

## Sport Wales Coaching CPD

Course Title	Course Info	Platform	Provider	Link
<b>Building Foundations for Sport</b>	The Building Foundations for Sport courses aims to support coaches and those working in a community setting to understand how fundamental movement skills underpin physical activity and support a child's physical literacy journey and how to observe and analyse the developmental stages of children's motor skills, to make informed judgements about the appropriate equipment and tasks needed to support a child's physical development	Blended Learning – E-Module and Face-to-Face	University of Wales Trinity St Davids	<a href="#">Building a Foundation for Sport   UWTSO</a>
<b>SKIP Cymru</b>	Accredited training tailored for all practitioners working with children and families Develops an in-depth understanding of high-quality movement Empowers practitioners to analyse movement and create environments that support children's physical development in a play-based, inclusive approach The training is a blended approach of engaging online learning & face to face workshops.	Blended Learning	University of Wales Trinity St Davids	<a href="#">Level 3 SKIP-Cymru   UWTSO</a>
<b>Active Baby and You</b>	The Active Baby and You training programme aims to provide those working in the sector the skills and knowledge to enable them to cascade activities and health and well-being messages to the children in their care. This training examines, in depth, the physical development and physical literacy	Blended Learning	Early Years Wales	<a href="#">Active Baby and You   Early Years Wales</a>

	of babies and young children in the first 1,000 days			
<b>An Introduction to Supporting Coaches</b>	This two-part online classroom has been developed for anyone who wants to support coaches, at any levels of coaching, in any environment. You will be provided with the skills and training needed, via on-course support and accompanying resources, to enable you to better support coaches	Online	UK Coaching	<a href="#">WORKSHOP - UK Coaching</a>
<b>Coaching Children</b>	Our newly-evolved online classroom incorporates the latest research on essential topics that are intrinsic in the coaching of children between the ages of 5 and 12.	Online	UK Coaching	<a href="#">WORKSHOP - UK Coaching</a>
<b>Safeguarding and Protecting Children</b>	This newly updated Online Classroom will raise your awareness of the tell-tale signs of abuse, and give you the tools and confidence you need to deal with any issues sensitively, appropriately, and effectively should the need ever arise in your coaching career.	Online Face-to-Face	Sport Wales and UK Coaching	<a href="#">Safeguarding and Protecting Children Workshops   Sport Wales</a>
<b>Safeguarding and Protecting Children (16-18yr olds)</b>	This newly updated Online Classroom will raise your awareness of the tell-tale signs of abuse, and give you the tools and confidence you need to deal with any issues sensitively, appropriately, and effectively should the need ever arise in your coaching career.	Online Face-to-Face	Sport Wales and UK Coaching	<a href="#">Safeguarding and Protecting Children Workshops   Sport Wales</a>
<b>Equality in Sport and Physical Activity</b>	This interactive online classroom will help you to connect, challenge (yourself and others) and hopefully help you change some of your practice to be more equitable in your coaching – reflecting on your	Online	UK Coaching	<a href="#">WORKSHOP - UK Coaching</a>

