

SPORT LEADERSHIP ACADEMY



DEVELOPING A YOUNG WORKFORCE
THROUGH SPORT AND EXERCISE

The Sports Leadership Academy is a programme that supports young people to develop their skills and experience in sports coaching and officiating. The programme is a partnership between Active Schools, Secondary Schools across Angus and Dundee and D&A College. The aim is to give young people from Dundee and Angus the opportunity to gain qualifications and practical coaching experience, enhancing skills for life and work. Through these partnerships we are able to offer these qualifications at a heavily discounted rate.

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If you are a pupil in S3 or above (during the current academic year) and are interested in developing your leadership skills through sport, we would like to offer you the opportunity to apply for a range of sports coaching and physical activity courses.



Terms & conditions

- As part of the programme, you will be required to work with your Active Schools Coordinator to utilise your learning and establish a pathway for your continued development after the course.
- All applications to be received by **April 3rd 2023**. Any applications received after this date will not be accepted.
- Details on how to pay for courses will be communicated upon confirmation of your place.
- You must be in S3 or above.
- School staff will not be present during the Sports Leadership Academy. Pupils will be supervised by Active Schools Coordinators, centre staff and course tutors.
- It is your responsibility to make your own travel arrangements to and from the venue. Pupils must report back to school when they are not taking part in a leadership course.

To apply:

Visit www.activeschoolsdundee.org.uk or www.angus.gov.uk/schools_and_young_people/active_schools to apply online.

Simply choose the courses that are of interest to you and complete the application form. Places are limited therefore please state clearly on your personal statement why you would like to be involved in the Sports Leadership Academy.

or scan the QR code below



Applications must be received by 3rd April 2023.

You will receive an e-mail notification before the [17th April 2023](#) to confirm your place on a course.

Copies of the information pack and application form can also be found on the Active Schools website:

www.activeschoolsdundee.org.uk

Angus Active Schools

Course Descriptions

Certificated Courses: *These courses will allow you to gain recognised coaching qualifications and awards. There is likely to be an element of theory (classroom) work involved but all courses are designed to be interactive and a fun learning experience.*

Sport Specific

Athletics

Leading Athletics – Tuesday 13th June, Gardyne Campus, Dundee

Description of the course:

The workshop is designed to give an introduction to leading athletics for young developing athletes. It aims to provide the theory of delivery whilst offering the attendee opportunities to lead activities from a range of task cards.

Minimum Age: 14+ Cost Per Candidate: £10 Certificated

Badminton

Badminton Basics – Tuesday 13th June, Gardyne Campus, Dundee

Description of the course:

Badminton Basics is a six hour course geared towards coaches with little or no badminton experience. It focuses on fun games for beginners, allowing participants to lead sessions at schools and assist more experienced coaches at clubs. Candidates receive a certificate of attendance and a pack.

Minimum Age: 14+ Cost Per Candidate: £10 Certificated

Basketball

Basketball Fundamentals Course – Wednesday 14th June, Gardyne Campus, Dundee

Description of the course:

This is the first level of basketballscotland's formal coaching qualification pathway. It is a fun and interactive course designed for those who wish to commit to coaching basketball.

- Generic coaching skills
- Basketball-specific coaching skills
- Coach and performer/player development
- Health and Safety
- Working with parents
- Basic rules/laws of basketballs
- Demonstrate an ability to identify and adapt basketball activities and sessions for a variety of different age groups

Minimum Age: 14+

Cost Per Candidate: £10

Certificated

Boccia

Disability Awareness and Boccia Leaders Award – Tuesday 13th June, Gardyne Campus, Dundee

Description of the course:

This combined course is an introduction into disability sport coaching and both courses are practical. The Boccia Leaders Award will provide coaches and volunteers with the knowledge, skills and confidence to introduce boccia to children, young people and adults with a wide range of abilities.

Minimum Age: 14+

Cost Per Candidate: FREE

Certificated

Dance

Dance Leaders SCQF Level 5 –

Monday 12th June to Friday 16th June, Space, Dundee

Description of the course:

You will learn to:

- Develop leadership skills
- Plan, lead and evaluate dance sessions
- Assist in planning and leading a dance activity event
- Use of movement and music in dance choreography
- Lead dance activity

Minimum Age: 14+

Cost Per Candidate: £10

Certificated

Football

Football Intro Course - Thursday 15th June, Gardyne Campus

Description of the course:

This six-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.

