



**ActiveFife**  
A way of life

# Training Programme 2011/12



First Aid

Early Years

Coaching Disabled People

General Coaching

Club Support

Sport Specific Courses

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# Introduction

The Active Fife team promotes, delivers and coordinates a range of sporting and physical activity opportunities, on behalf of Fife Council, to help people of all ages in Fife keep active and healthy.

Active Fife are committed to providing opportunities for sport and physical activity leaders and coaches as well as potential leaders and coaches to develop their ability to lead sessions for a variety of people.

Active Fife work in close partnership with a range of external organisations to ensure they are able to support and develop coaches at all levels.

This booklet offers a wide range of courses for experienced coaches and volunteers wishing to assist at local clubs, or those looking to start coaching with little or no experience.

There are also a number of courses for teachers, parents, senior pupils, coaches youth workers and uniformed group leaders.

If you have any enquiries relating to a specific course in this brochure, please use the contact details listed for that course.

For further information regarding general training and coach education in Fife please contact Sports Development Tel: 01383 602393 or email [Sportsdevelopment.enquiries@fife.gov.uk](mailto:Sportsdevelopment.enquiries@fife.gov.uk)

For further information regarding health related training courses please visit [www.healthyfife.net](http://www.healthyfife.net)

For further information regarding Tayside and Fife Sports courses and workshops please visit [www.sporttayside-fife.co.uk](http://www.sporttayside-fife.co.uk)

# ClubFife

Fife Council's Club Accreditation Scheme (ClubFife) is a straightforward quality assurance system that has been designed to help voluntary sports clubs to operate efficiently and effectively. It will help your club to take a systematic look at what it does, and decide exactly where improvements are needed. It is also a means of identifying and rewarding clubs that operate in a structured way.

ClubFife gives a flexible approach to developing a quality sports club. ClubFife gives your sports club a framework for stage-by-stage improvements to both the quality of delivery and the way your club is managed. The scheme has been developed to ensure it is club friendly and easy to complete. If your club is in need of assistance please do not hesitate to contact the Sports Development team.

Sports Development will be delivering three workshops for clubs to find out more about ClubFife and to enrol on the scheme

- Monday 20th February 2012  
Duffus Park Bowling Club • 6pm to 8pm
- Tuesday 28th February 2012  
Kirkcaldy Rugby Club • 6pm to 8pm
- Monday 5th March 2012  
Fife Southern Rugby Club • 6pm to 8pm

Sports Development

T: 01383 602393

E: [sportsdevelopment.enquiries@fife.gov.uk](mailto:sportsdevelopment.enquiries@fife.gov.uk)

**ClubFife**  
**Accredited**



# Funding

To help support volunteers delivering sport within the community there are a number of funding opportunities available:

## **Fife Council Community Sports Grants**

Grants are available to encourage, support and promote the training and development of sports coaches and officials.

All courses must be recognised by the sportscotland recognised Governing Body (or equivalent body). Applicants must be actively coaching or officiating at a club, community centre or sports centre in Fife in a voluntary capacity.

The grant will only be awarded on proof of attendance and successful completion of the course.

Applicants can receive grants of up to 50% of the total course costs, up to a maximum of £200.

For more information on community sports grants, or to request an application pack please contact us on 01592 583 334.

## **Individual Learning Accounts Scotland (ILA Scotland)**

ILA Scotland is a Scottish Government scheme that helps you pay for learning that you can do at a time, place, pace and in a way to suit you. It's for people who have an income of £22,000 a year or less, or who are on benefits.

If you are 16 or over and living in Scotland, you could get £200 towards the cost of learning with a learner account from ILA Scotland.

If you need any further information just call our friendly helpline advisers on 0808 100 1090 or visit [www.ilascotland.org.uk](http://www.ilascotland.org.uk)

## SportScotland UKCC Funding

SportScotland recognises the importance of new coaches coming into sport and the need for accessible, affordable coaching courses to be available to them. 2011 sees the roll out a new UKCC funding model to support the recruitment of new coaches.

By filling out the relevant application form eligible applicants can access funding towards the cost of UKCC endorsed qualifications.

Applications must be made at least four weeks prior to the start of the course; retrospective applications will not be accepted.

For further information visit [www.sportscotland.org.uk](http://www.sportscotland.org.uk)

## Volunteers

Active Fife values the contribution of volunteers in sport and physical activity, without which children and adults would have fewer opportunities to be active and live healthy lives. Volunteers are vital to the successful implementation of our programmes and provide a wealth of knowledge and enthusiasm for encouraging everyone to become more active.

To get involved contact the Active Fife team.

## Fife Outdoor Leaders Training

Outdoor Education Fife offer training to staff and volunteers within Fife Council who would like the opportunity to use outdoor activities within the context of their work. Courses are also open to members of the public.

Training is available in paddlesports, mountainsports, mountain biking and sailing as well as general outdoor learning and safety. There are opportunities to experience outdoor activities at a range of levels including; Introductory courses, Skills Training & Assessments, Leadership Awards and NGB Qualifications.

## Outdoor Adventures in Fife

For more details contact Lochore Meadows Outdoor Education Centre

T. 01592 583388

E. [Info.outdoored@fife.gov.uk](mailto:Info.outdoored@fife.gov.uk)

[www.fifedirect.org.uk/outdoorededucation](http://www.fifedirect.org.uk/outdoorededucation)

# Athletics - Junior Jog Scotland Award

Junior Jog Scotland is a health initiative designed to encourage people to get active by walking, jogging and running. The training provides candidates with the knowledge to setup and run a Junior Jog Scotland club using the resources and practical knowledge gained. Junior Jog Scotland clubs are designed to encourage children to adopt healthy and more active lifestyle by promoting jogging and running as a healthy, fun activity for all.

