

OCCUPATIONAL QUALIFICATION STANDARDS

Senior Coach, Level 6

The Occupational Qualification Standards are documents that describe the work, a set of skills, knowledge and attitudes or competency requirements for successful performance of the work.

Occupational qualification standard of Senior Coach, level 6 is the basis for the compilation of training programs and educational programs meeting the demands of the labor market and for assessment of the competency of persons.

Occupational Title		Estonian Qualifications Framework (EQF) level
<i>Senior Coach, Level 6</i>		6
Possible specializations and titles on the occupational qualification certificate		
Specialization	Title on the occupational qualification certificate	
Canoeing	Senior Coach, Level 6 canoeing	
Aerobics and group trainings	Senior Coach, Level 6 aerobics and group trainings	
Aikido	Senior Coach, Level 6 aikido	
Underwater sports	Senior Coach, Level 6 underwater sports	
American football	Senior Coach, Level 6 American football	
Crossbow shooting	Senior Coach, Level 6 crossbow shooting	
Model car making	Senior Coach, Level 6 car model sport	
Motorsport	Senior Coach, Level 6 motorsport	
<i>Capoeira</i>	Senior Coach, Level 6 <i>capoeira</i>	
<i>Curling</i>	Senior Coach, Level 6 <i>curling</i>	
Golf	Senior Coach, Level 6 golf	
Hapkido	Senior Coach, Level 6 hapkido	
<i>Iaido</i>	Senior Coach, Level 6 <i>iaido</i>	
<i>Indiaca</i>	Senior Coach, Level 6 <i>indiaca</i>	
Football	Senior Coach, Level 6 football	
Cycle racing	Senior Coach, Level 6 cycle racing	

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Judo	Senior Coach, Level 6 judo
Ju-jutsu	Senior Coach, Level 6 Ju-jutsu
Powerlifting	Senior Coach, Level 6 powerlifting
Ice hockey	Senior Coach, Level 6 ice hockey
Bandy	Senior Coach, Level 6 bandy
Checkers	Senior Coach, Level 6 checkers
Karate	Senior Coach, Level 6 karate
Sledding	Senior Coach, Level 6 sledding
Nordic Walking	Senior Coach, Level 6 Nordic walking
Athletics	Senior Coach, Level 6 athletics
<i>Kickboxing</i>	Senior Coach, Level 6 <i>kickboxing</i>
<i>Kobudo</i>	Senior Coach, Level 6 <i>kobudo</i>
Novuss	Senior Coach, Level 6 novuss
Basketball	Senior Coach, Level 6 basketball
Cricket	Senior Coach, Level 6 cricket
<i>Kudo</i>	Senior Coach, Level 6 <i>kudo</i>
Synchronized swimming	Senior Coach, Level 6 synchronized swimming
Bodybuilding and fitness	Senior Coach, Level 6 bodybuilding and fitness
Skittles	Senior Coach, Level 6 skittles
Handball	Senior Coach, Level 6 handball
Ship model making	Senior Coach, Level 6 ship model making
Biathlon	Senior Coach, Level 6 biathlon
Shooting	Senior Coach, Level 6 shooting
Table tennis	Senior Coach, Level 6 table tennis

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Air Sports		Senior Coach, Level 6 air sports
Wrestling		Senior Coach, Level 6 wrestling
Field Hockey		Senior Coach, Level 6 field hockey
Chess		Senior Coach, Level 6 chess
Hiking Sport	alpinism	Senior Coach, Level 6 hiking sport alpinism
	Hiking	Senior Coach, Level 6 hiking sport hiking
	biking	Senior Coach, Level 6 hiking sport biking
	mountain hiking	Senior Coach, Level 6 hiking sport mountain hiking
	Water rafting	Senior Coach, Level 6 hiking sport water rafting
Modern pentathlon		Senior Coach, Level 6 modern pentathlon
Motorcycle sport		Senior Coach, Level 6 motosport
Orienteering		Senior Coach, Level 6 orienteering
Petanque		Senior Coach, Level 6 petanque
Baseball		Senior Coach, Level 6 baseball
Billiards		Senior Coach, Level 6 billiards
Boxing		Senior Coach, Level 6 boxing
Sailing		Senior Coach, Level 6 sailing
Radio Sport		Senior Coach, Level 6 radio sport
Rugby		Senior Coach, Level 6 rugby
Horseback Riding		Senior Coach, Level 6 horseback riding
Rollerblading		Senior Coach, Level 6 rollerblading

