



Pentathlon Canada Coaching Pathway

The following documents presents the coaching pathway for Pentathlon coaches. Pentathlon is composed of 5 disciplines: running, swimming, shooting, fencing and horseback riding (jumping). Because of the many disciplines, pentathletes often have several different coaches that specialize in one or more of these disciplines.

Although Pentathlon does not have its own sport specific NCCP program, the existing Coaching Association of Canada's NCCP courses as well as sport specific NCCP certifications allow coaches to gain the valuable coach training they need to help pentathletes succeed. In addition, the Union Internationale de Pentathlon Moderne (UIPM) has recently developed a Coach Certification Programme consisting of 4 levels. This new program provides Pentathlon coaches with specific training on coaching Pentathletes.

The coaching pathway for Pentathlon coaches is as follows:

- Coaching Association of Canada's NCCP levels- Fundamental Movement Skills; NCCP Competitive Introduction; NCCP Competitive Introduction (Advanced); and NCCP Competition Development
- NCCP Sport Specific Certifications- in coordination with: Athletics Canada, Swimming Canada, Shooting Federation of Canada, Canadian Fencing Federation and Equestrian Canada
- Union Internationale de Pentathlon Moderne (UIPM) Coach Certification Program

Below is additional information on the course and certification pathway Pentathlon coaches are encouraged to follow. Please note that Sport Specific NCCP Certification courses incorporate the NCCP Competitive Introduction and Development courses. NCCP courses are delivered provincially and territorially by provincial/territorial coaching associations. The [UIPM Coach Certification Program](#) is administered by the Union Internationale de Pentathlon Moderne. Canada has one UIPM certified trainer who can deliver the level 1 and level 2 courses.

1. NCCP Fundamental Movement Skills

The Fundamental Movement Skills of throwing, catching, jumping, striking, running, kicking, agility, balance and coordination, form the basis for future sport skill development and for the life-long enjoyment of physical activity.

In this course participants learn how to OBSERVE and IMPROVE the fundamental movement skills.

Course Outcomes:

- Analyze and identify the various stages of development for the fundamental movement skills;
- Apply a six-step process to teaching the fundamental movement skills;
- Create safe games where children can practice fundamental movement skills.

2. NCCP Competitive Introduction

Coaches in the Competition stream usually have previous coaching experience or are former athletes in the sport. They tend to work with athletes over the long term to improve performance, often in preparation for provincial, and higher level competitions. There are no prerequisites to take any of the NCCP Competitive Introduction courses.

2.1 Make Ethical Decisions (3.5 hours)

Suitable for all coaches, regardless of the type of athlete they are working with.

By successfully completing the Make Ethical Decisions workshop participants will be fully equipped to handle virtually any ethical situation with confidence and surety. MED is one of the NCCP's cornerstone workshops, and leaves coaches with no doubt as to what to do when the going gets tough.

Upon completing the MED module participants will be able to:

- Analyze a challenging situation and determine if it has moral, legal or ethical implications;
- Apply the NCCP Ethical Decision-Making Model to properly respond to each situation in a way that is consistent with the NCCP Code of Ethics.

2.2 Planning A Practice (6 hours 15 minutes)

Suitable for Instructors, Community and Competition Coaches

The Plan a Practice module will give participants the skills to:

- Organize a well-structured practice plan with safe, age-appropriate activities designed to match the proficiency level of participants;
- Identify potential risk factors that could impact the sport and practice activities;
- Create an emergency action plan;
- Identify practice goals and design activities that offer the best training benefits for the athletic skills required in your sport.

2.3 Teaching & Learning (6.5 hours)

Suitable for Instructors, Community and Competition Coaches

After taking this module participants will be able to:

- Assess their own beliefs regarding effective teaching;
- Analyze certain coaching situations to determine if they promote learning;
- Create conditions that promote learning and self-esteem through: appropriate consideration of the affective, cognitive and motor dimensions of learning; the use of words and methods that relate to an athlete's preferred learning style; a sound organization; active supervision; and the use of well-formulated feedback offered at the right time and with the right frequency.
- Use teaching assessment grids to gather objective information on teaching effectiveness, and use this data to develop an action plan to enhance effectiveness as a teacher and coach.

3. NCCP Competitive Introduction (Advanced)

3.1 Nutrition (75 mins)

Suitable for Instructors, Community and Competition Coaches

After taking the Nutrition module participants will be able to:

- Determine if foods and beverages consumed by their athletes before, during and after training are adequate;
- Offer suggestions for more suitable food and beverage alternatives when necessary;
- Gain a better understanding of the best way to promote healthy food choices that are consistent with basic sport nutrition principles to both athletes and their parents.

3.2 Basic Mental Skills (3 hours)

Suitable for Instructors and Competition Coaches

The Basic Mental Skills module gives participants the ability to:

- Recognize signs indicating that an athlete may need to improve his/her goal setting, focus, and anxiety control skills; and develop tools to help the athlete to make improvements in these areas;
- Run simple guided activities that help athletes improve basic mental skills.