Minimum Age: 16+ **Cost Per Candidate: £20** **Certificated**

Pre-course requirements: To complete the online e-learning module for children's wellbeing. Sign up to SFA Live platform. This must be completed prior to you starting the course. Your Active Schools Coordinator will be in touch to organise this.

Football Referee Introductory Course - Monday 12th to Wednesday 14th June, Gardyne Campus, Dundee

Description of the course:

This 3 day course will outline the rules and regulations set for association football. The course will involve classroom based work as well as practical football sessions. Please note the majority of learning will be classroom based. At the end of the course candidates will sit a classroom based exam which will determine if you have passed the course. Please note, there will also be an option to resit the exam on Friday 16th June if you are unsuccessful on the Wednesday examination.

If you are successful in passing the course you will receive a year's subscription to the Angus and Perthshire Referees Association, an official laws of the game book and access to paid referee work within Angus and Perthshire.

Minimum Age: 16+ **Cost Per Candidate: £30** **Certificated**

Hockey

Hockey Leaders – Wednesday 14th June, Dawson Park, Dundee

Description of the course:

An introduction into coaching hockey, along with basic health and safety procedures, basic child protection procedures, and lesson planning. The first part of the day will consist of showing examples of basic drills within hockey. The second part of the day will involve creating a lesson plan for a ten minute session on a specific aspect of hockey (ie: tackling, shooting, etc), health and safety, and child protection. The third part of the day will allow the students to deliver their ten minute session. The final part of the day will allow the tutor to confirm if a student has passed or needs help.

Minimum Age: 14+

Cost Per Candidate: £10

Certificated

Netball

Netball Level 1 – Thursday 15th to Friday 16th June, Gardyne Campus, Dundee

Description of the course:

Perfect for those over 16 years old who have a sound knowledge and experience of the game of netball and an understanding of the rules. After you are qualified you will be able to assist qualified lead coaches, delivering aspects of coaching sessions, normally under direct supervision.

Minimum Age: 16+ Cost Per Candidate: £40 [Certificated](#)

Netball C Umpire - Wednesday 14th June, Saltire Leisure Centre, Arbroath

Description of the course:

The C Umpire Course is perfect for those who wish to umpire at lower league divisions/junior level or school competitions.

After you attend the course you will be able to:

- Demonstrate knowledge and understanding of the rules
- Identify the requirements for Netball Europe C Award
- Demonstrate correct use of whistle, voice and terminology
- Begin to use recommended hand signals
- Apply basic umpiring skills to identify and penalise infringements
- Understand and demonstrate how correct positioning and appropriate movement skills will enhance vision and impact positively on decision making
- Demonstrate the ability to identify Contact that interferes with play
- Understand the importance of the Game Management process
- Understand the requirements for Assessment
- Understand the requirements for Assessment theory and practical.

Once you complete the initial course the next step is to complete C Theory Assessment (online) and then the C Practical Assessment.

Minimum Age: 14+ Cost Per Candidate: £30 [Certificated](#)

Netball On Your Whistle and Netball Leaders -
Dundee: Monday 12th June, Gardyne Campus, Dundee
Arbroath: Tuesday 13th June, Saltire Leisure Centre

Description of the course:

Netball on Your Whistle (Morning)

This course gives you an introduction to the netball rules and provides you with the basic tools needed to umpire a netball match. The qualification will allow you to umpire school matches up to but not including senior level. This course will give you the skills and experience to progress on to the C-Umpire course.

Netball Leaders (Afternoon)

After completing this course, the individual will be able to:

- Understand the fundamentals for primary school children
- Have knowledge on a range of drills and how to apply them
- Introduce netball specific skills
- Plan and deliver a session
- Confidently deliver to a group

Minimum Age: 14+ Cost Per Candidate: £10

Certificated

Rugby

Rugby Activators – Monday 12th June, Gardyne Campus, Dundee

Description of the course:

This Course aims to equip coaches with practical tools to enhance their coaching, covering 3 key areas:

- How to create a positive and safe learning environment where all players are valued, and the aim is to provide high levels of activity, fun, and enjoyment.
- Developing game understanding and skills through a game-based approach to training.
- Developing individual players skills and techniques through a player centred approach.

The course also includes a tackle/contact safety session to ensure safe practice at all levels of the game, and to raise awareness of concussion protocols.

Attendees must sign up to SCRUMS prior to attending the course.