	current practice, as well as implementing immediate and long-term changes to reduce inequalities in sport and physical activity.			
<b>An introduction to unconscious bias for sport and physical activity</b>	This online session aims to raise awareness that we all have biases. It is part of being human and was an important element in protecting us back in the cave days. Today, however, as we have evolved, we should be able to recognise our biases, and therefore change our response to them. By doing this we will become more tolerant of, and welcoming to difference.	Online	UK Coaching	<a href="#">WORKSHOP - UK Coaching</a>
<b>Disability Inclusion Training Levels 1, 2 and 3</b>	Provides information on inclusive practice and an understanding of the theory behind it. This course is aimed at coaches and beyond who are looking to make sport and physical activity sessions more inclusive. It covers an in-depth exploration of the influence of perceptions and experiences, legislation, and classifications.	Level 1 – E-Module Level 2 – Online Classroom Level 3 – Face-to-Face practical	Disability Sport Wales	<a href="#">UK Disability Inclusion Training (disabilitysportwales.com)</a>
<b>Get into Coaching: Assistant Coach in Sport and Physical Activity</b>	This course will help those supporting and assisting coaching in sport, exercise, health or leisure be confident in their ability to help run sport and physical activity sessions.	E-Module	UK Coaching	<a href="#">Get into Coaching: Assistant Coach in Sport &amp; Physical Activity - UK Coaching</a>
<b>How to Coach: Plan, Do, Review</b>	The 'How to Coach: Plan, Do, Review' eLearning module helps you understand the principles behind well organised coaching sessions.	E-Module	UK Coaching	<a href="#">Coaching Courses - UK Coaching</a>
<b>Developing the role of the coach</b>	3 Hours Long	Face-to-Face	UK Coaching	<a href="#">WORKSHOP - UK Coaching</a>

<b>Coaching Children 5 – 12: The next generation</b>	Our newly-evolved workshop incorporates the latest research on essential topics that are intrinsic in the coaching of children between the ages of 5 and 12.	Face-to-Face	UK Coaching	<a href="#">Coaching Children 5-12: The Next Generation - UK Coaching</a>
<b>How to coach the fundamentals of movement</b>	For coaches who work with all ages and abilities – helping nurture physically confident children and adults	Face-to-Face	UK Coaching (Sport Wales don't provide this course so it would have to be booked through UK Coaching)	<a href="#">How to Coach the Fundamentals of Movement - UK Coaching</a>
<b>Coaching the Person in Front of You</b>	Discover how to be truly person-centred, putting participants' feelings, thoughts, ambitions and motivations at the heart of everything you do	Face-to-Face	UK Coaching (Sport Wales don't provide this course so it would have to be booked through UK Coaching)	Coaching the Person in Front of You - UK Coaching
<b>Keeping Your Child Safe in Sport</b>	Online resources aimed at parents and coaches to ensure children are kept safe within a sporting environment	Online Resources	NSPCC	<a href="#">Keeping Your Child Safe in Sport   NSPCC</a>
<b>I Coach Kids</b>	Online information and resources aimed at coaches and volunteers focusing on coaching children	Online Resources	I Coach Kids	<a href="#">iCoachKids - Login (3.225.16)</a>
<b>Equality and Diversity in Sport</b>	We want this course to help people understand the challenges faced on a daily basis by many coaches, athletes and sports personnel, from different backgrounds, and also how these can be overcome	E-Module	E-Coach Accelerate Sport	<a href="#">Equality and Diversity in Sport   eLearning Course (accelerate.sport)</a>
<b>Engaging Teenage Girls in Sport</b>	During this online course you will explore the current state of play for teenage girls in sport and exercise; from their participation and attitudes towards it, to the complex barriers that get in the way	E-Module	E-Coach Accelerate Sport	<a href="#">Engaging Teenage Girls in Sport   eLearning Course (accelerate.sport)</a>
<b>Engaging with Diverse Communities</b>	During this course you will have the opportunity to consider the diversity of the community within and surrounding your organisation	E-Module	E-Coach Accelerate Sport	<a href="#">Engaging with Diverse Communities   Sport eLearning Course (accelerate.sport)</a>

