



Wrestling Australia Inc

Level 1

Coaching Course

A National Initiative of Wrestling Australia Inc.

Endorsed by the Australian Sports Commission.

TABLE OF CONTENT

SECTION	PAGE
1. GENERAL INFORMATION AND ADMINISTRATION	4
1.1 Details of National Sporting Organisation	4
1.2 Name of Accreditation Course	4
1.3 Structure for Level 1 Wrestling Coaching Course	4
1.4 Entry pre-requisites	4
1.5 Requirements for gaining accreditation as a Level 1 Wrestling Course	5
1.6 Coach's Code of Behaviour	5
1.7 Updating Policy	5
1.8 Fees	7
2. QUALITY ASSURANCE	8
2.1 Complaints Handling Procedure	8
2.2 Presenter, Assessor and Mentor Qualifications and Training	8
2.3 Design and Review Responsibility	9
2.4 Accreditation Program Evaluation and Review Process	9
3. PROGRAM DELIVERY	10
3.1 Recognition of Prior Learning/Current Competence	10
3.2 Flexible Delivery	11
4. PROGRAM DESCRIPTION	12
4.1 Structure for Level 1 Wrestling Coaching Course	12
4.1.1 Beginning Coaching General Principles Course	12
4.1.2 Wrestling Skills Course	12
4.1.3 Coaching Practice	12
4.2 Competency Statements	12

4.3 Overview of Wrestling Skills Course	14
4.3.1 Module 1: Introduction to the Sport of Wrestling	15
4.3.2 Module 2: Fundamental Rules within the Sport of Wrestling	17
4.3.3 Module 3: Standing Wrestling	19
4.3.4 Module 4: Ground Wrestling	21
4.3.5 Module 5: Wrestling Sport Specific Skills and Physical Conditioning	23
4.3.6 Module 6: Risk Management	25
4.3.7 Module 7: The Training Plan	26
4.3.8 Module 8: The Training Session	27
	29
4.4 Overview of Coaching Practice	
	30
4.5 Assessment	
APPENDICES	
Appendix 1: Coach’s Code of Behaviour	31
Appendix 2A: Coaching Practice: Wrestling Coaching Log	33
Appendix 2B: Updating Activity: Wrestling Coaching Log	34
Appendix 3: Coaching Education and Self Education Log	35
Appendix 4: Complaint Form	36
Appendix 5: Request for Review Form	37
Appendix 6: Course Evaluation Form	38
Appendix 7A: Application Form: Recognition of Prior Learning/Current Competence	40
Appendix 7B: Assessor Report: Recognition of Prior Learning/Current Competence	44
Appendix 7C: Appeal: Recognition of Prior Learning/Current Competence	50
Appendix 8: Wrestling Skills Course: Assessment 1	51
Appendix 9: Wrestling Skills Course: Assessment 2	53
Appendix 10: Coaching Practice: Assessment 1	56

SECTION 1

GENERAL INFORMATION AND ADMINISTRATION

1.1 Details of National Sporting Organisation

Name: Wrestling Australia Inc.

Postal Address: PO Box 833, Wahroonga, NSW 2076

Email: admin@wrestling.com.au

ABN: 50 711 416 640

1.2 Name of Accreditation Course

This course is known as the **Level 1 Wrestling Coaching Course**. The accreditation awarded to an applicant who meets the requirements of this course is known as **Level 1 Wrestling Coach**.

1.3 Structure for Level 1 Wrestling Coaching Course

The Level 1 Wrestling Coaching Course comprises of the following three components:

1.3.1 Beginning Coaching General Principles Course

The Beginning Coaching General Principles Course is completed online directly through the Australian Sports Commission. The online link for this course is:

<http://www.ausport.gov.au/participating/coaches/education/onlinecoach>

1.3.2 Wrestling Skills Course

This comprises 10 hours of classroom based and practical wrestling training as set out in the overview in 4.3 below.

