



**THE ASSOCIATION OF ROWING COACHES**

**SUPPORTED BY**



**THE ATHLETES COMMISSION OF ROWING SOUTH AFRICA**

## **COACHING CERTIFICATION**

### **INFORMATION**

#### **LEVEL 1 COACHING CERTIFICATION**

The course work for the Level 1 Coaching Certification is based on the FISA Level 1 Coaching Development Program. The handbook for this course is downloadable for free from the RowSA webpage at [www.rowsa.co.za](http://www.rowsa.co.za) in the Coaches Section – follow the link on the left hand side.

Candidates wishing to qualify with this certification are expected to familiarize themselves with and study the FISA Level 1 Coaching Development Program Handbook.

The examination for this certification is a 2 hour multiple choice question paper. The questions and answers are closely based on the text of the FISA Level 1 Coaching Development Program Handbook.

The question paper consists of 100 questions divided into the following 6 sections:

SECTION 1 – BASIC RIGGING – 25 Questions

SECTION 2 – BASIC PHYSIOLOGY – 19 Questions

SECTION 3 – BASIC ROWING TECHNIQUE – 12 Questions

SECTION 4 – BASIC TRAINING METHODOLOGY – 20 Questions

SECTION 5 – BASIC FITNESS TRAINING – 12 Questions

SECTION 6 – LEARNING METHODOLOGY – 12 Questions

A pass mark of 75% (75/100) will be required for successful certification. The questions to the Multiple Choice will be provided via the Coaches section of the RowSA webpage (but not the answers) to assist the candidates in preparing for the exam.

The examination for the Level 1 Coaching Certification is currently funded by Lottery and so there is at present no fee for sitting the exam.

Where candidates wishing to sit the examination are struggling with the Handbook contents in its entirety, or with certain sections they can contact the ARC at [arcrsa@gmail.com](mailto:arcrsa@gmail.com) in order to arrange assistance with problem areas to better prepare them for the examination.

The Level 1 Coaching Certification is aimed at beginner coaches. It is expected that all persons wishing to become involved with coaching rowing on a professional or semi professional basis would study the handbook and sit the examination prior to becoming involved with athletes. Successful certification will demonstrate to the various institutions that employ coaches (schools, universities, clubs) that a high level of theoretical competence for Level 1 has been reached.

Coaches that are already employed and have Prior Learning are asked to familiarize themselves with the FISA Level 1 Manual and sit the examination. Coaches that achieve 75% will be certified. Failure to achieve 75% will indicate areas of weakness in existing coaches that require more study.

Examinations will be conducted regionally. Papers will be sent to Provinces who will need to arrange venues for the examinations to take place. Upon completion of the examinations the answer papers will be sent back to the RowSA office for marking and data collection. Once the papers have been marked candidates will be informed of their grade and successful candidates will receive their certificates.

The dates for 2009 are November 14<sup>th</sup> and December 5<sup>th</sup>.

The dates for 2010 are January 11<sup>th</sup>, March 6<sup>th</sup>, April 4<sup>th</sup>

## **LEVEL 2 COACHING CERTIFICATION**

Level 2 Coaching Certification will be available within 6 months (March 2010). This examination will consist of a mix of multiple choice questions based closely on the FISA Level 2 Coaching Development Program Handbook and written answers based on analysis of video of rowing.

The Level 2 Certification will require that the candidates have at qualified at Level 1 and have at least 1 season of coaching experience. A letter confirming this coaching experience from a Club Captain, School MIC or University Sports Admin will need to accompany the application. For candidates that qualify at Level 1 before 31<sup>st</sup> December 2009 the season Oct 2009 – April 2010 will qualify as the 1 year experience required if the coach does not already have experience of prior seasons.

As with Level 1 coach's courses will be available to support candidates that need assistance with the contents of the FISA Level 2 Coaching Development Program Handbook.