 16+**

This 12-hour (2 x 6 hours) course is designed to assist coaches with the planning, preparation, organisation and evaluation of their coaching sessions. Coaches should note that the course is mainly practical in nature with coaches being involved in the coaching and demonstration of themes. The course will focus on coaching style and the use of differentiation, i.e. provision of practices to suit the wide range of abilities with the secondary school age group. This approach is applied to different themes such as passing, dribbling, shooting etc.

Venue	Date	Time	Contact
Michael Woods Sports & Leisure Centre, Glenrothes (AstroTurf)	Friday 2nd & Friday 9th May	10am - 4pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393
Beath Community Use (AstroTurf)	Friday 10th & Friday 17th October	10am - 4pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## 1.3 Coaching In The Game

**Duration: 12 Hours**    **Price: £50**    **Age: 16+**

The 12-hour Coaching in the Game certificate course looks at the knowledge and understanding required to help players appreciate concepts such as width, depth and support within the small-sided game. The course is largely practical and prospective coaches are required to demonstrate the ability to coach basic strategies to players. Applicants must have completed a level two course.

Venue	Date	Time	Contact
Beath Community Use (AstroTurf)	Wednesday 21st & 28th May	6 - 9pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393
Beath Community Use (AstroTurf)	Sunday 1st June	10am - 4pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393
Michael Woods Sports & Leisure Centre, Glenrothes (AstroTurf)	Friday 7th & Sunday 9th November	10am - 4pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## Level 1 Goal Keeping

**Duration: 6 Hours**    **Price: £35**    **Age: 16+**

This six-hour course is designed to assist coaches aged 16 or over who work with goalkeepers from children to adults

Venue	Date	Time	Contact
Beath Community Use (AstroTurf)	Sunday 14th June	10am - 4pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393



## 4's, 5's & 7's Player Pathway Workshop

Duration: 2 Hours

Venue	Date	Time	Contact
Beath Community Use (AstroTurf)	Saturday 22nd February	10am - 12	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## 11'a Player Pathway Workshop

Duration: 2 Hours

Venue	Date	Time	Contact
Beath Community Use (AstroTurf)	Saturday 3rd May	10am - 12	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## PGA Level 1

**Price: £200    Age: 16+**

This course allows candidates to assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision

Venue	Date	Time	Contact
Elmwood Golf Course, Cupar	Sat 22nd and Sunday 23rd Feb 2014		donna.holmes@pga.org.uk 01764 661848

## Gymnastics

### Men's Artistic UKCC Level 1

**Duration: 6 Hours    Price: £350 for members of Scottish Gymnastics and £370 for non members**

Venue	Date	Time	Contact
Bruce Street Sports Centre	Sunday 19th & 26th January, Sunday 16th February & Sunday 2nd March	10am - 4pm	www.scottishgymnastics.org

Scottish Gymnastics members are also eligible to apply for a sportscotland subsidy. Please visit <http://www.scottishgymnastics.org> for more information

Scottish Gymnastics runs a wide range of coach education courses. For more information on these courses please visit the Scottish Gymnastics website at [www.scottishgymnastics.org](http://www.scottishgymnastics.org)

## Hockey STIX

**Price: £5**      **Duration: 2 Hours**

Aimed at primary and secondary teachers and school staff, this workshop introduces Scottish Hockey's STIX model and highlights progressive skills sessions and games structures for varying age groups and ability levels.

Venue	Date	Time	Contact
Kirkcaldy High School	Thursday 20th February	4-6pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## UKCC Level 1

**Price: £150 for Scottish Hockey Members and £200 for non members**      **Duration: 2.5 Days**      **Age: 16+**

Aimed at potential and trainee coaches, this course will enable candidates to work towards becoming an assistant coach and gives candidates an introduction to the coaching theory and technical skills of hockey

Venue	Date	Time	Contact
St Leonards School, St Andrews	Friday 15th - Sunday 17th August		0141 550 5999

Please visit [www.scottish-hockey.org.uk/coaching/coaching-courses.aspx](http://www.scottish-hockey.org.uk/coaching/coaching-courses.aspx) for more information or to book a place on the course.

Scholarship funding is available direct from sportscotland for courses from 1st March 2012 and will be provided to Scottish Hockey members who apply using the application process detailed on sportscotland website. Funding available will be 50% for UKCC Level 1 course participants. UKCC Level 2 participants will receive 50% refunded if they complete the qualification in 12 months.

## UKCC Level 2

**Price: £400 for Scottish Hockey Members and £450 for non members**

**Duration: 3 Days**

**Age: 18+**

This 3 days course is aimed at those who wish to work towards becoming a club coach. It increases candidates knowledge and skills.

Venue	Date	Time	Contact
Peffermill, Edinburgh	Monday 13th - Wednesday 15th October		0141 550 5999

Please visit [www.scottish-hockey.org.uk/coaching/coaching-courses.aspx](http://www.scottish-hockey.org.uk/coaching/coaching-courses.aspx) for more information or to book on the course.