<b>Tackling Racism in your Sport</b>	The aim of this racism course is to empower individuals and organisations to become proactively Anti-Racist, with the knowledge and understanding to safely challenge racist behaviours wherever they occur.	E-Module	E-Coach Accelerate Sport	<a href="#">Tackling Racism in your Sport Course - Accelerate Sport</a>
<b>LGBTQ+ Inclusion in your Sport</b>	During this course you'll understand the steps you can take to start to make your club/sport a more welcoming and inclusive environment for members of the LGBTQ+ Community.	E-Module	E-Coach Accelerate Sport	<a href="#">LGBTQ+ Inclusion in your Sport   Take the eLearning Course (accelerate.sport)</a>
<b>Understanding Mental Health in Young Players</b>	This programme provides an easily-accessible guide to what mental health is and means and how it goes wrong, the particular vulnerabilities of younger people at various stages of development, and the benefits (and sometimes pitfalls) for mental health offered by a sports and coaching environment.	E-Module	E-Coach Accelerate Sport	<a href="#">Mental Health in Young Players   Take the eLearning Course (accelerate.sport)</a>
<b>Dealing with Anxiety in Young Players</b>	This course will focus on exploring anxiety in young players.  As part of the course, learners will develop an understanding of the ways in which we can promote positive mental health and reduce the risk of developing anxiety disorders through implementing preventative measures.	E-Module	E-Coach Accelerate Sport	<a href="#">Dealing with Anxiety in Young Players   eLearning Course (accelerate.sport)</a>
<b>Tackling Eating Disorders in Sport</b>	Eating disorders are becoming more and more of an issues across the sports industry. The course will enable you to spot the symptoms of a range eating disorders, understand the barriers to getting help and	E-Module	E-Coach Accelerate Sport	<a href="#">Tackling Eating Disorders in Sport   eLearning Course (accelerate.sport)</a>

	gain practical information about what you can do to help your workforce			
<b>Building Resilience in Young Players</b>	Authored by two former clinical psychologists, this course will look at the practical steps coaches can take to build resilience in their younger players, in a safe and empathetic way	E-Module	E-Coach Accelerate Sport	<a href="#">Building Resilience in Young Players (accelerate.sport)</a>
<b>Nutrition for Performance</b>	Created in partnership with Dr Richard Allison, you'll take a deep dive into nutrition to improve performance in sport	E-Module	E-Coach Accelerate Sport	<a href="#">Nutrition for Performance - Accelerate Sport</a>
<b>Mental Health and Wellbeing in Sport Level 1</b>	Learn all the definitions around mental health, the symptoms stigmas and how your sport / club can take steps to help your workforce	E-Module	E-Coach Accelerate Sport	<a href="#">Mental Health and Well-Being in Sport   eLearning Course (accelerate.sport)</a>

## Sport Wales Volunteers and Committees

Course Title	Course Info	Platform	Provider	Link
<b>Management and Support for Volunteering</b>	This session will be covering:  Tools for recruiting and managing volunteers  Looking after your volunteers  Managing volunteers – Top tips	E-Module	Third Sector Support Wales (Please register to access all courses)	<a href="#">Management and Support for Volunteering - Third Sector Support Wales</a>
<b>Recognising Volunteers and Measuring Impact</b>	This session will be covering:  Valuing your volunteers and giving recognition	E-Module	Third Sector Support Wales (Please register to access all courses)	<a href="#">Recognising Volunteers and Measuring Impact - Third Sector Support Wales</a>

	<p>What is impact?</p> <p>Measuring impact</p>			
<b>Understanding Volunteering</b>	<p>This session will cover:</p> <p>The What, Why, Who, When, and Where of volunteering</p> <p>Different types of volunteering</p> <p>Getting ready for volunteers</p>	E-Module	Third Sector Support Wales (Please register to access all courses)	<a href="#">Understanding Volunteering - Third Sector Support Wales</a>
<b>Safeguarding Responsibilities for Trustees</b>	To provide an introduction to the role of trustees in safeguarding and the responsibilities placed upon them by various regulators and legislation	E-Module	Third Sector Support Wales (Please register to access all courses)	<a href="#">Safeguarding Responsibilities for Trustees - An Introduction - Third Sector Support Wales</a>
<b>Introduction to Safeguarding in the Voluntary Sector</b>	This course aims to provide an introduction to safeguarding that will increase participants' knowledge and understanding of their safeguarding responsibilities and where to find further information.	E-Module	Third Sector Support Wales (Please register to access all courses)	<a href="#">Introduction to Safeguarding in the Voluntary Sector (Wales) - Third Sector Support Wales</a>
<b>The role of the safeguarding officer</b>	This course aims to give a briefing to safeguarding officers (safeguarding leads or trustees, champions, designated person etc.) or those people appointing or managing safeguarding officers on what the role may entail, the responsibilities and legal compliance	E-Module	Third Sector Support Wales (Please register to access all courses)	<a href="#">The Role of the Safeguarding Officer - Third Sector Support Wales</a>
<b>Developing a Fundraising Strategy</b>	This course aims to provide an overview of what you need to think about and action to devise a fundraising strategy to raise money for your voluntary organisation. It is designed for staff or trustees of voluntary organisations who are new to fundraising,	E-Module	Third Sector Support Wales (Please register to access all courses)	<a href="#">Developing a fundraising strategy - Third Sector Support Wales</a>