1.3.3 Coaching Practice

This comprises 10 hours of Wrestling Coaching under the supervision of an approved Mentor.

1.4 Entry pre-requisites

As this course is designed for beginner coaches, there are no pre-requisites. No practical experience is necessary.

1.5 Requirements for gaining accreditation as a Level 1 Wrestling Coach

Accreditation as a Level 1 Wrestling Coach can only be awarded once all the following requirements have been met:

- 1.5.1 The applicant is at least 18 years of age.
- 1.5.2 The applicant is a financial member of a Wrestling Club or an Educational Institution that offers Wrestling as a Sport and that Club or Educational Institution is a current financial member of their State Wrestling Association.
- 1.5.3 The applicant is a current financial member of their State Wrestling Association as well as of Wrestling Australia Inc.
- 1.5.4 The applicant has a current Apply First Aid or Senior First Aid Certificate.
- 1.5.5 The applicant has successfully completed the Beginning Coaching General Principles Course referred to in 1.3.1 above.
- 1.5.6 The applicant has successfully completed the Wrestling Skills Course referred to in 1.3.2 above.
- 1.5.7 The applicant has successfully completed the Coaching Practice referred to in 1.3.3 above (as confirmed on the Coaching Practice: Wrestling Coaching Log attached as Appendix 2 A).
- 1.5.8 The applicant has signed and submitted with their application for accreditation the Wrestling Australia Inc. Coaches Code of Behaviour (attached hereto as Appendix 1).
- 1.5.9 The applicant has submitted proof of having obtained current approval under the relevant "Working with Children" Legislation within that particular State.

1.6 Coach's Code of Behaviour

- 1.6.1 Wrestling Australia Inc. has adopted the Australian Sports Commission's model Coach's Code of Behaviour attached hereto as Appendix 1.
- 1.6.2 In accordance with 1.5.8 above one of the requirements for accreditation as a level 1 Wrestling Coach is that the applicant has signed this Code of Behaviour and submitted it with their application for accreditation.
- 1.6.3 Whenever Wrestling Australia Inc. revises the Coach's Code of Behaviour, all accredited Coaches will be required to sign the revised Coach's Code of Behaviour in order to retain their accreditation. Any Coach who does not sign such a revised Coach's Code of Behaviour will forthwith lose their accreditation as a Level 1 Wrestling Coach.

1.7 Updating Policy

- 1.7.1 Accreditation as a Level 1 Wrestling Coach is valid for a period of four years from the effective date of attainment stated on the Accreditation Certificate.
- 1.7.2 Accreditation as a Level 1 Wrestling Coach can be renewed at four year intervals, provided that, during those four year intervals, the Coach meets one of the following requirements:

1.7.2.1 Successfully repeats the entire Level 1 Wrestling Coaching Course; **OR**

1.7.2.2 Completes 50 hours of updating activities as set out in 1.7.3 below.

1.7.3 The updating activities are as follows:

1.7.3.1 At least 80% of the updating activities, i.e. 40 hours, must be by means of wrestling coaching.

1.7.3.2 The balance, if any, of the updating activities, i.e. up to 10 hours, can be through either coaching education or self education or any combination of coaching education and self education.

1.7.4 The scope of the updating activities are set out in the table below:

WRESTLING COACHING	COACHING EDUCATION	SELF EDUCATION
At least 40 hours.	Up to 10 hours.	Up to 10 hours.
For updating purposes, the coaching can occur on a regular basis (daily, weekly, monthly) or in specific situations such as training camps or clinics.	Hours claimed under Coaching Education can be in respect of any of the following activities: <ul style="list-style-type: none"> ➤ Mentoring another accredited wrestling coach. ➤ Supervising someone doing practical coaching hours to gain accreditation as a Level 1 Wrestling Coach. ➤ Lecturing/presenting at an approved coaching course. ➤ Publishing and/or presenting an article on coaching. 	Hours claimed under Self Education can be in respect of any of the following activities: <ul style="list-style-type: none"> ➤ Attending a wrestling coaching seminar. ➤ Attending a general coaching seminar. ➤ Completing a strength and conditioning course. ➤ Completing a wrestling officiating course. ➤ Completing a Sports Trainers course. ➤ Completing an updated first-aid course. ➤ Completing a Sports Massage course. ➤ Completing a sports related tertiary education course. ➤ Completing a leadership or communication course. ➤ Observing wrestling coaching sessions of a senior coach. ➤ Attend and observe international wrestling tournaments.

