

PERSONAL DETAILS

Name:

Date:

Venue:

Assessment task: This practical assessment requires you to competently coach others in the safe execution of exercises using the core AST apparatus.

Purpose: This assessment task will enable you to demonstrate competency in the areas of technical execution, group management, coaching, supervision, observation and the provision of feedback (as set out in the performance criteria below).

Assessment conditions: To perform this task you will need access to an appropriate venue and AST equipment. You will also need to arrange for a colleague to record your session using a device such as a video recorder, iPhone, iPad, Go Pro etc.

*Note: It is important that we can not only **see** you coaching your group, but we need to **hear** you throughout in order to confirm your ability to coach effectively.*

You will organise a group of at least three (3) session participants (coachees) and select a minimum of one (1) exercise for each of the following core AST apparatus:

- Sled
- Prowler
- Farmers walk
- Superyoke
- Tyre and sledgehammer.

You are able to resubmit for assessment on two occasions in order to demonstrate competency. That is, three (3) attempts in total.

Evidence required: You are required to demonstrate all of the following performance criteria consistently throughout the session (i.e. more than once). The video evidence can be submitted by:

1. Uploading the video to YouTube and sending the URL to the assessor.
2. Sending the video file (avi, Mp4 etc.) to the assessor via a file sharing application such as Google Drive, <https://www.wetransfer.com/> or www.dropbox.com.

In addition, the following performance criteria checklists are to be signed where indicated and emailed to brad@sportecoach.com.au.

PERFORMANCE CRITERIA	COMPETENT	NOT YET COMPETENT	COMMENTS
Group management			
Quickly and effectively organised the group			
Provided clear instructions and set expectations			
Technical knowledge			
Demonstrated a sound understanding of the technical considerations to enable safe and effective performance			
Correctly demonstrated the technical requirements for the chosen AST exercises			
Knew variations & modifications for core AST exercises			
Coaching			
Used coaching cues to ensure correct technical performance			
Modified AST exercises to suit individual capabilities &/or restrictions (i.e. flexibility limitations)			
Communicated with participants in a clear and effective manner			
Used appropriate non-verbal communication techniques (i.e. body language)			
Provided constructive feedback in a positive manner			
Safety			
Demonstrated a practical understanding of the safety considerations & requirements for AST exercises			
Modified exercises as required to ensure participant safety			



S P O R T S
I N J U R Y &
P E R F O R M A N C E
C L I N I C

Applied Strongman Training (AST) Practical Coaching Assessment

PLEASE COMPLETE ALL SECTIONS OF THIS FORM

Comments:

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COMPETENT	NOT YET COMPETENT
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Assessor Signature:	Date:
Assessor Name:	
Candidate Signature:	Date:
Candidate Name:	