**Duration: 2 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Anstruther Primary School	Mon 29th Aug 2011	16:00 to 18:00	08451555555 ext 461504 peter.davidson@fife.gov.uk
St Columbas RC Primary School	Thur 1st Sept 2011	16:00 to 18:00	08451555555 ext 450642 murray.mcbain@fife.gov.uk
Lawhead Primary School	Tue 6th Sept 2011	16:00 to 18:00	08451555555 ext 450638 mark.clunie@fife.gov.uk
Tanshall Primary School	Mon 5th Mar 2012	16:00 to 18:00	01592 583485 pauline.jones@fife.gov.uk
St John's RC Primary School	Thur 3rd May 2012	16:00 to 18:00	08451 555555 ext 493449 andrew.baird@fife.gov.uk

## Athletics - Leaders Award

Athletics Leaders will assist in club junior sessions working under the supervision of a qualified licensed Coach (or UKA Level 2). You will be able to lead small groups of young and deliver task card activities. You'll be insured to deliver these activities under the direct supervision of a coach within visible and audible range. You will learn the basic principles of running, jumping and throwing, along with lots of activity ideas through the use of task cards.

**Duration: 8 hrs**

**Cost: £90**

Venue	Date	Time	Contact
Queen Anne High School Community Use	Fri 21st Oct 2011	09.00 to 17.00	01383 602351 communityuse.queenanne@fife.gov.uk
Pitreavie Athletics Centre, Dunfermline	Sat 21st Apr 2012	10:00 to 16:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

For further Athletics information and other courses please visit [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

## Badminton - Badminton Basics

Badminton Scotland have further developed our introductory Badminton Basics Leadership Course. This course is comprised of 3 of our modules; Fun Games, Active Badminton 1 and Active Badminton 2. The award is aimed at coaches working with beginners in the sport. Participants must be aged 14+ or over on the date of the course.

**Duration: 6 hrs**

**Cost: £70**

Venue	Date	Time	Contact
Lochgelly High School Community Use	Sat 1st Oct 2011	10:00 to 16:00	01592 583493 communityuse.lochgelly@fife.gov.uk

For further Badminton information and other courses please visit [www.badmintonscotland.org.uk](http://www.badmintonscotland.org.uk)



# Basketball - Getting Started Award

The Getting Started award is Basketball Scotland's introductory level leadership award. The award focuses on coaching beginners and young players, with a view to introducing them to basketball. During each course candidates will be continually assessed and given feedback on their knowledge of introducing individual skills. This would be an ideal course for senior school pupils, youth workers, parents, FE/higher education students, Active Schools teams, Primary Teachers. Those completing the course will be able to lead young players under the supervision of qualified coaches. This course will allow candidates to deliver blocks of coaching under the supervision of a qualified coach or teacher and will provide them with the necessary skills to assist at basketball festivals. Participants must be aged 14+ or over on the date of the course

**Duration: 6 hrs**

**Cost: £40**

Venue	Date	Time	Contact
Queen Anne High School Community Use	Sun 15th Sept 2011	10:00 to 16:00	01383 602351 communityuse.queenanne@fife.gov.uk
Queen Anne High School Community Use	Sun 17th Sept 2012	10:00 to 16:00	01383 602351 communityuse.queenanne@fife.gov.uk
St Andrew's RC High School	Sat 24th Sept 2011	10:00 to 16:00	01592 583492 communityuse.kirkcaldy@fife.gov.uk



## Basketball - UKCC Level 1

The role of the Level 1 coach is to: 'Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'. By successfully completing a Level 1 coaching qualification, as part of a UKCC endorsed coach education programme, coaches will be able to prepare for the delivery of coaching activities, deliver prepared activities of the coaching sessions and evaluate the effectiveness of coaching activities

**Duration: 17 hrs**      **Cost: £200**      **ILA Approved**

Venue	Date	Time	Contact
Queen Anne High School Community Use	Sun 25th Sept 2011 and Sun 23rd Oct 2011	09:00 to 17:00	01383 602351 communityuse.queenanne@fife.gov.uk

## Basketball - Getting Started: Floor Officials

The introductory Floor Officials award is designed for adults wishing to become floor officials. The course will provide candidates with theory behind officiating, an understanding of the rules of the game and the practical application of officiating. This comprehensive course will equip you with the skills necessary to referee any level of basketball.

**Duration: 7 hrs**      **Cost: £25**

Venue	Date	Time	Contact
Queen Anne High School Community Use	Sun 18th Sept 2011	09.00 to 16.00	01383 602351 communityuse.queenanne@fife.gov.uk
Queen Anne High School Community Use	Sun 16th Sept 2012	09.00 to 16.00	01383 602351 communityuse.queenanne@fife.gov.uk

For further Basketball information and other courses please visit [www.basketballscotland.co.uk](http://www.basketballscotland.co.uk)

## Cricket - Introduction to Cricket Award

"The course is aimed at current players or cricket interested people with little or no coaching experience and teachers, students, parents and youth workers with little knowledge of the sport of cricket.

The course provides:

- A basic understanding of the game of cricket
- A basic understanding of coaching technique and drills for batting, bowling and fielding
- A basic understanding of the principles of how to coach.

**Duration: 6 hrs**

**Cost: £35**

Venue	Date	Time	Contact
Cupar Sports Centre	Sun 12th Feb 2012	10:00 to 16:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

For further Cricket information and other courses please visit [www.cricketscotland.com](http://www.cricketscotland.com)

## Dance - Level 1 Award in Dance Leadership

The Level 1 Award in Dance Leadership is a nationally recognised qualification that enables successful candidates to lead small groups in simple dance activities, whilst under the direct supervision of their tutor.