3.3 Design A Sport Program (4 hours)

Suitable for Instructors and Competition Coaches

Design a Basic Sport Program will teach participants to:

- Create a sound outline for their sport program that includes competition and training events;
- Compare their program to those outlined by the NCCP in terms of long-term athlete development;

- Assess the athletic development opportunities their program offers, and identify ways to remedy any weaknesses;
- Interpret the information in a sample program, identifying training priorities and objectives at certain periods;
- Establish a link between their program's training objectives and the content of practice sessions.

4. NCCP Competition Development

In the Competition Development context, adolescents and young adults are coached to refine basic sport skills, to develop more advanced skills and tactics and are generally prepared for performance at provincial and national level competitions. In order to be fully trained in the competition development context, coaches must also take *Make Ethical Decisions and Designing A Basic Sports Program* (either in a multi-sport or sport-specific environment).

4.1 Managing Conflict (4.5 Hours)

Suitable for Instructors and Competition Coaches.

The Managing Conflict module will allow participants to:

- Identify common sources of conflict in sport;
- Determine which individuals or groups are most likely to find themselves in situations involving conflict;
- Learn important skills that will help them prevent and solve conflict resulting from misinformation, miscommunication or misunderstanding;
- Develop skills that will empower them to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials and other coaches

4.2 Leading Drug Free Sport (3.5 Hours)

Suitable for Competition Coaches

After taking this module participants will be able to:

- Fully understand and explain the consequences of using banned substances in sport
- Educate athletes about drug-testing protocols at major competitions;
- Encourage athletes to safeguard their sport values and take greater responsibility for their personal actions;
- Apply the NCCP Ethical Decision-Making Model to their coaching as it relates to keeping their sport and athletes drug-free

4.3 Psychology Of Performance (7 Hours)

Suitable for Competition Coaches

Completing Psychology of Performance will allow participants to:

- Help athletes learn to manage distractions and use visualization techniques to prepare themselves technically and tactically for training and competition;
- Learn how to work with athletes or teams to identify performance and process goals related to their ability to focus on performance;
- Learn debriefing skills that can be used to help athletes assess their performance in both training and competition.

4.4 Prevention & Recovery of Injury (7.5 Hours)

Suitable for Instructors and Competition Coaches

After taking Prevention and Recovery participants will have the knowledge needed to:

- Identify common injuries in their sport and develop appropriate prevention and recovery strategies to keep their athletes injury-free during training and competition;
- Offer valuable information and guidance on hydration, nutrition and sleep as they relate to injury prevention;
- Choose skills and drills that help athletes perform appropriate warm-ups and cool-downs;
- Develop functional evaluations for an athlete's return to play;
- Implement recovery and regeneration techniques to help an athlete maintain or return to optimal performance post injury.

4.5 Coaching & Leading Effectively (10 Hours)

Suitable for Competition Coaches

After taking this module participants will be able to:

- Promote a positive image of sport, and model it to athletes and those supporting their performance
- Deliver clear messages and explanations when communicating with athletes and their supporters;
- Identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.

4.6 Manage a Sport Program. (4 Hours)

Suitable for Instructors and Competition Coaches.

The Manage a Sport Program module will allow participants to:

- Manage administrative aspects of the program and oversee logistics;
- Manage staff's roles and responsibilities;
- Manage camp and tournament finances and travel; and
- Report on athlete progress throughout program.

4.7 Performance Planning (12.5 Hours)

Suitable for Competition Coaches

This module is a perfect next-step after the Design a Basic Sport Program module. It is recommended that the Performance Planning module be taken before the Advanced Practice Planning module.

After completing the Performance Planning module, participants will be able to:

- Perform a thorough analysis of the demands of their athletes' sport at the elite (high-performance) level;
- Outline a program structure based on training and competition opportunities;
- Identify appropriate measures for promoting athlete development within their own program;
- Integrate yearly training priorities into their own program;
- Organize and sequence training priorities and objectives on a weekly basis to optimize adaptations; and
- Evaluate the ability of your athletes/team to perform up to their potential in competition.

INCLUDES: approximately 2-hour pre-workshop session

4.8 Advanced Practice Planning (5 Hours)

Suitable for Competition Coaches

This module is a great follow-up to the Planning a Practice module. It is recommended that the Performance Planning module be taken before Advanced Practice Planning.

After completing the Advanced Practice Planning module, participants will be able to:

- Identify the factors that affect practice planning;
- Ensure that practice plans are consistent with the microcycles and phases of which they are part;
- Sequence exercises in a practice so that their order is consistent with the research on sequencing;
- Develop a plan for training athletic abilities over a microcycle;
- Develop a plan for training technical and tactical abilities over a microcycle; and
- Develop a plan for a microcycle that helps athletes taper before a competition.

