

Special Olympics Ireland

‘Coaching Young Athletes’ Coach Education Course

Coach Development Programme for Ireland Level 0

Pre-Course Information

What is ‘Coaching Young Athletes’?

The ‘Coaching Young Athletes’ course is specifically tailored to meet the needs of coaches and volunteers delivering the Young Athlete programme. This course provides an introduction to the Young Athletes programme, educates participants on the physical activity levels and fundamental movement skill proficiency of children with intellectual disabilities.

Additionally, the course teaches participants how to deliver a Young Athletes session and highlights the resources available to support coaches and volunteers. The course is designed to provide coaches and volunteers with the necessary skills and tools for developing the fundamental movement skills of children with intellectual disabilities in a safe and fun environment.

Who can undertake the course?

This course is suitable for first time coaches and volunteers who may have little to no sporting background or knowledge. This is an introductory level coach education qualification. Special Olympics Ireland encourages any volunteer who is looking to take their first step on the coaching ladder to undertake this course.

After undertaking the course, participants will be able to

1	Identify the aims and objectives of the Special Olympics Ireland, Young Athletes programme.
2	Gain a sound understanding of the components of Physical Literacy.
3	Identify and discuss the disparities in physical activity participation and motor skill proficiency between children with intellectual disabilities and typically developing children.
4	Identify the role of a Special Olympics Young Athletes coach and utilise the qualities and skills required to develop children’s fundamental movement skills.
5	Organise, plan, deliver and support a Young Athletes session.
6	Adapt a Young Athletes session to meet the needs of a range of ability levels.

What are the requirements to undertake this course?

- Sport Ireland or Sport Northern Ireland approved Safeguarding qualification
- Be a registered volunteer with Special Olympics Ireland
- Be age 18 years or over
- Complete the pre-course, self-learning online module which provides an introduction to Special Olympics and the Young Athletes programme.

Course Duration: 10 hours. Course hours are broken down into three parts, 1) A self-learning module (30 minutes), 2) Online theory component (2.5 hours) and 3) An in-person practical session (7 hours).