

1. TITLE OF THE CERTIFICATE ⁽¹⁾

Nooremtreener, tase 4

⁽¹⁾ in the original language

2. TRANSLATED TITLE OF THE CERTIFICATE ⁽¹⁾

Junior coach, level 4

⁽¹⁾ if applicable. This translation has no legal status.

3. PROFILE OF SKILLS AND COMPETENCIES

A coach is specialist of sport and motion hobby who conducts the achievement of health-supporting and sport-related goals by forming behaviour patterns and physical and mental exercises.

The task of a coach is the integral, effective and safe development of sporting abilities and physical fitness.

A coach works independently, as a team member or leader, involving different specialists. The work of coach presupposes responsibility, creativity, need for achievement, precision and honesty. Periodic effective completing of knowledge and skills supporting the work as coach and mediating the experiences and knowledge to co-workers are essential. The ability to influence by personal example the persons subject to train is essential. The coach follows the ethical code of coaches (Annex 1 of part C of the professional standard).

A junior coach of level 4 performs work tasks in different situations. He/she has acquired professional skills and knowledge mostly by professional training and practical coaching work. He/she works mostly independently. He/she assumes responsibility for performance of one's work tasks.

Specialisation is based on the specificity of the sport, equipment used in the sport and the sports environment. The awarding body has the right to establish special requirements depending on the specifics of the sport. Specialisation is directly related to the parts of work described in professional standard.

Competencies:

- Organising and developing sporting activity
- Selection of the person subject to train or assembling the training group;
- Preparing a plan of training;
- Involving other specialists in the process of training.
- Conducting the learning-training process
- Development of physical fitness;
- Development of sport-specific skills;
- Development of social abilities and teaching the culture of sport;
- Use of recovery equipment;
- Recommendation and use of sports gear and training equipment;
- Supervision of the trained person in races;
- Guiding the eating habits;
- The short term planning, measuring, initial analysing and giving feedback of the sport development of the person subject to train.

^(*) Explanatory note

This document is designed to provide additional information about the specified certificate and does not have any legal status in itself. The format of the description is based on the following texts: Council Resolution 93/C 49/01 of 3 December 1992 on the transparency of qualifications, Council Resolution 96/C 224/04 of 15 July 1996 on the transparency of vocational training certificates, and Recommendation 2001/613/EC of the European Parliament and of the Council of 10 July 2001 on mobility within the Community for students, persons undergoing training, volunteers, teachers and trainers.

More information available at: <http://europass.cedefop.europa.eu/en/home>

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4. RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE ⁽¹⁾

Coach

⁽¹⁾ If applicable

5. OFFICIAL BASIS OF THE CERTIFICATE

Name and status of the body awarding the certificate

The occupational certificate that has been issued by the professional council that operates under the activity license issued by a Awarding Body

Name and status of the national/regional authority providing accreditation/recognition of the certificate

Sector Skills Council approved by a Regulation of the Government of the Republic

Level of the certificate (national or international)

Estonian Qualification Framework level 4
European Qualification Framework level 4

Grading scale / Pass requirements

passed/fail

Access to next level of education/training

Coach, level 5

International agreements**Legal basis**

Occupational Qualifications Act (RT I 2008, 24, 156; 01.09.2008)

6. OFFICIALLY RECOGNISED WAYS OF ACQUIRING THE CERTIFICATE

In order to obtain a occupational certificate, the applicant has to prove all his/her competencies required by the occupational standard and by the procedure for awarding of occupational qualification established by the body awarding the occupational qualification.

More information (including a description of the national qualifications system) available at:

www.kutsekoda.ee