The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of dance. It is a fun and practical qualification with no entrance requirements or final examinations to sit. Participants must be aged 16+ or over on the date of the course

**Duration: 32 hrs**

**Cost: £70**

Venue	Date	Time	Contact
Kirkcaldy High School Community Use	Mon 9th to Fri 13th Apr 2012	09:00 to 17:00	01592 583492 communityuse.kirkcaldy@fife.gov.uk

# Football - Scottish FA Coach Education Structure

	Children 5-12 years	Youth 12-18 years	Adult 18+ years	Goalkeeping & Specialist Courses
<b>Level 5</b>	Advanced Children's Licence	UEFA Youth Licence Diploma	UEFA Pro Licence Diploma	Youth Directors' Award Fitness Trainers' Award
<b>Level 4</b>	Children's Award	Youth Award	'A' (Advanced) Licence Diploma 'A' (Intro) Intermediate Certificate	Goalkeeping Licence Assessment
<b>Level 3</b>	Coaching in the Game Certificate	Coaching in the Game Certificate	'B' (Basic) Licence Diploma	Goalkeeping Licence Introductory
<b>Level 2</b>	Coaching Young Footballers Certificate	Coaching Youth Footballers Certificate	'B' (Intro) Intermediate Certificate	Goalkeeping Intermediate Certificate
<b>Level 1</b>	Early Touches Certificate	Development Activities Certificate	'C' Certificate	Goalkeeping Certificate Coaching Footballers with a Disability

## Football - Early Touches Level 1 Young

This 6-hour course is open to all interested parties aged 16 and over, experienced or otherwise, who work with children of primary school age. In addition to delivering new content, the course will assist coaches to develop their coaching technique, focus on skill development and will explore the best age specific activities for developing young players.

**Duration: 6 hrs**      **Cost: £35**

Venue	Date	Time	Contact
Cowdenbeath Leisure Centre	Sun 11th Sept 2011	10:00 to 16:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk
Queen Anne High School Community Use	Tue 18th Oct 2011	10.00 to 16.00	01383 602351 communityuse.queenanne@fife.gov.uk

## Football - Coaching Young Footballers Level 2

This 12-hour course is designed to assist coaches with the planning, preparation, organisation and evaluation of their coaching sessions and focuses on coaching style and the use of differentiation, i.e. provision of practices to suit the wide range of abilities within the primary school age group.

### Additional Requirements

Must Complete Level 1 Young Early Touches

**Duration: 12 hrs**      **Cost: £45**

Venue	Date	Time	Contact
Lochgelly High School Community Use	Sun 2nd & Sun 9th Oct 2011	10:00 to 16:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

## Football - Coaching Youth Footballers Level 2

This 12-hour course is designed to provide youth coaches with ideas on the key issues involved in the development of youth players. It takes account of individual skill development in a variety of game related situations. Prospective coaches will be given feedback on teaching practice sessions.

### Additional Requirements

Must complete Level 1 youth Development activities

**Duration: 12 hrs**      **Cost: £45**      **ILA Approved**

Venue	Date	Time	Contact
Beath High School Community Use	Sun 6th & Sun 13th Nov 2011	10:00 to 16:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

## Football - Coaching in the Game Level 3

In both Children's and Youth Awards Structures, the 12-hour Coaching in the Game Certificate Course looks at the knowledge and understanding required to help young players appreciate concepts such as width, depth and support within the small-sided game. The course is largely practical in nature and prospective coaches are required to demonstrate the ability to coach basic strategies to young players.

### Additional Requirements

Must complete any Level 2 youth or young certificates

**Duration: 12 hrs**      **Cost: £50**

Venue	Date	Time	Contact
Beath High School Community Use	Sun 27th Nov & Sun 4th Dec 2011	10:00 to 16:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

For further Football information and other courses please visit [www.scottishfa.co.uk](http://www.scottishfa.co.uk)

# Golf - ClubGolf

The training provides candidates with the skills to effectively deliver a 4 week programme of golf using the Trigolf resources. Candidates will gain practical knowledge and ideas on how to introduce and develop the basic skills required for young people to play golf.

**Duration: 2 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
St Columba's RC High School	Thur 2nd Feb 2012	16:00 to 18:00	08451 555555 ext 496713 craig.lumsden@fife.gov.uk
Anstruther Primary School	Mon 6th Feb 2012	16:00 to 18:00	08451555555 ext 461504 peter.davidson@fife.gov.uk
St Columbas RC Primary School	Thur 9th Feb 2012	16:00 to 18:00	08451555555 ext 461504 peter.davidson@fife.gov.uk
Kennoway Primary School	Tue 28th Feb 2012	16:00 to 18:00	08451555555 ext 461504 peter.davidson@fife.gov.uk

For further Golf information and other courses please visit [www.clubgolfscotland-youth.co.uk](http://www.clubgolfscotland-youth.co.uk)



## Gymnastics - General UKCC Level 2

UKCC Level 2 will allow you to work independently and lead a class and/or class to the level of the content within the coach syllabus and in a recreational or club environment. In addition to this course you will also need to complete In Safe Gym for All course.

### Additional Requirements

Participants must have completed General - UKCC Level 1

**Duration: 8 hrs**

**Cost: £520**

Venue	Date	Time	Contact
Community School of Auchterarder	Sun 22nd Jan 2012, exam Jun 2012	09.00 to 17.00	01764 662182 www.scottishgymnastics.org

## Gymnastics - Pre-school UKCC Level 2

UKCC Level 2 will allow you to work independently and lead a class and/or class to the level of the content within the coach syllabus and in a recreational or club environment. In addition to this course you will also need to complete In Safe Gym for All course.

### Additional Requirements

Participants must have completed General - UKCC Level 2

**Duration: 8 hrs**

**Cost: £520**

Venue	Date	Time	Contact
Waterstone Crook Sports Centre	Sat 27th Aug 2011	09.00 to 17.00	01334 659366 www.scottishgymnastics.org



# Gymnastics - Womens' Artistic UKCC Level 2

UKCC Level 2 will allow you to work independently and lead a class and/or class to the level of the content within the coach syllabus and in a recreational or club environment. In addition to this course you will also need to complete In Safe Gym for All course.

