

Beginner BMX Coaching Course Information Sheet

The Beginner BMX Coaching Course (Beginner BMX) has been developed by BMX Australia (the National Sporting Organisation for BMX in Australia) in conjunction with Cycling Australia and in line with the *Australian Sports Commission (ASC) Guidelines for the Design and Registration of NCAS & NOAS Accreditation Programs*. This new coaching course provides coaches with opportunities to learn, to study and to be assessed for both the theoretical and practical aspects of coaching entry-level BMX. The Beginner BMX Coaching Course is accredited on the National Coaching Accreditation Scheme (NCAS), a program of the ASC. As a result, it is a nationally recognised coaching course and is directly linked to the ASC Coaching and Officiating Unit standards in coaching.

Introduction

The Beginner BMX Coaching Course is an entry-level course aimed at people who want to coach a novice or Sprocket level BMX rider. The course aims to teach the Beginner Coach the basics of BMX coaching, including: the role of the coach, planning and reviewing a session and managing risk. Knowledge and implementation on how to break down and coach the basic bike handling skills (from flat land progressing to the BMX track), correct fitting of helmets, and optimising bike fit and set up using existing equipment will be gained from this course. The focus of coaches at this level will be vital in supporting the growth in new riders participating in BMX.

Pre-requisites

Candidates are required to:

- be at least 16 years of age
- have a current and recognised First Aid Certificate
- be a financial member of BMX Australia
- have a valid background check relevant to your state/ territory.

The Aims of the Beginner BMX Coaching Course

The coaching course aims to provide coaches with an introduction to the coaching of basic BMX skills, and the planning, implementation, analysis and revision of Beginner BMX coaching sessions. This is achieved through the understanding and application of the underpinning knowledge of the NCAS Accreditation Program in relation to BMX.

Coaching Course Objectives

At the successful completion of the Beginner BMX Coaching Course, the coach will be able to:

- demonstrate an underpinning knowledge of BMX

- utilise a range of communication, teaching and behaviour management strategies to aid riders in learning basic skills
- inspect and identify the functional 'track worthiness' of a BMX bike
- optimise bike and helmet fit
- plan, evaluate and conduct coaching sessions for beginner level BMX riders
- assess and manage the risks of coaching and provide a safe environment for BMX skill development
- safely conduct a skill development session, ensuring fun and maximum participation through games and activities
- develop strategies to work effectively with



parents and other stakeholders

Module Outlines

The coaching course is composed of six mandatory modules:

Modules

1. **Introduction:** an introduction to the coaching course, its demands and resources and the remit of the Beginner BMX Coach.
2. **Role of the Beginner BMX Coach:** an outline of the roles and ethical responsibilities of the Beginner BMX Coach and Sport Liaison,

explaining what is expected of a coach at this level.

3. **The Beginner BMX Coach in Action:** how coaching techniques such as group organisation and management, demonstrations and feedback can be utilised within the BMX environment.
4. **Developing Beginner BMX Skills (Theory):** identify the ideal model of performance for basic BMX skills, learn to break down each skill into smaller segments in a progressive sequence and use this to coach, give feedback and improve rider's skills.
5. **Planning & Reviewing Beginner BMX Coaching Sessions:** includes how to link and progress Beginner BMX coaching sessions, and the importance of planning, goal-setting and evaluating to provide feedback.
6. **Practical Coaching and Assessment:** a practical module, including conducting a risk assessment of a BMX track, setting a general BMX riding position and helmet fit, observing the course presenter conducting a basic coaching session followed by practicing and conducting a small group coaching session.



Assessment

Assessment of the coach will be conducted on the course. The following tasks must be completed successfully in order to gain NCAS Beginner BMX Coach Accreditation.

- Helmet check
- Equipment check and bike set-up
- Risk assessment of BMX track
- Planning, delivering and evaluating a mini-coaching session for Beginner BMX riders

The Coaching Course

The Beginner BMX coaching course is an interactive and practical course that introduces you to the basics of coaching, beginner BMX techniques and equipment.

You will be required to take part in practical activities during the coaching course, therefore you are asked to dress in clothing suitable for BMX activities and the weather and wear appropriate footwear (the practical activities will be conducted on and off the bike).

You will require a full face helmet and a BMX bike (which is in good working order and safe for participation in the sessions).

The coaching course is one day of face-to-face training that includes discussion, presentations and workshop activities. You will receive all of the required resources and documents during the course. You will receive feedback on your progress throughout the course and on successful completion of the day; you will leave the course as an NCAS Beginner BMX Coach.

Please contact your BMX State/Territory Organisation for upcoming course information and coaching course coordinator details.

Visit the BMX Australia website at www.bmxaustralia.com.au for your State/Territory contact information.