

Application Form

Please complete the below form and return to kferguson@englandathletics.org

Which qualification pathway do you wish to be assessed for through RPL (please tick and select elective if applying for Athletics Coach:

Off-Track (Leader in Running Fitness / Coach in Running Fitness)	
On-Track (Coaching Assistant or Athletics Coach*)	
*choose elective from Speed, Endurance, Throws or Jumps	

Which competency criteria do you wish to apply for recognition of (please tick all that apply). See *Coaching Competency Criteria* document for more detailed information about each of the criteria.

Competency criteria	Tick	Competency criteria	Tick
Knowledge (What-2)			
Technical Knowledge		Role & Responsibility of the Coach	
Goal Setting		Profiling the Athlete	
Improving Performance		Preparation & Planning	
Training Principles & Methods		Physical Preparation	
Skills (How-2)			
Safety		Observation & Analysis	
Organisation		Feedback	
Instruction & Explanation		Questioning	
Demonstration			
Qualities			
Self-Review		Building & Maintaining Relationships	
Professionalism		Athlete Centred Coaching	

Which relevant qualification do you already have e.g., Coaching, leadership, teaching?

Qualification name	Awarding Body	Date awarded	Is it still valid?



What relevant experience do you already have e.g., coaching, leading, teaching? Please state type and date(s).

RPL Self-Assessment Form

Instructions

- 1) Each of the headings in the left-hand column refer to competency criteria. Read each of the competency criteria (appendix four) and place a tick if you believe you fulfil the criteria.
- 2) Complete the column on the right-hand side, listing any evidence you have to support this
- 3) In the far right column, identify if:
 - A) You have learnt this through a qualification and have evidence to support this
 - B) Know and apply this, but have no evidence to support this
 - C) Are willing to complete a task or be observed doing this
 - D) Need to undertake the learning associated with the task

Can I?	Y / N	How could I prove this? Video, sample plans, referee?	A,B,C,D
Knowledge (What-2)			
Technical Knowledge			
Goal Setting			
Improving Performance			
Training Principles & Methods			
Role & Responsibility of the Coach			
Profiling the Athlete			
Preparation & Planning			
Physical Preparation			
Skills (How-2)			
Safety			
Organisation			
Instruction & Explanation			
Demonstration			
Observation & Analysis			
Feedback			
Questioning			
Qualities			
Self-review			
Professionalism			
Building & Maintaining Relationships			
Athlete Centred Coaching			

Please return your application form & self assessment form to the Recognition of Prior Learning Facilitator by email kferguson@englandathletics.org