## Additional Requirements

Participants must have completed General - UKCC Level 1

**Duration: 8 hrs**

**Cost: £520**

Venue	Date	Time	Contact
Community School of Auchterarder	Sun 11th Sept 2011, exam 1st Apr 2012	09.00 to 17.00	01764 662182 <a href="http://www.scottishgymnastics.org">www.scottishgymnastics.org</a>

For further Gymnastics information and other courses please visit [www.scottishgymnastics.org](http://www.scottishgymnastics.org)



## Hockey - Hockey Leaders Award

This course is designed to give parents, teachers, players and other interested individuals (14+) a basic knowledge of hockey, and the confidence to lead sessions in a controlled, safe and enjoyable manner. After the course participants should be able to:

- Organise and manage a safe and enjoyable session.
- Introduce basic playing principles and skills
- Adapt games to suit player's needs
- Umpire small game situations
- Motivate and encourage players

**Duration: 6 hrs**

**Cost: £40**

Venue	Date	Time	Contact
Queen Anne High School Community Use	Sun 28th Aug 2011	10:00 to 16:00	01383 602351 communityuse.queenanne@fife.gov.uk
Madras College Community Use	Sun 26th Feb 2012	10:00 to 16:00	01334 659354 communityuse.madras@fife.gov.uk
Queen Anne High School Community Use	Sun 26th Aug 2012	10:00 to 16:00	01383 602351 communityuse.queenanne@fife.gov.uk

For further Hockey information and other courses please visit [www.scottish-hockey.org.uk](http://www.scottish-hockey.org.uk)

## Netball - Getting Started: Fun 5z

Getting Started is the new award built around the Fun 5z game. It provides the very first step on the coaching ladder for anyone interested in getting started in Netball Coaching. The award focuses on skill acquisition through the Fundamentals of Netball and builds in netball specific skills and the basics of attacking, defending and shooting.

**Duration: 6 hrs**

**Cost: £35**

Venue	Date	Time	Contact
St Andrew's High School Community Use	Sat 17th Sept 2011	10:00 to 16:00	01592 583492 communityuse.kirkcaldy@fife.gov.uk
Queen Anne High School Community Use	Tue 20th & Tue 27th Sept 2011	17:00 to 20:00	01383 602351 communityuse.queenanne@fife.gov.uk

## Netball - Fena C Umpire

This course covers the basic rules of umpiring using both practical and oral methods and prepares the candidate effectively for the Level C Test. This course is aimed at all individuals involved in netball from teachers and volunteers to players and coaches.

**Duration: 6 hrs**

**Cost: £60**

Venue	Date	Time	Contact
Glenrothes High School	Sat 12th Nov 2011	09:00 to 15:00	01592 583491 communityuse.glenwood@fife.gov.uk

For further Netball information and other courses please visit [www.netballscotland.com](http://www.netballscotland.com)

## Rugby - Rugby Ready Practical Adult & Mini

This course (Mini and Adult/Youth variations) is Scottish Rugby's minimum standard for all Coaches, Teacher and Referees at the start of the 2010/11 season. All coaches, teachers and Referees are therefore required to undertake the course (Mini and Adult/Youth variations).

**Duration: 3 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Waid Academy Community Use	Wed 28th Sept 2011	18:30 to 21:30	<a href="http://www.scottishrugby.org">www.scottishrugby.org</a>

## Rugby - Youth Coaching Course (15-19 years)

The Youth Coaching Course is aimed at 15 – 19 year olds and is geared at supporting young people in a structured way to acquire the skills and confidence to lead and deliver rugby sessions at schools or clubs. This is achieved by offering a structured programme of 4 modules covering different elements of the role of a coach, practical coaching experience and concluding with an IRB RugbyReady Practical Certificate.

**Duration: 12 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Dunfermline Rugby Club	Mondays from Mon 5th Sept to Mon 3rd Oct 2011	18:00 to 20:00	<a href="http://www.scottishrugby.org">www.scottishrugby.org</a>
Buckhaven High School	Mondays from Wed 5th Sept to Wed 3rd Oct 2011	16:00 to 18:00	<a href="http://www.scottishrugby.org">www.scottishrugby.org</a>
Howe of Fife Rugby Club	Sun 27th Nov & Sun 4th Dec 2011	09:00 to 16:00	<a href="http://www.scottishrugby.org">www.scottishrugby.org</a>

# Rugby - UKCC Level 1

On successful completion of the Level 1, candidates should be able to:

- demonstrate an ability to safely organise and supervise rugby union activities, including small and conditioned games
- promote and establish working relationships and high standards of behaviour with players, coaches, parents and officials in the overall development of rugby union
- demonstrate an understanding of:
  1. generic coaching skills.
  2. rugby specific coaching skills, including handling, tackling, contact & continuity, 5 'man-scrum,' and line-out throwing & support techniques.
  3. coach and player development.
  4. good practice in club management and coaching.
  5. health and safety.
  6. working with parents, attitudes and ethics.
  7. basic laws of the game of rugby union.
- demonstrate an ability to identify and adapt rugby union activities and sessions for a variety of different age group

**Duration: 19 hrs**

**Cost: £30**

Venue	Date	Time	Contact
TBC	Fri 15th to Sun 17th Jun 2012	09:00 to 17:00 (Fri 18:30 to 21:30)	<a href="http://www.scottishrugby.org">www.scottishrugby.org</a>

## Rugby - Referee Level 1

Interested in becoming a referee? Passing a Level 1 Refereeing Course enables you to referee school and club rugby matches – as well as joining your local Referee Society. You must have completed the IRB Rugby Ready on-line assessment before attending a Level 1 course.

**Duration: 6 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Dunfermline Rugby Club	Mon 13th & Mon 20th Feb 2012	18:30 to 21:30	www.scottishrugby.org

For further Rugby information and other courses please visit [www.scottishrugby.org](http://www.scottishrugby.org)

## Shinty - Foundation Coaching Certificate in Shinty

The Foundation Course is designed to help any adult 16 years of age or over, with limited knowledge of coaching and the game of shinty, to work with youth players as an assistant coach. The course covers the basics of 'How to Coach' and 'What to Coach' techniques that are fundamental to skills development in the game of Shinty.