Minimum Age: 14+

Cost Per Candidate: FREE

Certificated

Sailing

Start Sailing and help others to get on board -

Dundee: Thursday 15th - Friday 16th June, Gardyne Campus (pick up)

Description of the course:

This two day course will give you the basic fundamentals of Sailing. You will learn about the following:-

- What type of clothing to wear
- Personal Buoyancy equipment
- Rigging and launching a boat
- Sailing a boat solo for the first time
- Turning your boat around and sailing back to shore
- Capsize recovery
- Sailing up wind
- Sailing down wind
- Improving boat speed
- Introduction to racing
- Introduction to double handed boats
- How to help others in your boat & work as a team

We will then give you further pathways to continue your sailing adventure. We will introduce you to a choice of local sailing clubs which you can join and then practice and improve your techniques. We will monitor your progress at these clubs over the season and when you are ready we will look to bring you back for further training on how to coach others. This will potentially open up a new avenues to be able to take up part time paid work at Ancrum Outdoor Centre as an RYA Assistant instructor.

Minimum Age: 14+

Cost Per Candidate: £40

Non-Certificated

Generic Courses

One Day Emergency First Aid Qualification –
Arbroath: Monday 12th June, Saltire Leisure Centre,
Dundee: Tuesday 13th June, Gardyne Campus

Description of the course:

The content of this course provides basic lifesaving first aid and workplace health and safety regulations, covering the following:

- The role of the first aider
- Managing an emergency
- Communication and casualty care
- Bleeding (minor and severe)
- Burns
- Choking (adult)
- Defibrillator prompts and how to respond
- Health and safety (first aid) regulations
- Resuscitation (adult CPR)
- Seizures (adult)
- Shock
- Unresponsive casualty
- Defibrillator pad placement

Minimum Age: 16+ Cost Per Candidate: £30

Certificate

NPLQ Lifeguard Qualification - Monday 12th to Friday 16th June (5 day course)

Description of the course:

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the swimming pools. Training and assessment for the NPLQ is in three sections and all must be successfully passed to attain the qualification.

- As mentioned above, there is a prerequisite to be a competent swimmer. Please speak to your Active Schools Coordinator or PE department to arrange an assessment to ensure you have the ability to complete the course.
- You will also be required to attend an assessment to complete the course. This should be completed on the last day of the course (Friday 16th June). There may be a need to complete this assessment on Saturday 17th June if the course is not completed within the week. Please keep this Saturday free just in case. If you do not complete this assessment you will fail the course. The assessment pool will be the pool you have trained in for the week.

Minimum Age: 16+ Cost Per Candidate: £100 [Certificated](#)

Introduction to Coaching Children and Early Years Workshop –
Arbroath: Friday 16th June, Saltire Leisure Centre
Dundee: Monday 12th June, Gardyne Campus

Description of the course:

Coaches will develop an understanding of physical literacy, developed for early childhood coaches who want to enrich their programmes. The sessions are ordered to develop fundamental movement skills and physical literacy in a logical, progressive manner. Coaches will learn to support children to gain the confidence to stay active for life. It's not about being a "superstar athlete" - everyone can learn fundamental movement skills, and everyone can become physically literate!

Workshop Outcomes:

- Take a person-centred approach to positively impact the health and wellbeing of children through sport and physical activity.
- Support children to develop positive behaviours through play, physical activity and sport so they can thrive.
- Offer children the best start through positive, purposeful experiences so they become competent and confident movers.
- Encourage lifelong participation/sport for life.

Important: This course is for beginner coaches. If you have experience of coaching this may not be a suitable course for you.

Minimum Age: 14+ Cost Per Candidate: Free [Certificated](#)

Exercise Qualifications

Intro to Fitness Course –

Arbroath: Friday 16th June, Saltire Leisure Centre

Dundee: Monday 12th June, Gardyne Campus

Description of the course:

This course will give you a practical introduction to 3 fitness qualifications:

- Indoor Group Cycling
- Gym Instruction
- Kettlebell Instruction

Once you have attended this one day course you will have the option of completing an online module in each of the areas. A description of the online modules are listed below:

Level 1 - Introduction to Gym Instruction

This course will provide you with an introduction to Gym Instruction covering four main areas. These areas include Health and Safety, the Human Body, Basic principles of training and Instructing Exercise.

