**COACHING IN RUNNING FITNESS**
**OBSERVED PRACTICAL ASSESSMENT**

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<tr>
<th>Name:</th>
<th>Date:</th>
<th>Venue:</th>
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<tbody>
<tr>
<td>Competence/criteria</td>
<td>Pass</td>
<td>Observations</td>
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**Section 1 – Session Plan**
- Clear session / outcome goals for both athletes and coach?
- Outcome was appropriate for athletes at the stage of development stated?

**Section 2 – Health & Safety**
- Coach checked and set up the environment and equipment so as to prevent injury to all parties
- Coach checked athletes attire and checked for injury, illness and medical conditions.
- Coach rechecked H&S throughout the session
- Coach modified session based on changing environmental needs

**Section 3 – Session Delivery**
- Was the aim of the session shared with the athletes?
- Warm up – did it apply principles of RAMP and was it appropriate to both the stage of development of the athletes and the session that followed?
- Instruction/Explanation and Demonstration – were these clear and accurate?
- Was involvement of the athletes maximised?
- Were the observations and analyses linked to the technical model and accurate?
- Feedback – was it interactive, simple and positive?
- Developing skill – was it progressive, technically correct and evolved so that the activity provided variety and challenge?
- Did the coach show equity and cater for all abilities?

**Section 4 – Session Conclusion**
- Cool down – gradually reduces intensity
- Session concluded to reinforce learning

**Section 5 - Coaching approach & Review**
- Coach demonstrated an athlete-centred approach
- Set and maintained high standards
- Reflected on the session and identified areas of development for athletes
- Reflected on the session and identified areas of development for self
**Notes from Review**

**DECISION:**
- PASS (met all competencies)
- REFER (does not meet all competencies)

**Knowledge Test:**
- Passed
- Not Passed

**ACTION PLAN**
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**Additional Assessment Process Comments:**

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<th>Print Assessor Name</th>
<th>Assessor Signature</th>
<th>Date</th>
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### Planning Discussion:

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<th>Competence/criteria</th>
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<th>Observations / Evidence</th>
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<tbody>
<tr>
<td><strong>Criteria 1 - Goals</strong></td>
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<td>Athlete goals relate to profiled areas for development</td>
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<td>8 week plan focuses on the goals set?</td>
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#### Section 2 – Planning for development

- Integrated training evident within the plan (run, jump, throw, Fundamental Movements, fitness)
- Skill development and progression planned for throughout (SI, SD, SR) (Q)
- Training principles considered within the planning (Q)
- The plan is appropriate to the stage of development of the athletes

#### Section 3 – Mesocycle review

- Were the mesocycle goals reviewed during and at the end of the 8 week period?
- How was this monitored/measured? (Q) *(Knowledge of monitoring)*
- What are the next steps in planning for the athlete / group of athletes? (Q) *(Knowledge of Skill development and progression)*

#### Section 4 – Medium term planning (MT)

- Understanding of medium term planning (Q)
- Understanding of the ADP in relation to MT planning

#### Section 5 – Coach planning reflections

- Reflected on the mesocycle plan and identified areas of development for athletes
- Reflected on the mesocycle plan and identified areas of development for self

### Action Plan:

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**Print Assessor Name:**

**PASS / REFER**

**Assessor signature and date:**