**Duration: 6 hrs**

**Cost: £35**

Venue	Date	Time	Contact
Inverkeithing High School Community Use	Sat 3rd Dec 2011	10:00 to 16:00	01383 602349 communityuse.inverkeithing@fife.gov.uk

For further Shinty information and other courses please visit [www.shinty.com](http://www.shinty.com)

# Swimming - Level 1 UKCC Teacher of Aquatics

The Level 1 Certificate for Teaching Aquatics is the first formally assessed qualification on the Scottish Swimming qualifications pathway. The course comprises two units, with the first focusing on “how to teach” skills with the technical emphasis on movement literacy (as defined by Long Term Athlete Development - LTAD). The second unit has a specific focus on Teaching Aquatics; technical knowledge and practical skills that will allow you to fulfill the role of a Level 1 Swimming Teacher.

Once qualified the holder of a Level 1 Teacher of Aquatics qualification is able to actively support a Level 2 Teacher of Aquatics in the delivery of a pre-prepared lesson. You will have an understanding of Scottish Swimming, basic movement literacy, core aquatic skills, LTAD and basic correction of common aquatic strokes.

## Additional requirements

- Minimum of 17 years of age at the start of the course
- Hold a Scottish Swimming membership

**Duration: 5 days**

**Cost: £330**

Venue	Date	Time	Contact
Cowdenbeath Leisure Centre	Mon 12th to Fri 16th Sept 2011	08:30 to 16:30	01383 602393 sportsdevelopment.enquiries@fife.gov.uk
Cupar Sports Centre	Mon 16th to Fri 20th Jan 2012	08:30 to 16:30	01383 602393 sportsdevelopment.enquiries@fife.gov.uk
Cowdenbeath Leisure Centre	Mon 9th to Fri 13th Jul 2012	08:30 to 16:30	01383 602393 sportsdevelopment.enquiries@fife.gov.uk
Lochgelly High School Community Use	Mon 2nd to Thur 5th & Tue 10th to Fri 13th Apr 2012	08:30 to 16:30	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

## Swimming - Level 2 UKCC Teacher of Aquatics

The Level 2 Certificate for Teaching Aquatics is the second formally assessed qualification on the Scottish Swimming qualifications pathway. The course is made up of six units which encompass all aspects of teaching within an aquatic environment. The main focus will be the technical knowledge and practical skills required to fulfill the role of a Level 2 Teacher of Aquatics. Once qualified the holder of a Level 2 Teacher of Aquatics qualification is able to plan, deliver and evaluate a series of six consecutive sessions within the context of a scheme of work.

### Additional requirements

- certificate for Teaching Aquatics
- be a holder of ASA Level 1 Certificate for Teaching Swimming post 2002
- be holders of the ASA Assistant Teacher Certificate (swimming) post 1994 or have gained exemption prior to enrolment on the course

**Duration: 8 days**

**Cost: £630**

**ILA Approved at Lochgelly High School Community Use**

Venue	Date	Time	Contact
Carnegie Leisure Centre, Dunfermline	Mon 14th to Fri 18th & Mon 23rd to Wed 25th Nov 2011	08:30 to 16:30	01383 602393 sportsdevelopment.enquiries@fife.gov.uk
Lochgelly High School Community Use	Fri 7th to Fri 14th Oct 2011	08:30 to 16:30 (Fri 7th 18:00 to 21:00)	01383 602393 sportsdevelopment.enquiries@fife.gov.uk





## Swimming - CPD: Introduction to back crawl

The seminar covers all areas of Backstroke using the 'BLABT' principle as the organisational structure. It looks at all aspects of Backstroke for the beginner swimmer and gives examples of good teaching points for each technical area.

**Duration: 3 hrs**      **Cost: £30**

Venue	Date	Time	Contact
Cowdenbeath Leisure Centre	Sun 11th Sept 2011	09:30 to 12:30	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

## Swimming - CPD: Introduction to breast stroke

The seminar covers all areas of Breaststroke using the 'BLABT' principle as the organisational structure. It looks at all aspects of Breaststroke for the beginner swimmer and gives examples of good teaching points for each technical area.

**Duration: 3 hrs**      **Cost: £30**

Venue	Date	Time	Contact
Lochgelly High School Community Use	Wed 9th Nov 2011	18:00 to 21:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

## Swimming - CPD: Introduction to fly

The seminar covers all areas of Butterfly using the 'BLABT' principle as the organisational structure. It looks at all aspects of Butterfly for the beginner swimmer and gives examples of good teaching points for each technical area.

**Duration: 3 hrs**      **Cost: £30**

Venue	Date	Time	Contact
Carnegie Leisure Centre	Thur 10th Dec 2011	18:00 to 21:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

## Swimming - National Rescue Award for Swimming Teachers and Coaches

This award is aimed at meeting the needs of the modern swimming teacher or coach by combining the latest preventative and reactive lifesaving skills to ensure swimmers undertake their activities in the safest environment possible.

**Duration: 6-12 hrs**      **Cost: TBC**

Venue	Date	Time	Contact
Dunfermline High School Community Use	This course is organised once a minimum number of applicants have registered an interest. To register your interest please contact Dunfermline High School Community Use		01383 602348 communityuse.dunfermline@fife.gov.uk

## Swimming - Emergency Response

This course is designed to train ancillary staff to back up and support a lifeguard team (if available) and staff to respond to an emergency in a swimming pool.

**Duration: 14 hrs**      **Cost: TBC**

Venue	Date	Time	Contact
Glenwood High School Community Use	This course is organised once a minimum number of applicants have registered an interest. To register your interest please contact Glenwood High School Community Use		01592 583491 communityuse.glenwood@fife.gov.uk

# Swimming - National Pool Lifeguard Qualification

This qualification is accepted by most UK swimming pool and has international recognition. It covers the principles of lifesaving and swimming pool supervision and the application and supervision of rescue in a swimming pool. Valid for two years.

