

SISSCO005 Continuously improve coaching skills and knowledge

Practical Assessment

Task 1:

Choose a sport and submit a diary/report, outline where you've practiced community coaching in the chosen sport for over 10 hours Provide detailed examples of where you when you experienced the following:

- Meeting professional standards
- Used coaching approaches for inclusivity in participation
- Implemented the use of technology during coaching
- Evaluated your own coaching practice & techniques for improvement in at least two areas.