	want to gain more fundraising insight or haven't developed a full fundraising strategy before.			
<b>Financial Guidance and Oversight for Trustees</b>	To introduce trustees to their role and responsibilities in carrying out the financial governance of a charity.	E-Module	Third Sector Support Wales (Please register to access all courses)	<a href="#">Financial Guidance and Oversight for Trustees - Third Sector Support Wales</a>
<b>Recruiting, Selecting and Managing Volunteers</b>	Identify existing and new volunteering roles for volunteers  Identify where to recruit volunteers  Establish an effective selection procedure  Establish a simple guide for managing volunteers	Online Classroom (£20 per candidate)	Glamorgan Voluntary Services	<a href="#">GVS TRAINING - Recruiting, Selecting and Managing Volunteers — GVS</a>
<b>Setting up a Committee</b>		Online Resources	Sport Wales	<a href="#">Setting up a Committee   Sport Wales</a>
<b>Club Committees</b>		Online Resources	Sport Wales	<a href="#">Club Committees   Sport Wales</a>
<b>Developing your Committee</b>		Online Resources	Sport Wales	<a href="#">Developing Your Committee   Sport Wales</a>
<b>How a Committee Works</b>		Online Resources	Sport Wales	<a href="#">How A Committee Works   Sport Wales</a>
<b>Clubs Committees and Meetings</b>		Online Resources	Sport Wales	<a href="#">Club Committees and Meetings   Sport Wales</a>
<b>Club Meetings</b>		Online Resources	Sport Wales	<a href="#">Club Meetings   Sport Wales</a>
<b>Keeping Your Child Safe in Sport</b>	Online resources aimed at parents and coaches to ensure children are kept safe within a sporting environment	Online Resources	NSPCC	<a href="#">Keeping Your Child Safe in Sport   NSPCC</a>
<b>Accelerating Good Governance in Sport</b>	Created in collaboration with Sport and Recreation Alliance. This course will help	E-Module	E-Coach Accelerate Sport	<a href="#">Accelerating Good Governance Course - Accelerate Sport</a>



	you understand the steps you can take to improve the governance structure within your club/sport.			
<b>Accelerating Volunteering in your Sport Level 1</b>	Learn how to better recruit your volunteers, support them through training and keep them. Find out about the benefits of micro volunteering and how to create volunteer strategies.	E-Module	E-Coach Accelerate Sport	<a href="#">Accelerate Volunteering – Level 1 - Accelerate Sport</a>
<b>Accelerating Volunteering in your Sport Level 2</b>	Learn how to better recruit your volunteers, support them through training and keep them. Find out about the benefits of micro volunteering and how to create volunteer strategies.	E-Module	E-Coach Accelerate Sport	<a href="#">Accelerate Volunteering – Level 2 - Accelerate Sport</a>
<b>Communicating with the Media in Sport</b>	By offering insight into the fast-changing professional media landscape, the course will help you understand how to communicate effectively with the media to promote your club/sport	E-Module	E-Coach Accelerate Sport	<a href="#">Communicating with the Media in Sport - Accelerate Sport</a>