## Rugby

### UKCC Level 1

**Price: £50 if registered with a SRU affiliated club**

**Age: 16+**

On successful completion of the Level 1, candidates should be able to demonstrate an ability to safely organise and supervise rugby union activities, including small sided games. Candidates should also be able to promote and establish working relationships and high standards of behaviour with players, coaches, parents and officials as well as demonstrating an ability to identify and adapt rugby union activities and sessions for a variety of different age groups.

Venue	Date	Time	Contact
Howe of Fife Rugby Club, Cupar	Friday 24th - Sunday 26th January		Please visit <a href="http://www.scottishrugby.org">www.scottishrugby.org</a> for more information or to book a place on the course

# Swimming

## UKCC Level 1 Teaching Aquatics

**Price: £330**    **Duration: 4 Days**    **Age: 16+**

This qualification is aimed at those interested in supporting the teaching programme in a learn to swim environment utilising Scottish Swimming's Learn to Swim Programme or equivalent scheme. The Level 1 Certificate for Teaching Aquatics is an all inclusive qualification that sits as the first formally assessed qualification on the teaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands (Teaching Aquatics, Swimming Coaching, Diving, Synchronised Swimming and Water Polo) and has a focus on the "how to coach" skills with the technical emphasis on movement literacy (as defined by the Long Term Athlete Development framework for swimming). It is envisaged that this unit can be delivered to all Teachers/Coaches who wish to work in the aquatic environment. Unit 2 has a focus on teaching aquatics; technical knowledge and practical skills required.

Venue	Date	Time	Contact
Lochgelly Community Use	Sunday 4th,11th,18th, 25th May	9-5pm	<a href="http://www.scottishswimming.com/education">http://www.scottishswimming.com/education</a>

## UKCC Level 2 Teaching Aquatics

**Price: £630**    **Duration: 8 Days**    **Age: 17+**

This qualification is aimed at those interested in delivering the teaching programme in a learn to swim environment utilising Scottish Swimming's Learn to Swim Programme or equivalent scheme. The Level 2 Certificate for Teaching Aquatics is an all inclusive qualification and sits as the second formally assessed qualification on the teaching qualifications pathway. Units 1-3 are common units to all of the Aquatic Strands (Aquatic Teaching, Diving, Swimming Coaching, Synchronised Swimming and Water Polo) and has a focus on "how to teach/coach" skills. It is envisaged that Units 1, 2 & 3 can be delivered to all teachers/coaches who wish to work in the aquatic environment. Units 4-6 have their focus on Aquatic Teaching covering a range of technical knowledge and practical skills required.

Venue	Date	Time	Contact
TBC	Sunday 30th - Sunday 6th March	9-5pm	<a href="http://www.scottishswimming.com/education">http://www.scottishswimming.com/education</a>

## UKCC Level 1 Coaching Swimming

**Price: £330**    **Duration: 4 Days**    **Age: 16+**

This qualification is aimed at those interested in supporting the coaching programme in a competitive swimming environment. The Level 1 Certificate for Coaching Swimming sits as the first formally assessed qualification on the coaching qualifications pathway. Unit 1 is a common unit to all of the aquatic strands (Swimming Coaching, Diving, Synchronised Swimming and Water Polo) and has a focus on the "how to coach" skills with the technical emphasis on movement literacy (as defined by the Long Term Athlete Development framework for swimming). It is envisaged that this unit can be delivered to all Coaches who wish to work in the aquatic environment. Unit 2 Swimming Coaching has a focus on Swimming Coaching technical knowledge and practical skills required.

Venue	Date	Time	Contact
TBC	Sunday 7th, 14th, 21st & 28th September	9-5pm	<a href="http://www.scottishswimming.com/education">http://www.scottishswimming.com/education</a>

## UKCC Level 2 Coaching Swimming

**Price: £330**    **Duration: 4 Days**    **Age: 17+**

This qualification is aimed at those interested in delivering a coaching programme in a competitive swimming environment. The Level 2 Certificate for Coaching Swimming sits as the second formally assessed qualification on the coaching qualifications pathway. Units 4-6 have their focus on Swimming Coaching technical knowledge and practical skills required.

Venue	Date	Time	Contact
TBC	Thursday 3rd - Sunday 6th March	9-5pm	<a href="http://www.scottishswimming.com/education">http://www.scottishswimming.com/education</a>

## UKCC Level 2 Coaching Swimming (Units 4,5 & 6 only)

**Price: £330**    **Duration: 4 Days**    **Age: 17+**

This qualification is aimed at those interested in delivering a coaching programme in a competitive swimming environment. The Level 2 Certificate for Coaching Swimming sits as the second formally assessed qualification on the coaching qualifications pathway. Units 1-3 are common units to all of the aquatic strands (Teaching Aquatics, Swimming Coaching, Diving, Synchronised Swimming and Water Polo) and has a focus on the “how to coach” skills. It is envisaged that these units can be delivered to all coaches who wish to work in the aquatic environment. Units 4-6 have their focus on Swimming Coaching technical knowledge and practical skills required.

