



## Job Description

### *Main areas of responsibility:*

1. To plan, organise and deliver sport specific sessions, which meet the needs of those student athletes participating in club sessions. In accordance with Sports Coach UK guidelines, coaches at this level plan, implement, analyse and revise coaching programmes.

### *Specific duties:*

- 1.1 To provide a graduated development plan for the instruction of individual skills and techniques based on defined goals. This should include providing feedback to individuals in a manner appropriate to their level and in a supportive environment.
- 1.2 To provide a graduated development plan for the instruction of team skills and team tactics based on defined goals. This should include providing feedback to individuals and the team in a manner appropriate to their level and in a supportive environment.
- 1.3 To select and use a range of coaching styles and teaching methods which meet the needs of the athletes.
- 1.4 To prepare training programmes which meet the needs of each athlete, and to develop components of fitness as appropriate for the athlete and event
- 1.5 To provide clear and effective instruction, explanation and demonstrations and communicate effectively with team members.
- 1.6 To select and use a range of evaluation techniques to monitor training progress to improve performance.
- 1.7 To conduct effective observation and analysis and refine practices as required.
- 1.8 To take reasonable care for the health and safety of self and others who may be affected by acts or omissions related to your work. Co-operate fully with the Sport Brighton Service with regard to any duty or requirement imposed on them by the relevant Health and Safety legislation to allow that duty or requirement to be carried out or complied with.
- 1.9 To ensure equity in sport and promote fair play.
- 1.10 To abide by the code of ethics and conduct for sports coaches developed by Sports Coach UK.
- 1.11 To monitor student attendance at sessions and reporting these to Sport Brighton.

### *Selection Criteria:*

- Knowledge/qualifications: National Governing Body recognised coaching award in the sport to be coached. Experience of coaching, ideally at a club/ university standard. An awareness of health and safety issues in a coaching environment.
- Communication: clear, concise, accurate and appropriate written and oral communication
- Service: demonstrated knowledge of and commitment to relevant service standards
- Self-motivation: meets agreed objectives on own initiative; committed to continuous self-development
- Teamwork: works cooperatively with others, meeting agreed objectives
- Organisation: has developed effective work systems and meets agreed priorities efficiently
- Response to change: contributes positively to the introduction of change
- Physical: the post-holder must be able to undertake all the physical requirements of the job, such as required to be an effective coach according to health and safety guidelines.