**Duration: 36 hrs**      **Cost: £200**      **ILA Approved**

Venue	Date	Time	Contact
Lochgelly High School Community Use	Sundays from Sun 28th Aug to Sun 8th Nov 2011	10:00 to 15:00	01592 583493 communityuse.lochgelly@fife.gov.uk
Balwearie High School Community Use	Mon 10th to Sat 15th Oct 2011	09:00 to 17:00	01592 583490 communityuse.balwearie@fife.gov.uk
Dunfermline High School Community Use	Mon 10th to Sat 15th Oct 2011	09:00 to 17:00	01383 602348 communityuse.dunfermline@fife.gov.uk
Inverkeithing High School Community Use	Mon 10th to Sat 15th Oct 2011	09:00 to 17:00	01383 602349 communityuse.inverkeithing@fife.gov.uk
Dunfermline High School Community Use	Mon 2nd to Sat 7th Apr 2012	08:00 to 16:00	01383 602348 communityuse.dunfermline@fife.gov.uk

For further Swimming information and other courses please visit [www.scottishswimming.com](http://www.scottishswimming.com)

## Club support - Club Seminar Evening

The Club Seminar Evening has been developed to target all roles within a club, including, Coaches, Committee Members, Officials and Parents. Several workshops will be on offer to provide CPD for all of the above. Workshops will include: Strength and Conditioning, Sports Psychology in Coaching, Positive Coaching Scotland, Better Moves, Better Thinkers, Psychology of Officiating, Crazy Catch Demo, Committee Workshop inc Marketing, Funding, How to Grow your Club.

**Duration: 3.5 hrs**

**Cost: £10**

Venue	Date	Time	Contact
Carnegie Leisure Centre	Tue 15th Nov 2011	18:00 to 21:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

For further information on how to strengthen your club please visit [www.helpforclubs.org.uk](http://www.helpforclubs.org.uk)



## Day Certificate in Sports Leadership

The Day Certificate in Sports Leadership has been designed to support adults in a variety of different settings including community groups, primary and secondary schools, uniformed organisations and sports clubs that are affiliated to the local authority.

**Duration: 7 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Beath High School Community Use	Mon 10th Oct 2011	09:00 to 16:00	01383 602346 communityuse.beath@fife.gov.uk
Glenwood High School Community Use	Mon 17th Oct 2011	09:00 to 16:00	01592 583485 fiona.ashton-jones@fife.gov.uk

## Level 2 Award in Community Sports Leadership

The Level 2 Award in Community Sports Leadership is a nationally recognised qualification that enables successful candidates to lead groups of people in sport/activity, under indirect supervision.

The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification with no entrance requirements or final examinations to sit. Participants must be aged 16+ or over on the date of the course.

### Additional Requirements

Candidates must complete a first aid qualification and 10 hours voluntary coaching to complete the course.

**Duration: 32 hrs**

**Cost: £70**

Venue	Date	Time	Contact
Queen Anne High School Community Use	Mon 10th to Fri 14th Oct 2011	09:00 to 17:00	01383 602351 communityuse.queenanne@fife.gov.uk
Kirkcaldy High School Community Use	Mon 17th to Fri 21st Oct 2011	09:00 to 17:00	01592 583492 communityuse.kirkcaldy@fife.gov.uk

## TOP Play/Sport

TOP Play, the third step along our pathway, offers 4 to 9 year olds the opportunity to develop their core physical and movement skills through fun and stimulating activities. Training and resources are also provided for leaders to enable them to maximise the impact of TOP Play within their organisation.

TOP Sport is designed for people who work with young people aged 7 – 11 years old. TOP Sport creates a unique opportunity which could enhance your work if you seek to deliver sporting opportunities to young people. The training provides candidates with the skills to effectively deliver the programme using the resources and gain practical knowledge and ideas on how to promote specific games and sports to young people of all abilities.

**Duration: 6 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Beath High School Community Use	Tue 11th Oct 2011	10:00 to 16:00	01383 602346 communityuse.beath@fife.gov.uk
Glenwood High School Community Use	Tue 18th Oct 2011	10:00 to 16:00	01592 583485 fiona.ashton-jones@fife.gov.uk



# TOP Sport - Sport Specific Workshops

This workshop will go into more depth of the resource cards for the specific sports of Badminton, Netball and Basketball. Candidates will be given further activities for each specific sport.

## Additional Requirements

Must have complete TOP Sport training

**Duration: 3 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Glenwood High School Community Use	Wed 13th Oct 2011	09:00 to 11:00 Badminton 11:30 to 13:30 Netball 14:00 to 16:00 Basketball	01592 583485 fiona.ashton-jones@fife.gov.uk
Beath High School Community Use	Wed 17th Oct 2011	09:00 to 11:00 Badminton 11:30 to 13:30 Netball 14:00 to 16:00 Basketball	01383 602346 communityuse.beath@fife.gov.uk

## TOP Sport

TOP Sport is designed for people who work with young people aged 7 – 11 years old. TOP Sport creates a unique opportunity which could enhance your work if you seek to deliver sporting opportunities to young people. The training provides candidates with the skills to effectively deliver the programme using the resources and gain practical knowledge and ideas on how to promote specific games and sports to young people of all abilities.

**Duration: 3 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Dunfermline High School	Mon 7th Nov 2011	16:00 to 19:00	08451 555555 ext 493975 lynne.mackenzie@fife.gov.uk
St Columbas RC Primary School	Thur 24th Nov 2011	16:00 to 19:00	08451555555 ext 450642 murray.mcbain@fife.gov.uk

## TOP Activity

TOP Activity is an exciting innovative programme of 'alternative' sport and physical activities such as cheerleading, space hoppers and martial fitness, designed for use in out-of-school hours clubs. It has been developed by the Youth Sport Trust, through the support of Sainsbury's Active Kids, and comprises training, resources and equipment.

**Duration: 3 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Kennoway Primary School	Tue 8th and Tue 15th Nov 2011	16:00 to 18:00	08451555555 ext 466751 jennifer.mann@fife.gov.uk
Glenwood High School Community Use	Sat 19th May 2012	13:00 to 17:00	01592 583485 fiona.ashton-jones@fife.gov.uk



## Fit for TOPS

Fit for TOPS is designed to work with primary children aged 7 – 11 years. The training will provide candidates with ideas for developing pupil's knowledge and understanding of the effects of exercise on the body in a practical setting.