4.9 Developing Athletic Abilities (9 Hours + 2 Hour Pre-Task)

Suitable for Competition Coaches

After completing the Developing Athletic Abilities module, participants will:

- Be able to implement general and sport-specific training protocols and methods to effectively develop or maintain the athletic abilities necessary for their sport;
- Know how to apply training principles and variables to training methods that build fitness, endurance, strength, speed and sport-specific conditioning;

- Be able to select and adapt testing and training protocols and methods for athletes training from 6 – 9 to 9 – 12 times per week.

5. NCCP Sport Specific Training

As Pentathlon involves 5 different disciplines each athlete has several coaches. Specialty coaches are encouraged to take sport specific training to advance their coaching skills in a specific discipline. The following specialty NCCP courses are delivered in partnership with the Coaching Association of Canada through different National Sport Federations. Interested Pentathlon coaches can register for these courses.

5.1 Running

Offered through Athletics Canada - <http://athletics.ca/programs/coaching/training-test/>

Levels:

Sport Coach is targeted at coaches who work with athletes 4 to 10 weeks a year and/or 2-3 sessions a week. This course is for coaches who are introducing athletes to Athletics and Athletics competitions (regional and provincial). Planning a practice is a key skill that is introduced in this workshop and coaches are exposed to all event groups through their training. The Sport Coach Workshop participants will be introduced to sprints, hurdles, relays, long jump, triple jump, high jump, shot put and discus. Some Branches may choose to offer additional events based on the junior high and high school track and field programs in their province.

Club Coach is for coaches who are coaching 12-24 weeks a year and/or 3-5 sessions a week. The athletes Club Coaches work with have a foundation in Athletics or come from a multisport environment. The focus of this course is to prepare the coach to develop an athlete's skills in one event group area. Seasonal planning is a key skill that is introduced in this course. In the Club Coach workshop, participants will select an event group to specialize in: Sprints/Relays/Hurdles; Throws, Jumps, Endurance or Wheelchair Racing.

Performance Coach certification is for coaches who are coaching year round, 40 or more weeks a year and 5-10 sessions a week. The athletes they are responsible for are competing at the national level in the junior or senior categories. The training for this course is event group focused. The main focus of this course is annual planning and periodization. This workshop is event group specific and is offered for the following event groups: Sprint/Hurdles; Jumps; Throws; Endurance; and Wheelchair.

5.2 Swimming

Offered through Swimming Canada- <https://www.swimming.ca/en/nccp-programs/>

Levels:

Community Coach course is designed for coaches who are teaching the swimming basics to entry level, non-competitive swimmers in a Swimming Canada Club or Summer Club. The Community Coach training will focus on coaching swimmers in the Fundamentals stage of long term swimmer development.

Fundamentals Coach (level 1) is designed for coaches preparing entry level competitive swimmers for local and / or regional competitions. The Fundamentals Coach (level 1) training will focus on coaching swimmers in the Fundamentals and Learn to Train stages of long term swimmer development.

Age Group Coach (level 2) is designed for coaches preparing developing competitive swimmers for Provincial and/or Age National competitions. Age Group Coach (level 2) training will focus on coaching athletes in the Train to Train stage of long term swimmer development.

Senior Coach (level 3) is designed for coaches preparing developing competitive swimmers for Eastern or Western Championship, National Age Championship, CIS University Championship

and Senior National competitions. Senior Coach (level 3) training will focus on coaching athletes in the Train to Train and Train to Compete stages of long term swimmer development.

5.3 Shooting

Offered through the Shooting Federation of Canada- http://sfc-ftc.ca/en/shortcuts/for_coaches.html

Levels:

Instructor Beginner (IB) program is focused on teaching basic skills and technique for all entry level or non-competitive target shooters.

Competition Development program is currently being developed.

5.4 Fencing

Offered through the Canadian Fencing Federation- <http://fencing.ca/fencing-nccp-coach-development-model/>

Levels:

Community-initiation

Instructor Beginner- Level 1

Competitive Introduction- Level 2

Competitive Development- Level 3

Competitive High Performance- Level 4

5.5 Equestrian

Offered through Equestrian Canada- <https://www.equestrian.ca/programs-services/coaches/become-certified>

Levels:

Instructor: Specializes in introducing beginners to non-competitive or recreational riding and/or driving. Certificates available for English Riding

Coach: Specializes in working with athletes actively competing in equestrian sport. This stream allows a coach to progress through competitive levels and specialize in a discipline. Certificates available:

- Competition Coach- English Riding
- Competition Coach Specialist- Jumping,
- High Performance 1 Coach- Jumping, Reining

6. Union Internationale de Pentathlon Modern (UIPM) Coach Certification Programme <https://www.uipmworld.org/coaches-certification-program>

Pentathlon Canada belongs to the Union Internationale de Pentathlon Moderne (UIPM). The UIPM has created as part of their educational plan, the Coaches Certification Programme. The programme presents the basic skills and requirements of an International Pentathlon Coach and recognizes and rewards professional achievement.

The UIPM coach certification program has 4 levels: Level 1 (Development Coach), Level 2 (Coach), Level 3 (Senior Coach) and Level 4 (Elite Coach).