Introduction to Indoor Group Cycling

This course will provide you with an introduction to Instructing Indoor group cycling. You will gain the knowledge, understanding and instructional skills required by an instructor of indoor group cycling. The course encourages application of knowledge and skills within a practical setting providing an excellent stepping stone to becoming an instructor in this setting.

Introduction to Kettlebell Instruction

This course will provide you with an introduction to the field of Instructing kettlebell exercise within a group setting or with individual clients. You will gain embryonic knowledge and understanding of the instructional skills required. The course encourages application of knowledge and skills within a practical context providing an excellent stepping stone to becoming an instructor in this setting.

Minimum Age: 14+

Cost Per Candidate: Free

Non Certificated

Sports Leadership Academy: Arbroath Campus Timetable (Saltire Centre)

JUNE	Course	Venue	Time
Monday 12th	Emergency First Aid	Classroom (Saltire G2) & Games Hall	9am - 4pm
Tuesday 13th	Netball on your whistle and Netball Leaders	Games Hall	10am - 4pm
Wednesday 14th	Netball C Umpire	Games Hall	10am - 4pm
Friday 15th	Intro to Fitness	Fitness Suite	10am - 2pm
	Intro to Coaching Children and Early Years Workshop	Games Hall	10am - 3pm

To sign up to a course visit: **Angus Active Schools**

Sports Leadership Academy: Dundee Campus Timetable (Gardyne)

JUNE	Course	Venue	Time
Monday 12th	Dance Leaders SCQF Level 5	D&AC, Kingsway Campus, Dundee (Space)	9am - 4pm
	Football Refereeing	Gardyne – Performance classroom & pitch 1	10am - 4pm
	Introduction to Coaching Children and Early Years Workshop	Gardyne – Gym 3	10am - 3pm
	Intro to Fitness	Gym 2: 10 - 12.30 Fitness suite: 1.30 - 2pm	10am - 2pm
	Netball On Your Whistle & Netball Leaders	Games Hall	10am - 4pm
	NPLQ Day 1	Gardyne Pool	9am - 5pm
	Rugby Activators	Rugby Pitch (football pitch 2) + Classroom (NA21)	9am - 4pm
Tuesday 13th	Badminton Basics	Games Hall	10am - 3pm
	Dance Leaders	D&AC, Kingsway Campus, Dundee (Space)	9am - 4pm
	Disability Awareness Training and Boccia Leaders	ICT Rm & Gym 3	9am - 4.30pm
	Emergency First Aid	Classroom	9am - 4pm
	Football Refereeing	Gardyne - Classroom & outdoor pitch	10am - 4pm
	Leading Athletics	Gym 2	10am – 1pm
	NPLQ Day 2	Gardyne Pool	9am - 5pm
Wednesday 14th	Basketball Fundamentals	Games Hall	9am - 4pm
	Dance Leaders SCQF Level 5 Day 3	D&AC, Kingsway Campus, Dundee (Space)	9am - 4pm
	Football Refereeing	Gardyne	10am - 4pm
	Hockey Leaders	Dawson Park	10am - 2pm
	NPLQ Day 3	Gardyne Pool	9am - 5pm
Thursday 15th	Dance Leaders SCQF Level 5 Day 4	D&AC, Kingsway Campus, Dundee (Space)	9am - 4pm
	Football Intro	Gardyne – pitch 2 and NA21	9am - 5pm
	Netball Level 1 (Day 1)	Games Hall	9am - 4pm
	NPLQ Day 4	Gardyne Pool	9am - 5pm
	RYA Sailing: Stage 1	Gardyne Pick Up	9am - 5pm
Friday 16th	Dance Leaders SCQF Level 5 Day 5	D&AC, Kingsway Campus, Dundee (Space)	9am - 4pm
	Netball Level 1 (Day 2)	Games Hall	9am - 4pm
	NPLQ Day 5	Gardyne Pool	9am - 5pm
	RYA Sailing: Stage 1	Gardyne Pick Up	9am - 5pm

To sign up to a course visit: www.activeschoolsdundee.org.uk

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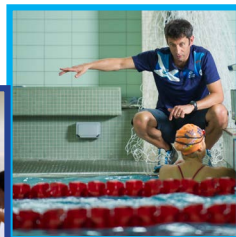
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Angus Active Schools



www.activeschoolsdundee.org.uk

Thinking of a career within
the Sports, Fitness, Health or
Uniformed services industries?
Check out the courses on offer
at Dundee & Angus College
using the QR code.



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