



SAA Kids' Athletics Instructors' Course 2009

Introduction

SAA Kids Athletics Instructors Course is designed for those aspiring to be kids athletics instructors. It is also a pre-requisite for application for the IAAF Level 1 Coaching Accreditation Course. Participants who have successfully completed the course will be certified and recognised by SAA as instructors for kids athletics. As such, all applicants are required to sign a letter of undertaking which states that instructors must go through the SAA to perform kids athletics coaching. Failing to comply with this requirement will subject the instructor concern to be barred from coaching and applications for future coaching courses. The course fee of \$200.00 will be borne by SAA. However, all instructors will need to conduct 30 hours of coaching in assigned primary schools within a calendar year upon successful completion of the course. The letter of undertaking requires all applicants to acknowledge this pre-condition for application to the course. Instructors will be assigned twice weekly coaching and will be paid \$30.00 per hour for their coaching services. Those failing to meet the coaching obligations shall be liable to repay the full or partial course fees depending on a case by case basis to be reviewed by the SAA. In addition, they will not be eligible for application for the IAAF Level 1 Accreditation Course.

Course Objectives

Course will enable the participants to acquire:

- Theoretical knowledge in kids development in athletics;
- Practical knowledge for setting-up and use of the various kids athletics equipment approved by the IAAF;
- Practical knowledge to safely conduct the various kids athletics stations as approved by the IAAF;
- Qualify for application for the IAAF Level I Course.

Delivery Approach

- Class size - Maximum 24 participants
- Classroom lectures and practical demonstrations.
- Practical hands-on on the use of kids athletics equipment and conduct of the various stations.

Preferred Participants

- Teachers, students and working professionals
- With or w/o coaching experience
- Like working with children between the ages 7 yrs to 12 yrs
- Interest in athletics/sports
- Has basic physical fitness
- Possess a valid first aid certificate or acquire one before the completion of the course.

Programme Requirement

- Applicants must be at least 18 years of age;
- Applicants will be required to sign an undertaking to conduct 30 hours coaching at assigned schools within a calendar year upon successful completion of the course;
- Medically and physically fit to meet the coaching obligations;
- Participants are required to fulfill 100% attendance;
- Pass practical and theory assessment on coaching of Kids Athletics

Course Details & Contents

- **Date:** 24th October 2009 (Saturday)
25th October 2009 (Sunday)
- **Time:** 0900hrs - 1700hrs
- **Venue:** Bukit Gombak Stadium

THEORY

- Introduction to IAAF Kids Athletics
- Objectives/ Principles
- Disciplines
- Current Situations
- Scoring/Staff & Assistants Organisation
- Kids Athletics Equipment
- Growth & Development
- Group warm-up/cool-down
- Communication
- Injuries & First Aid
- Written Assessment

PRACTICAL

- Conducting Mass Warm-up/Cooling-down
- Setting-up of Kids Athletics Equipment
- Conducting Demo with Explanation for the various Kids Athletics Stations
- Training Kids Athletics w/o Equipment
- Practical Assessment – organising Kids' Athletics Competition

Course Coordinator

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