

## E-LEARNING

# Online Course for Coaches Level 1

### Background

World Archery have set up a dedicated learning platform that enables the initial training of coaches through an online course.

The course is designed to introduce coaches to the theory behind the level 1 coaching qualification, which is then be supplemented by attendance at a practical course intended to put the initial learning into practice.

It might be of interest to those as well who do not plan to attend the practical course but are interested of the theoretical knowledge offered through online course.

### Course Contents

The course has a total of eight (8) modules, covering the following subjects:

Module	Units
1. Coaching	<ul style="list-style-type: none"> <li>a) Structure and operation of coaching education</li> <li>b) What is coaching? Main coaching concept</li> <li>c) Code of ethics – principles within which coaches should operate</li> <li>d) Olympic Solidarity – programmes and funding opportunities</li> </ul>
2. Teaching and training	<ul style="list-style-type: none"> <li>a) Standard Teaching Process (STP) – a systematic process to train beginners</li> <li>b) How to build an archery session</li> <li>c) Beginner awards</li> <li>d) Safety</li> </ul>
3. Equipment	<ul style="list-style-type: none"> <li>a) A single unit module covering the selection, function, set-up and care of equipment necessary for a level 1 programme</li> </ul>
4. Shooting technique – World Archery concept	<ul style="list-style-type: none"> <li>a) What is archery? – Describes the sport and the archers tasks so that the skills require training can be identified</li> <li>b) Shooting process – Identifies and regroups all the technical developments in a shooting sequence</li> </ul>
5. Shooting technique - preparation	<ul style="list-style-type: none"> <li>a) Feet position</li> <li>b) Arrow loading</li> <li>c) String grip</li> <li>d) Bow hand setting</li> <li>e) Body pre-position</li> <li>f) Bow raising</li> <li>g) Pre-draw</li> </ul>
6. Shooting technique – force production	<ul style="list-style-type: none"> <li>a) Draw</li> <li>b) Anchor</li> <li>c) Full draw form</li> <li>d) Expansion</li> <li>e) Aiming</li> </ul>

7. Shooting technique – follow through	<ul style="list-style-type: none"> <li>a) Release</li> <li>b) Bow hand and arm follow through</li> <li>c) Mental, visual and respiratory follow through</li> </ul>
8. Non-technical activities	<ul style="list-style-type: none"> <li>a) Warm up</li> <li>b) Physical development for beginners</li> <li>c) Respiratory, mental and visual activities</li> </ul>

#### Who can have access to the course?

1. Any coach who wishes to take the World Archery Coaching Level 1 course.
  - a. The online course is a pre-requisite to attendance at a level 1 practical course.
  - b. Attendance at a level 1 practical course must take place within two years of completion of the online course (*extension is given to those who planned to take the practical course in 2020-2021*).
2. Any coach endorsed by their national federation who wishes to take only the online course without the intention of passing the practical course.
  - a. These coaches will not receive official qualification, only online course certificate.

#### How is access arranged?

In order to arrange access, the Member Association needs to request access codes. Link to request for codes is available in Extranet. The codes will be provided to federation by email within two (2) weeks. No codes will be provided to individuals contacting World Archery office directly.

#### What is the charge?

There is a charge for each access, depending on the number of access codes requested:  
 1-19 codes: 15 CHF/each      20-99 codes: 12 CHF/each      100+ codes: 10 CHF/each  
 Each Member Association will be charged at the end of the year, unless requested differently.

#### What will happen after access code is provided?

Each code can be used by one person and is valid for one year since it's issue. The Member Association is responsible for managing the codes that were provided to them.

The participant will need to go to <https://education.worldarchery.org> and will need to provide personal details with the first log-in. The code is needed to enrol to course.

#### Does passing online course give participants a certification?

Yes, a certificate of passing the online course is provided upon passing the final online exam. However, participants does not gain a coaching qualification with passing only the online course. This is the first part towards gaining the World Archery level 1 coaching qualification. The second part of the qualification is through the attendance at a World Archery level 1 practical course.

#### Who do I contact for more information?

Cecilia Viscarra at World Archery– [cviscarra@archery.sport](mailto:cviscarra@archery.sport)  
 Individuals should first contact their national archery federation to gain access to online course. The education calendar for practical courses is published on World Archery webpage and updates notified in monthly newsletter.