

LEVEL 2 COMMUNITY ACTIVATOR COACH

Planning, leading and coaching physical activities for people of all ages in the community.



Why STS?

- Operating nationally, our experienced team offers high quality training ensuring an apprentice attains the specific knowledge, skills & behaviours required to succeed in the role.
- Our apprenticeships are tailor-made, and we really mean it. Every aspect of delivery is unique, we cater specifically to the agile needs of each organisation to ensure objectives are met.
- We take the time to get to know business needs so that we can incorporate individual culture, vision and values into activities to ensure each apprenticeship fits in seamlessly.

Learning Modes Available

1-2-1 teaching and observations;

A training specialist will coach, teach, and support apprentices at the workplace on a one to one basis, visiting at regular and agreed intervals.

Face to face teaching as a group;

Block delivery throughout the year with other apprentices in the area. The teaching location will be at a central point to those on the apprenticeship in the area.

Tutorials;

Apprentices will be offered regular 1-2-1 tutorial time remotely with their specialist trainer.

E-learning;

We provide an e learning platform with work and activities for apprentices to complete.

Modules/Subjects Taught

- Planning Sessions
- Delivering Sessions
- The Principles of Coaching
- Engaging and Supporting Participants
- Barriers to Physical Activity
- Project Planning
- Inclusive Coaching
- Working Collaboratively with Partners
- Understanding Risk Assessments

Experiential Learning

All apprentices could attend a residential (overnight stay) at one of our North Devon locations, or at one of our partner training centres across the UK.

- This experience provides added value to your apprentice's learning and is an opportunity for them to build confidence while undertaking exciting and learning-focused activities.
- Residential activities are designed to address the learning needs of you apprentice, as a result real personal growth can be achieved.



Apprentice Entry Requirements

- GCSE grades of 1 or above in Maths and English
- Applicants must have a suitable employer

Progression Opportunities with STS

- Level 3 Team Leader
- Level 3 Outdoor Activity Instructor (need to agree if suitable)

Career Opportunities

- Sports Coach
- Community Engagement Officer
- Activity Leader

Professional Recognition

On successful completion of the Standard, all Apprentices will be automatically given CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) at Affiliate Member level.

Typical Duration; 12 Months

If you are a Levy paying employer there is no additional cost to fund apprenticeships. Non-Levy paying employers pay just 0-5% of the cost, depending on the organisation's size.

Occupation Duties

STS and employers work in partnership to ensure apprentices attain the knowledge, skills, and behaviours required to effectively carry out their role.

Knowledge Includes:

- Understand the benefits of physical activity and sport for individuals, families and communities, and know why adopting an active and healthy lifestyle is important.
- Understand the basic principles of behavioural change when applied to sport and physical activity, and know how to keep customers active.
- Know the importance of credible customer insight - listening to customers and understanding their motivations - to shape provision and leadership style.
- Know the importance of effective leadership and coaching in the delivery of a physical activity or sports sessions.
- Know the value of using informal spaces and 'out of locality' settings to encourage customers to develop the lifelong activity habit.
- Understand the role of the coach in developing effective motivational relationships, how to build rapport with customers and understand what good role models look like.
- Understand the tasks involved in delivering community level activation events and support their delivery, particularly in terms of providing equipment and activities.
- Know how to support customer welfare and where required, manage disruptive behaviours by individuals within the group setting.

Skills Include:

- Planning and adapting sessions and activities that respond to customer feedback and encourage customers to develop a lifelong activity habit.
- Coaching or leading pre-planned sport or physical activity sessions that are attractive to the target audience(s) and develop motivational relationships with customers.
- Promoting a physical activity offer, (including but not exclusively) organised play and sport in the community which supports individuals on their behaviour change journey.
- Working collaboratively with sports clubs and other community assets – including volunteers, public services, youth workers, the police and community champions.
- Supporting customers to co-produce rewarding volunteering opportunities.
- Supporting families to participate together in sport and physical activity.
- Working effectively with customer insight to overcome individual, community and societal barriers to participation in physical activity and sport.
- Contributing to the employer's design of activities and services and practising the employer's organisation's values, policies and procedures.

Behaviours:

- Honesty, sincerity and integrity by doing the right thing at the right time.
- A positive attitude to work, be approachable and model an active lifestyle.
- A concern for customer's welfare and wellbeing.
- Show a willingness to 'go the extra mile'.
- Enthusiasm to work as a member of a team and also to use his or her own initiative when leading or planning activities.
- Adaptable and confident in one's own ability.
- Building meaningful and appropriate relationships.