Venue	Date	Time	Contact
TBC	Thursday 3rd - Sunday 6th March	9-5pm	<a href="http://www.scottishswimming.com/education">http://www.scottishswimming.com/education</a>

## CPD Aqua skills

**Price: £30**      **Duration: 1 Evening**

This workshop will equip Level 2 Swimming Teachers to deliver the SASA Aqua skills programme, which is designed to encourage children, boys and girls to learn basic Synchro, Polo and Diving Skills

Venue	Date	Time	Contact
Bowhill Swimming Pool, Cardenden	Monday 20th January	6-9pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## CPD FUNdamentals

**Price: £30**      **Duration: 1 Evening**

The CPD seminar aims to equip the swimming teacher (ASA Level 2+ or equivalent) with an understanding of the basics of LTAD and the use of FUNdamentals and games to deliver FUN and innovative swimming lessons.

Venue	Date	Time	Contact
TBC	Tuesday 10th June	6-9pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## CPD LTAD

**Price: £30**      **Duration: 1 Evening**

This seminar will identify, What and Why LTAD, an overview of what LTAD is, why it is important to understand in relation to athletes and the 3 Principles of LTAD.

Venue	Date	Time	Contact
TBC	Monday 20th October	6-9pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393



## CPD Propulsion

**Price: £30**      **Duration: 1 Evening**

This seminar will identify how to reduce the effects of resistance and increase propulsion.

Venue	Date	Time	Contact
TBC	Friday 9th December	6-9pm	sportsdevelopment.enquiries@fife.gov.uk 01383 602 393

## S.T.A Level 2 Award in Swimming Teaching (Beginners)

**Price: £232.50**      **Duration: 4 Days**      **Age: 17+**

Units studied include: Teaching swimming, lifesaving and survival techniques Understanding how to develop participants through coaching sport. Understanding the fundamentals of coaching sport.

Venue	Date	Time	Contact
Kirkland High Community Use School	Monday 31st Match - Thursday 1st April	9am - 4.30pm	communityuse.kirkland@fife.gov.uk 01334 659 353

Candidates must hold current membership with STA, hold the STA award in pool emergency procedures or acceptable equivalent and the STA Safeguarding Children, Young People and Vulnerable Adults or acceptable equivalent.

## S.T.A Level 2 Award in Swimming Teaching (Beginners)

**Price:** TBC      **Duration:** 4 Days      **Age:** 17+

Units studied include: Teaching swimming, lifesaving and survival techniques Understanding how to develop participants through coaching sport. Understanding the fundamentals of coaching sport.

Venue	Date	Time	Contact
Kirkland High Community Use School	Monday 13th - Thursday 16th October	9am - 4.30pm	communityuse.kirkland@fife.gov.uk 01334 659 353

Candidates must hold current membership with STA, hold the STA award in pool emergency procedures or acceptable equivalent and the STA Safeguarding Children, Young People and Vulnerable Adults or acceptable equivalent.

## S.T.A. Swimming Award for Teachers (PEP)

**Price:** £50      **Duration:** 2 Evenings

(Description to follow)

Venue	Date	Time	Contact
Kirkland High Community Use School	Thursday 1st & Friday 2nd April	4.30 - 8.30pm	communityuse.kirkland@fife.gov.uk 01334 659 353

Candidates must hold current membership with STA, hold the STA award in pool emergency procedures or acceptable equivalent and the STA Safeguarding Children, Young People and Vulnerable Adults or acceptable equivalent.

## S.T.A. Swimming Award for Teachers (PEP)

**Price:** TBC      **Duration:** 2 Evenings

(Description to follow)

Venue	Date	Time	Contact
Kirkland High Community Use School	Tuesday 14th & Wednesday 15th October	4.30 - 8.30pm	communityuse.kirkland@fife.gov.uk 01334 659 353

## Tennis

Tennis Scotland is committed to the development of coaches at all levels of the game. We have a full schedule of Coaching courses from qualifications to Coach Development workshops & seminars, including our annual Coaches Conference. For more information about the courses available please see <http://www.lta.org.uk/in-your-area/Scotland/coaching/>

## Badminton

BADMINTONScotland has developed an innovative Coach Education and Development Plan to meet the needs of our sport and of our key stakeholders. The Coaching Plan was launched in March 2012 at a Coaches' Development Weekend at sportscotland National Sports Training Centre Inverclyde in Largs. It is a three-year development plan which reflects the original concept of UKCC, but better fits the needs of badminton. It encompasses the new "Excel" pathway for performance players and coaches, thus ensuring consistency of delivery at all levels. This will make for smoother transitions for players to and from performance squads. For more information on Badminton coaching courses, please visit the Badminton Scotland website at <http://www.badmintonscotland.org.uk/>

If you have any enquiries relating to a specific course in this brochure, please use the contact details listed for that course.

If you have any general enquiries about training and coach education in Fife, please contact Sports Development.

email: [sportsdevelopment.enquiries@fife.gov.uk](mailto:sportsdevelopment.enquiries@fife.gov.uk)

phone: 01383 602393

mail: Sports Development  
2nd Floor  
Rothesay House  
Rothesay Place  
Glenrothes  
KY7 5PQ

visit: [www.fifedirect.org.uk/activefife](http://www.fifedirect.org.uk/activefife)