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Floorball		Senior Coach, Level 6 floorball
Sambo		Senior Coach, Level 6 sambo
Personal service in the field of sports and physical activity		Senior Coach, Level 6 Personal Coach
<i>Sport Chanbara</i>		Senior Coach, Level 6 <i>sport chanbara</i>
<i>Squash</i>		Senior Coach, Level 6 <i>squash</i>
Badminton		Senior Coach, Level 6 badminton
Sumo		Senior Coach, Level 6 sumo
Skiing	cross country skiing	Senior Coach, Level 6 skiing cross country skiing
	Alpine skiing	Senior Coach, Level 6 skiing Alpine skiing
	snowboarding	Senior Coach, Level 6 skiing snowboarding
	biathlon and ski jumping	Senior Coach, Level 6 skiing biathlon and ski jumping
Rowing		Senior Coach, Level 6 rowing
<i>Taekwon-do ITF</i>		Senior Coach, Level 6 <i>Taekwon-Do ITF</i>
<i>Taekwondo WTF</i>		Senior Coach, Level 6 <i>taekwondo WTF</i>
Muay Thai		Senior Coach, Level 6 muay Thai
Tennis		Senior Coach, Level 6 tennis
Triathlon		Senior Coach, Level 6 triathlon
Tournament bridge		Senior Coach, Level 6 tournament bridge
Lifting Sport		Senior Coach, Level 6 lifting sport
Skating	figure skating	Senior Coach, Level 6 skating figure skating
	speed skating	Senior Coach, Level 6 skating speed skating

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Swimming		Senior Coach, Level 6 swimming
Powerboating		Senior Coach, Level 6 powerboating
Water polo		Senior Coach, Level 6 water polo
Bowling	<i>Bowling</i>	Senior Coach, Level 6 bowling <i>Bowling</i>
	ninepin bowling	Senior Coach, Level 6 bowling ninepin bowling
Fencing		Senior Coach, Level 6 fencing
Water Aerobics		Senior Coach, Level 6 water aerobics
Diving		Senior Coach, Level 6 diving
Archery		Senior Coach, Level 6 archery
Gymnastics		Senior Coach, Level 6 gymnastics
Dancing		Senior Coach, Level 6 dancing
Volleyball		Senior Coach, Level 6 volleyball
<i>Wu-shu</i>		Senior Coach, Level 6 <i>wu-shu</i>
<i>Disc Golf</i>		<i>Senior Coach, Level 6 disc golf</i>

Part A

DESCRIPTION OF WORK

A.1 Description of work

The coach is an exercise and sports specialist who, by way of formation of behavior habits and physical and mental exercises, manages achievement of athletic goals that support human health. The task of a coach is the comprehensive, effective and safe development of athletic and physical abilities.

The coach works independently, as a member or a leader of the team involving various specialists. Coaching requires a sense of responsibility, creativity, need for achievement, accuracy and honesty. Periodic efficient upgrading of knowledge and skills supporting the coaching and transfer of experiences and knowledge to colleagues are important. Also important is the ability to influence trainees with the personal examples. The coach shall follow the Code of Conduct of Coaches (see Part C of Annex 1).

SENIOR COACH, Level 6, performs tasks that require analysis and decision in unpredictable situations and the conditions of athletic competition or the specific requirements of health. Mostly has acquired professional skills and knowledge in combination with higher professional formal education and vocational training and long-term and effective coaching. Is responsible for the transfer of expertise to interested parties. Manages the use of the resources necessary for a comprehensive coaching process and the mutual work organization of coaches.

A.2 Work Units

Specialization takes place in accordance with the selected area of sports, and all of the work units are related to the specialization.

A.2.1 Organization and development of sports:

- 1) Choosing of the trainee or completion of a training group;
- 2) compilation of a training plan;
- 3) the involvement of other professionals in the training process;
- 4) coaching of other coaches;
- 5) taking into account the special health related state of the trainee in the training process;
- 6) training and development of methodological materials.