**Duration: 2 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Leuchars Primary School	Wed 26th Oct 2011	16:00 to 18:00	08451555555 ext 460834 jennifer.lennox@fife.gov.uk
St Columbas RC Primary School	Thur 3rd Nov 2011	16:00 to 18:00	08451555555 ext 460834 jennifer.lennox@fife.gov.uk
Beath High School	Thur 15th Mar 2012	16:00 to 18:00	08451 555555 ext 402296 jessica.thomson@fife.gov.uk

## TOP Outdoors

TOP Outdoors uses resource cards to help teachers develop pupils in a range of skills under the broad heading of outdoor and adventure activities. The activities develop generic skills of team work , cooperation, trust, communication, planning and decision making as well as specific physical skills. Cross-curricular references are given on each card to aid teacher planning.

**Duration: 2.5 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
St Margaret's RC Primary School	Mon 23rd Apr 2012	15:45 to 18:15	08451 555555 ext 402296 Jessica.thomson@fife.gov.uk

## Introduction to Strength and Conditioning for youth athletes

This workshop will provide activity suggestions to coaches delivering strength and conditioning sessions and programmes to athletes aged between 13 and 17 years of age. Candidates will be provided with how to incorporate strength and conditioning within coaching sessions. This workshop will be delivered by St Andrew's University Department of Sport and Exercise.

**Duration: 2.5 hrs**

**Cost: £25**

Venue	Date	Time	Contact
St Andrew's University	Mon 27th Feb 2012	18:30 to 21:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

## Introduction to Sport Psychology

This workshop will provide ideas to coaches of how to use simple strategies to enhance players performance. The workshop will focus on goal setting and how to explain players behaviour.

**Duration: 2.5 hrs**

**Cost: £10**

Venue	Date	Time	Contact
Beath High School Community Use	Wed 25th Jan 2012	18:00 to 20:30	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

# Coaching Children and Young People

Discover the needs and motivation of young players. Learn how to deliver effective coaching sessions to meet the level of skill, developmental stage and motivation of each young player.

This workshop will help you to:

- explain and identify why children and young participants take part in sport and plan and deliver sessions to meet their needs
- plan and deliver coaching sessions to maximise learning and enjoyment
- match your own coaching to meet the developmental stages of children and young people
- follow good practice when coaching children and young people. Participants must be aged 16+ or over on the date of the course

**Duration: 3 hrs**

**Cost: £25**

Venue	Date	Time	Contact
Kirkcaldy High School Community Use	Tue 27th Sept 2011	18:00 to 21:00	01592 583492 communityuse.kirkcaldy@fife.gov.uk



## Safeguarding and Protecting Children

Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns. Participants must be aged 16+ or over on the date of the course

**Duration: 3 hrs**

**Cost: £25**

Venue	Date	Time	Contact
Madras College Community Use	Thur 29th Sept 2011	18:00 to 21:00	01334 659354 communityuse.madras@fife.gov.uk
Queen Anne High School Community Use	Thur 13th Oct 2011	13.00 - 16.00	01383 602351 communityuse.queenanne@fife.gov.uk
Queen Anne High School Community Use	Mon 17th Oct 2011	18.30 to 21.30	01383 602351 communityuse.queenanne@fife.gov.uk
Kirkland High School Community Use	Tue 1st Dec 2011	18:00 to 21:00	01334 659353 communityuse.kirkland@fife.gov.uk
Fife Southern Rugby Club	Mon 6th Feb 2012	18:00 to 21:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk
Beath High School Community Use	Tue 24th May 2012	18:00 to 21:00	01383 602346 communityuse.beath@fife.gov.uk

For further Sports Coach UK workshops please visit [www.sportscoachuk.org](http://www.sportscoachuk.org)

## In Safe Hands: Club Child Protection Officer Workshop

This 3 hour workshop supports clubs to put child protection policies into practice. It is most suitable for those acting as the club child protection officer but is also relevant for those responsible for managing or organising the club.

**Duration: 3 hrs**

**Cost: £25**

Venue	Date	Time	Contact
Balwearie High School Community Use	Mon 12th Dec 2011	18:00 to 21:00	01592 583490 communityuse.balwearie@fife.gov.uk
Fife Southern Rugby Club	Mon 11th Jun 2012	18:00 to 21:00	01383 602393 sportsdevelopment.enquiries@fife.gov.uk

For further children 1st information and courses please visit [www.children1st.org.uk](http://www.children1st.org.uk)

## Positive Coaching Scotland: Double Goal Coach Workshop

Positive Coaching Scotland (PCS) is a cultural change programme designed to create a positive environment for young people in sport, by teaching them to:

- appreciate the value of effort and learning;
- improve personal performance;
- foster a competitive, but fair, sporting mentality;
- deal positively with mistakes.

The double goal workshop will help support coaches to coach using the ethos of Positive Coaching Scotland.

For further information including dates and venues of workshops please contact Sports Development.

Tel 01383 602393 Email [sportsdevelopment.enquiries@fife.gov.uk](mailto:sportsdevelopment.enquiries@fife.gov.uk).

## Pool Workshop-Introduction to Disability Swimming

This Scottish Disability Sport workshop will be of interest to anyone (16+) involved in working with disabled non swimmers. The course is one third practical and water based. In water the tutor will facilitate partner working to explore issues such as safety skills, appropriate supports and learner progressions. The theory sessions will cover many aspects of teaching/learning, impairment, communication and disability swimming. Delegates are expected to be confident about moving around in shallow water.

**Duration: 4 hrs**

**Cost: £30**

Venue	Date	Time	Contact
Lochgelly High School Community Use	Fri 18th Nov 2011	09:30 to 13:30	admin@scottishdisabilitysport.com



## How to Coach Disabled People in Sport

The Sports Coach UK workshop tackles questions that are frequently asked by sports teachers, coaches and participants about how to work with disabled sports people. It offers new ideas for inclusion and advice on how to plan a session or make minor adjustments to the way you work.

This workshop will help you to:

- determine how to include disabled people in sport
- select appropriate coaching activities
- create effective coaching environments.

Participants must be aged 16+ or over on the date of the course.

