

## ASQ Certificate in Coaching Golf – Learning Programme Overview

| Certificate in Coaching Golf practical course |  |                                      |  |
|---|--|--------------------------------------|--|
| Intro   | Welcome  |                                      |  |
| Module  | “What to coach”<br>- Golf specific knowledge   |                                      | “How to coach” skills<br>- Coaching Process            |
| 1   | Putting  | Understanding ball flights           | Coaching solutions for a Coach                         |
| 2   | Chipping   | Practice and developing Progressions | Questioning & Listening                                |
| 3   | Pitching   | Static analysis                      | Observation / Analysis                                 |
| 4   | Full swing   | Basic motion analysis                | Effective Decision Making                              |
| 5   | Bunker play  | Sequence of correction               | Feedback / Reinforcement                               |
| 6   | Awkward Lies   | On course coaching                   | Coaching styles  |
| 7   | Sports Science   |                                      |  |
| 8   | Equipment  |                                      | Coaching Golf Assessment orientation / Self Reflection |
| Assessment                                    |  |                                      |  |
| 9   | <b>Multiple Choice Questionnaire (MCQ), Practical assessment 1</b> – a 20 min. session & <b>one explanation / demonstration</b> (technical models) |                                      |  |
| 10  | <b>Practical assessment 2</b> – a 20 min. session & <b>one explanation / demonstration</b> (technical models)                                      |                                      |  |
| 11  | <b>Assessed coaching log book – 6 sessions</b> (of which 4 are to be linked, including an initial assessment session)                              |                                      |  |

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By the end of the Certificate in Coaching Golf course coaches will have:

| INDUCTION  | Module 1 –<br>Role of Golf coach  | Module 2 –<br>Questioning / Listening  | Module 3 –<br>Observation & Analysis   | Module 4 –<br>Effective decision-making  |
|--|---|--|--|--|
| <b>Induction pack to include:</b> <ul style="list-style-type: none"> <li>• Welcome letter</li> <li>• Course administration</li> <li>• Course outcomes</li> <li>• Assessment and evidence requirements</li> <li>• Self-assessment / benchmarking (mat mapping)</li> <li>• Home study workbooks</li> </ul> | <ul style="list-style-type: none"> <li>• Reviewed the coaching role of an Assistant Coach and identified the step change required to operate as a Golf Coach</li> <li>• An awareness of the importance of the ball flight laws</li> <li>• Reviewed the Putting model and coached it under supervision</li> <li>• Developed the skills of explanation and Demonstration learnt at the Award for Golf Coaching Assistants course</li> <li>• Reflected on own their own coaching practice in this session</li> </ul> | <ul style="list-style-type: none"> <li>• A strategy for asking questions to illicit the maximum amount of information from a player</li> <li>• Identified the key skills of a good listener</li> <li>• A number of different methods of practice that they can use with a player</li> <li>• Developed a strategy for progressing practice so that it challenges the player and helps to identify strengths and weaknesses</li> <li>• Reviewed and coached the chipping model</li> <li>• Discussed with others the progression of chipping practices</li> <li>• Reflected on own their coaching practice in this session</li> </ul> | <ul style="list-style-type: none"> <li>• Developed the observation and analysis skills learnt at the Award for Golf Coaching Assistants course</li> <li>• Been introduced to the concept of static analysis and the key areas to focus on</li> <li>• Reviewed and coached the Pitching model</li> <li>• Used a pitching session to observe and analyse ball flight and static positions in the set-up</li> <li>• Reflected on their own coaching practice in this session</li> </ul> | <ul style="list-style-type: none"> <li>• A system for gathering information that leads to effective decision making</li> <li>• Had the chance to observe the six ball flight factors and appreciate how they appear within a swing</li> <li>• Reviewed and coached the Full swing model</li> <li>• Had a chance to coach a player and work through the previous modules “how to” skills</li> <li>• Reflected on their own coaching practice in this session</li> </ul> |
| <b>INTRODUCTION</b> <ul style="list-style-type: none"> <li>• Venue, domestic arrangements and health and safety issues</li> <li>• Workshop programme schedule</li> <li>• Course outcomes and assessment requirements</li> </ul>  |   |  |  |  |