A.2.2 Carrying out educational training processes:

- 1) development of physical capabilities;
- 2) development of the sport-specific skills;
- 3) the development of social skills and teaching of the culture of the sport;
- 4) use of regeneration tools;
- 5) recommendation and use of sports equipment and fitness equipment;
- 6) coaching of the trainee at competitions;
- 7) direction of eating habits;
- 8) planning, measurement, analysis of integrated development of the trainee and providing feedback;
- 9) tactical and psychological preparation for the selected sports.

WORK UNITS RELATED TO SPECIALIZATION

Specialization takes place depending on the specifics of the sport, the equipment used in the sport and the environment of practicing the sport. Due to the specificity of the sport, the body awarding the occupational qualification is entitled to impose special requirements.

Specialization is directly related to the work units described in the occupational qualification standard.

A.3 Working environment and the specificity of the work

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Coaching requires a willingness to work regardless of the season, both indoors and outdoors, in the evenings, on weekends and away from home (training camps, competitions, trainings, etc.).

A.4 Work equipment

Uses the equipment necessary in the training process in accordance with the sports area.

A.5 Personal characteristics necessary for the work: aptitude and personality traits

- 1) tolerance to tension and stress;
- 2) interpersonal skills;
- 3) need for achievement;
- 4) sense of responsibility;
- 5) integrity;
- 6) consistency;
- 7) accuracy;
- 8) flexibility, adaptability;
- 9) kindness, empathy;
- 10) emotional stability;
- 11) ability to motivate.

A.6 Professional training

A Senior Coach is a person who has completed the required training and has relevant professional experience.

Prerequisites for application for the occupational qualification have been indicated in the procedure of awarding the occupational qualification.

A.7 The most common job titles

Coach

A.8 Regulations for operating in the occupational qualification

The Sports Act governs work as a coach.

Part B COMPETENCY REQUIREMENTS

B.1. Structure of the occupational qualification

When applying for the occupational qualification, certification is required of all the competencies. Within the occupational qualification, specialization takes place in the sport indicated in this Occupational Qualification Standard, the assessment of competencies takes place according to the specialization.

B.2 Competencies

MANDATORY COMPETENCIES

B.2.1 Organization and development of sports	ECT Level 6
<p><u>Performance indicators</u></p> <ol style="list-style-type: none"> 1) establishes assessment criteria for selecting an athlete for a team, on the basis of the sport, the age, sex, and level of performance of the athlete; 2) selects the trainees, compiles the training group and/or the team, based on the set objectives; 3) prepares comprehensive preparatory plans (including financial planning, competition calendar, functional and medical testing and assistance, in addition, the need for other support services), and sets long-term goals; 4) if necessary, involves specialists (e.g., a masseur, psychologist, nutritionist, scientist, etc.); 5) supervises lower-level coaches using appropriate communication techniques, supervision methodologies on the basis of his or her best practices; 6) educates coaches on the basis of the training objective. 	
<p><u>Knowledge:</u></p> <ol style="list-style-type: none"> 1) sports action planning principles; 2) sports sociology and economics of sports; 3) sports history and culture, the competition regulations; 4) national and international organization of sports; 5) principles of project management and records management. 	
<p><u>Assessment Method(s):</u> Oral or written exam and an exam of practical skills.</p>	

B.2.2 Carrying out of educational-training process:	ECT Level 6
<p><u>Performance indicators</u></p> <ol style="list-style-type: none"> 1) assesses the need for long-term development of the capabilities of the trainees; 2) prepares training plans for the trainees with more ambitious goals and for the athletes on the level of national teams; 3) selects the appropriate training methods and ways; 4) develops the capabilities of the trainee in accordance to the chosen strategy; 5) provides preferential development to the capabilities of the trainee for necessary for competitions; 6) schedules the full capabilities of the trainees for the competition; 7) demonstrates in a variety of ways and teaches the newer and more specific technical elements of the sport; 8) in teaching the technique uses effectively the recognized methods of movement analysis; 9) teaches and applies to the trainees more difficult and more advanced tactics of the sport; 	

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- 10) develops strategies for the sport;
- 11) shapes by example and by the behavior the culture of the sport;
- 12) manages accurate timing of physical and professional capabilities for performance at the competition;
- 13) implements testing for the comprehensive management of the technical, tactical, physical and psychological development of the athlete;
- 14) directs the trainee on preparation of a food plan and in use of dietary supplements, based on the specific nature of the trainee and on the training process;
- 15) advises the trainee in special situations (high mountains, climatic conditions, jet lags, weight control, preparation for competitions, etc.);
- 16) implements in their work feasible ways and tools of regeneration (e.g., stretching, massage, saunas, etc.);
- 17) develops the training tools according to the needs of the trainee, maximizing athletic performance.

