



Masters Club Coach Course Practical Assessment Task

Assessment Tool

Updated Feb 2021

Assessment Task	Masters Club Coach Course Practical Assessment
Trainee Coach Name:	
Assessor Name:	
Assessor Qualifications:	
Branch / Club:	
Venue:	
Assessment Date:	
Background	<ul style="list-style-type: none"> This assessment task forms part of the requirements of the Masters Swimming Australia Club Coach Accreditation Program and must be assessed by the Branch Coach Assessor or the trainee's Head Coach/Coach Mentor. This Assessment Tool is to be used as evidence of the competencies that the trainee must demonstrate in order to pass. The trainee must be rated as competent on all aspects of the Assessment Tool.
Purpose of Assessment	To assess a trainee coaches' competence to plan, conduct, modify and evaluate a training program for adult swimmers, regardless of age or ability.
Scope of Assessment	<ul style="list-style-type: none"> Assessment is to be based on the trainee's ability to modify and adapt the session plan, assess swimmers' basic abilities and communicate clearly to make the session flow. Trainee is not to be assessed on their technical skills in stroke correction. This assessment task can be completed during a standard club training session or a special session provided there are more than four (4) adults swimmers in the squad. There is no formal grade except "Competent" / "Not Yet Competent". Candidates may re-take the practical assessment task as many times as necessary to achieve competency within the timeframe set by the Branch Coach Educator.
Units of Competency Assessed	<ul style="list-style-type: none"> Communicate effectively Prepare and conduct session plan Assess each swimmer's ability Modify to include all swimmers Adjust to suit environment Work effectively with others on pool deck

	<ul style="list-style-type: none"> • Respond to feedback • Self-reflect on session outcomes
Assessment Strategy	<ul style="list-style-type: none"> • Observation of trainee on pool deck • Response to questions by Head/Mentor coach • Reflection of own performance
Description of Task	<p>Conduct a 30-60 min session plan with a minimum of 4 adult swimmers of varying abilities.</p> <p>Demonstrate coaching communication and squad management skills.</p> <p>Communicate the session plan and outcomes with the group in an effective manner.</p> <p>Assess swimmers' physical condition/capabilities prior to commencing the session.</p> <p>Modify plan to suit the varying capabilities of the swimmers in the group.</p> <p>Adjust session plan to suit the time, lane space and equipment available.</p> <p>Incorporate one or more drills that will help swimmers with their goals.</p> <p>Ensure an appropriate and safe workout session.</p> <p>Analyze stroke faults of swimmers according to trainee's current level of competency.</p> <p>Provide relevant feedback to the swimmers.</p> <p>Provide an enjoyable, respectful and inclusive session for all involved.</p>
Assessor's Observations:	

Questions to be answered by Trainee	
Q1:	What it is that your swimmers want to improve?
Response:	
Q2:	Are there any medical/health problems?
Response:	
Q3:	What is their current training experience/ability?
Response:	
Q4:	What did you find worked well in your session?
Response:	
Q5:	What did you find a challenge?
Response:	
Q6:	What feedback did you get from your swimmers or observers?
Response:	
Q7:	What will you change for the next session?
Response:	
Assessors Use Only: Competent <input type="checkbox"/> Not-Yet Competent <input type="checkbox"/> Date:	
Comments:	
Assessors Signature:	