**Duration: 3 hrs**

**Cost: £25**

Venue	Date	Time	Contact
Glenwood High School Community Use	Thur 22nd Sept 2011	18:00 to 21:00	01592 583491 communityuse.glenwood@fife.gov.uk
Queen Anne High School Community Use	Mon 20th Feb 2012	18:00 to 21:00	01383 602351 communityuse.queenanne@fife.gov.uk

## Scottish Disability Sport

Scottish Disability Sport (SDS) lead the development of sport for children, athletes and players with a physical, sensory or learning disability. The SDS website has an education and training calendar offering many disability sport workshops and courses.

To find out more please visit the SDS website - [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

## Early Years Physical Activity Training

This workshop provides an opportunity to develop ideas and skills in delivering physical activity to nursery aged children and children in P1-3. Activities include Start to Play, play@home, Nursery Pack, Playground Games, Active Start, Active Play. The course is aimed at those delivering activities for early years children. This training links to a number of Curriculum of Excellence experiences and outcomes.

**Duration: 2 hrs**

**Cost: FREE**

Venue	Date	Time	Contact
Carleton Nursery, Glenrothes	Fri 18th Nov 2011	10:00 to 12:00	01592 583485 Pauline.Jones@fife.gov.uk
Touch Primary School, Dunfermline	Mon 23rd Jan 2012	16:00 to 18:00	08451 555555 EXT 406796 Nikki.Krievs@fife.gov.uk
St Columbas RC Primary School, Cupar	Thur 23rd Feb 2012	16:00 to 18:00	08451 555555 EXT 460834 jennifer.lennox@fife.gov.uk





# Emergency First Aid at Work

At the end of the course candidates will be able to, recognise and appropriately treat most emergency situations, give emergency first aid to an injured person until medical assistance arrives, and carry out the duties of an appointed person as specified within first aid regulations. Valid for 3 years.

**Duration: 6 hrs**

**Cost: £35**

**ILA Approved**

Venue	Date	Time	Contact
Dunfermline High School Community Use	Sun 18th Sept 2011	18:30 to 21:30	01383 602348 communityuse.dunfermline@fife.gov.uk
Queen Anne High School Community Use	Mon 17th Oct 2011	18:30 to 21:30	01383 602351 communityuse.queenanne@fife.gov.uk
Queen Anne High School Community Use	Thur 20th Oct 2011	18:30 to 21:30	01383 602351 communityuse.queenanne@fife.gov.uk
Waid Academy Community Use	Mon 31st Oct & Mon 7th Nov 2011	18:30 to 21:30	01334 659355 communityuse.waid@fife.gov.uk
Kirkland High School Community Use	Mon 14th & Mon 21st Nov 2011	18:30 to 21:30	01334 659353 communityuse.kirkland@fife.gov.uk
Kirkland High School Community Use	Mon 30th Jan & Mon 6th Feb 2012	18:30 to 21:30	01334 659353 communityuse.kirkland@fife.gov.uk
Dunfermline High School Community Use	Wed 8th & Thur 9th Feb 2012	18:30 to 21:30	01383 602348 communityuse.dunfermline@fife.gov.uk
Waid Academy Community Use	Wed 7th & Wed 14th Mar 2012	18:30 to 21:30	01334 659355 communityuse.waid@fife.gov.uk

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## Emergency First Aid at Work /continued

Venue	Date	Time	Contact
Dunfermline High School Community Use	Sun 25th Mar 2012	18:30 to 21:30	01383 602348 communityuse.dunfermline@fife.gov.uk
Kirkland High School Community Use	Mon 14th & Mon 21st May 2012	18:30 to 21:30	01334 659353 communityuse.kirkland@fife.gov.uk
Dunfermline High School Community Use	Sun 16th Sept 2012	18:30 to 21:30	01383 602348 communityuse.dunfermline@fife.gov.uk

## First Aid at Work

This hands on practical first aid course creates a level of competence for first aid skills that meet the requirements of the Health and Safety at Work act 1981. Learners will be able to give first aid to a casualty in a variety of situations. The course covers shock, bleeding, resuscitation, first aid boxes, minor injuries, record keeping and transporting casualties. Valid for 3 years.

**Duration: 18 hrs      Cost: £81      ILA Approved**

Venue	Date	Time	Contact
Dunfermline High School Community Use	Wednesdays from Wed 26th Oct to Wed 7th Dec 2011	18:30 to 21:30	01383 602348 communityuse.dunfermline@fife.gov.uk
Dunfermline High School Community Use	Wednesdays from Wed 18th Apr to Wed 30th May 2012	18:30 to 21:30	01383 602348 communityuse.dunfermline@fife.gov.uk

# Paediatric First Aid

This first aid course focuses on children and babies. Suitable for anyone working with children. The course covers resuscitation, bleeding, shock, childhood conditions and minor injuries.

**Duration: 6 hrs**

**Cost: £35**

**ILA Approved**

Venue	Date	Time	Contact
Kirkland High School Community Use	Mon 28th Nov & Mon 5th Dec 2011	18:30 to 21:30	01334 659353 communityuse.kirkland@fife.gov.uk
Kirkland High School Community Use	Mon 13th & Mon 20th Feb 2012	18:30 to 21:30	01334 659353 communityuse.kirkland@fife.gov.uk
Kirkland High School Community Use	Mon 28th May & Mon 4th Jun 2012	18:30 to 21:30	01334 659353 communityuse.kirkland@fife.gov.uk
Dunfermline High School Community Use	Sun 17th Jun 2012	09:30 to 16:00	01383 602348 communityuse.dunfermline@fife.gov.uk

If you have any enquiries relating to a specific course in this brochure, please use the contact details listed for that course.

If you have any general enquiries about training and coach education in Fife, please contact Sports Development.

email: [sportsdevelopment.enquiries@fife.gov.uk](mailto:sportsdevelopment.enquiries@fife.gov.uk)

phone: 01383 602393

mail: Sports Development,  
Cowdenbeath Leisure Centre,  
4 Pit Road,  
Cowdenbeath,  
KY4 9NN

visit: [www.fifedirect.org.uk/activefife](http://www.fifedirect.org.uk/activefife)