Knowledge:

- 1) anatomy and physiology;
- 2) bases of pedagogy, didactics and psychology;
- 3) principles of the training process and the foundations of the strategic planning of training;
- 4) relationships between the sport, age, gender, qualifications and health status;
- 5) modern theories and methodologies of the development of physical abilities;
- 6) foundations of athletic selection;
- 7) principles of analysis and evaluation of the training data;
- 8) techniques and the exercise bank of the sport;
- 9) international terminology of the sport;
- 10) culture of the sport;
- 11) means of regeneration, physiotherapy, massage;
- 12) safety and first aid.

Assessment method(s): Oral or written exam and an exam of practical skills.

TRANSVERSAL COMPETENCIES

B.2.3 Senior Coach, level 6, transversal competencies	ECT Level 6
<p><u>Performance indicators</u></p> <ol style="list-style-type: none"> 1) ensures the safety of the trainees and the surrounding people and environment in the training process (including competitions, camps); 2) assesses the situation of those in need, giving first aid and/or calls for assistance; 3) uses the correct professional terminology; 4) use appropriate methods of communication, creates a positive social environment and behaves in accordance with good communication practices; 5) using the communication channels and information and communication technologies relevant to his or her duties; 6) directs the hygiene habits of the trainees; 7) promotes and follows the principles of fair play and the good practice recognized in coaching and the professional ethics of a coach; 8) constantly improves his or her professional knowledge and practical skills; 9) uses in his or her work the official language at level B2 and one foreign language at level B2 (see Annex 2). 	
<p><u>Knowledge:</u></p> <ol style="list-style-type: none"> 1) area related laws and regulations; 2) communication and teamwork; 	



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SIHTASUTUS
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- 3) principles of athletic training;
- 4) safety and first aid;
- 5) organizational culture;
- 6) sports pedagogy and psychology;
- 7) basics of entrepreneurship;
- 8) basics of marketing;
- 9) sports history, national and international sports organizations;
- 10) basics of management.

Assessment Method(s):

Transversal competencies are assessed in integration with the assessment of all other competencies provided in the occupational qualification standard.

Part C

GENERAL INFORMATION AND ANNEXES

C.1 Information for the preparation and approval of the occupational standards, the awarding body, and a reference to the location of the occupational standard in the classifications	
1. The marking of the occupational standard in the occupational qualification register	19-20112014-3.4/13k
2. Occupational qualification standard prepared by:	Priit ilver, Audentes Sports Gymnasium Üllar Kerde, Estonian Basketball Association Janek Küppar, Tallinn City Sports and Youth Department Kadri Liivak, Estonian Gymnastics Association Aldur Partasjuk, Sports Club Reval-Sport Erich Petrovits, Jõhvi Sports Center Kristjan Port, Tallinn University Aavo Põhjala, Estonian Judo Association Jaak Salumets, Estonian Association of Coaches Toomas Tõnise, Estonian Olympic Committee Priit Vene, Estonian Olympic Committee
3. Occupational qualification standard approved by	Professional Council of Culture
4. Professional Council Decision No.	22
5. Date of Professional Council Decision.	20.11.2014
6. Occupational standard valid until (date)	19.11.2018
7. Occupational standard version number	13
8. Reference to the Classification of Occupations (ISCO 08)	3422 Coaches, referees and sports officials
9. Reference to the European Qualifications Framework (EQF)	6
C.2 Occupational title in a foreign language	
English Senior Coach	
Russian старший тренер	
C.3 Annexes	
Annex 1: Code of Ethics of Coaches	
Annex 2 Language skill levels descriptions	