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By the end of the Certificate in Coaching Golf course coaches will have:

| <b>Module 5 –<br/>Feedback / reinforcement</b>  | <b>Module 6 –<br/>Coaching styles</b>   | <b>Module 7 –<br/>Sports science</b>  | <b>Module 8 –<br/>Equipment / assessment</b>   |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>• Developed the skills of giving feedback that were learnt at the Award for Golf Coaching Assistants</li> <li>• Utilised reinforcement in their feedback to the player</li> <li>• A sequence of correcting faults is directly linked with the performance of the ball</li> <li>• Reviewed and coached the Bunker model</li> <li>• Used a golf skill to work on the delivery of feedback/ reinforcement</li> <li>• Reflected on their own coaching practice in the session</li> </ul> | <ul style="list-style-type: none"> <li>• Recognised their preferred style of teaching/ coaching and identified others</li> <li>• Identified different aspects within golf that players need to be coached when they go on to the golf course</li> <li>• A method of working through awkward lies or shots from uneven ground</li> <li>• Developed some coaching points for certain shots from awkward lies or shots from uneven ground</li> <li>• Reflected on their own coaching practice in this session</li> </ul> | <ul style="list-style-type: none"> <li>• Identified a definition of 'Sports Science'</li> <li>• An appreciation of the importance of pre-activity questionnaires (PAR-Q)</li> <li>• Observed a basic physical screening in relation to flexibility and joint range of movement</li> <li>• Linked findings of a physical screen to basic swing faults</li> <li>• Applied the principles of a relevant warm-up process for golfers</li> <li>• Discussed the concepts of a relevant cool-down process for golfers</li> </ul> | <ul style="list-style-type: none"> <li>• Identified the Basic Terminology used when explaining the features of woods and irons</li> <li>• Recognised why correctly fitted clubs are important</li> <li>• Gained knowledge of typical problems with golf equipment that can affect player performance</li> <li>• Recognised the assessment process that follows the practical course</li> </ul> |

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| Module 9 –<br>Assessment 1   | Between<br>Assessment 1 & 2   | Module 10 –<br>Assessment 2   | Summary of<br>Assessment and accreditation –   |
|--|---|---|--|
| <ul style="list-style-type: none"> <li>• Have sat an MCQ on all other workbook areas (not necessarily covered on the practical course)</li> <li>• Deliver a coaching session under observation</li> <li>• Be competence assessed if appropriate</li> <li>• Have the opportunity to generate evidence for assessment</li> <li>• Receive tutor-led feedback through a 1 – 1 review</li> <li>• Develop a personal action plan</li> <li>• Have the opportunity to demonstrate competence with the technical models</li> <li>• Reflect on own practice</li> </ul> | <ul style="list-style-type: none"> <li>• During this period coaches will be expected to deliver a series of 6 coaching sessions, 4 of which should be linked.</li> <li>• Coaches will be expected to gather evidence of the sessions they have delivered. This evidence can be recorded in their Assessed Coaching Log Book.</li> <li>• Each session should be planned, delivered and evaluated with appropriate feedback recorded and action plans produced.</li> <li>• Coaches will be expected to continually review and evaluate their own practice in order demonstrate they are capable of <b>'preparing for, delivering and reviewing coaching sessions.'</b></li> </ul> | <ul style="list-style-type: none"> <li>• Deliver a coaching session under observation</li> <li>• Be competence assessed if appropriate</li> <li>• Have the opportunity to generate evidence for assessment</li> <li>• Receive tutor-led feedback through a 1 – 1 review</li> <li>• Develop a personal action plan</li> <li>• Have the opportunity to demonstrate competence with the technical models</li> <li>• Reflect on own practice</li> </ul> | <p><b>Coaches must be:</b></p> <ul style="list-style-type: none"> <li>• Be assessed delivering two coaching sessions (simulated assessments through observation checklist). In order to be accredited coaches must demonstrate competence across the range by the end of the coaching programme. If this is not the case re-assessment opportunities will be presented at a later date.</li> <li>• Be assessed explaining and demonstrating 2 technical models. These models must be linked where appropriate to the relevant ball flight laws and the shots successfully played</li> <li>• Produce a recorded logbook of coaching practice that includes a minimum of <b>six</b> coaching sessions, inclusive four linked coaching sessions, all given to individual adult golfers with established swings</li> <li>• Able to demonstrate knowledge and understanding of golf theory e.g. rules and regulations, etiquette, sports science, coaching process, etc. (multiple choice questionnaire)</li> </ul> |