1.7.5 The updating activities must not all be undertaken during one year only and must be spread over at least the two years immediately preceding the end of the fourth year of the coach's current accreditation as a Level 1 Wrestling Coach.

- 1.7.6 In order for the updating activities to be recognised as such, it is a specific requirement that the entire 50 hours of updating activities must be undertaken while the applicant is a financial member of the relevant State Association and also a financial member of Wrestling Australia Inc. In addition, updating activities claimed under Wrestling Coaching will only be recognised as such if those activities were undertaken at a Wrestling Club or Education Institution that offers Wrestling as a Sport, at a time that the Wrestling Club or Educational Institution was a financial member of their State Wrestling Association.
- 1.7.7 Updating activities claimed under Wrestling Coaching must be completed on the Updating Activity: Wrestling Coaching Log attached as Appendix 2 B.
- 1.7.8 Updating activities claimed under Coaching Education and/or Self Education must be completed on the Coaching Education and Self Education Log attached as Appendix 3.
- 1.7.9 The Updating Activity: Wrestling Coaching Log as well as the Coaching Education and Self Education Log must be verified and signed-off by the relevant State Association prior to submission (and recommendation by the relevant State Association) to Wrestling Australia Inc.

1.8 Fees

- 1.8.1 Fees applicable to the various components of the Level 1 Wrestling Coaching Course, including application fees for Recognition of Prior Learning/Current Competence or any Appeals submitted, will be as determined from time to time by Wrestling Australia Inc.
- 1.8.2 Such fees will be determined in accordance with the appropriate Governance Processes and Procedures of Wrestling Australia Inc. and can be ascertained at any time from Wrestling Australia Inc.

SECTION 2

QUALITY ASSURANCE

2.1 Complaints Handling Procedure

- 2.1.1 Any candidate who wishes to lodge a complaint in relation to the presentation of the Level 1 Wrestling Coaching Course that they attended, must do so in writing to the President of the relevant State Association within 30 calendar days from the date on which they attended that course.
- 2.1.2 Any candidate who wishes to lodge a complaint in relation to the result of their assessment(s) in terms of the course that they attended, must do so in writing to the President of the relevant State Association within 30 calendar days from the date on which they received the result for that assessment.
- 2.1.3 Any complaint in terms of 2.1.1 or 2.1.2 above must be submitted using the Complaint Form attached as Appendix 4.
- 2.1.4 The relevant State Association must, following the rules of natural justice, consider the complaint received and notify the person who submitted the complaint of the outcome within 30 calendar days after the complaint had been received.
- 2.1.5 If the person who submitted the complaint is not satisfied with the decision by the relevant State Association, that person can submit a request to Wrestling Australia Inc. for a review of the decision of the relevant State Association. This request must be submitted in writing using the Request for Review Form attached as Appendix 5 within 30 calendar days after receiving the outcome of the complaint from the relevant State Association.
- 2.1.6 Wrestling Australia Inc. must, following the rules of natural justice, consider the Request for Review received and notify the person who submitted the complaint of the outcome within 30 calendar days after the request had been received.

2.2 Presenter, Assessor and Mentor Qualifications and Training

- 2.2.1 Presenters and Assessors of the Wrestling Skills Course must be accredited Level 1 or higher Wrestling Coaches with at least two years current experience in coaching wrestling and must be approved as Presenters and Assessors by the relevant State Association and by Wrestling Australia Inc.
- 2.2.2 Mentors for the Coaching Practice component of the Level 1 Wrestling Coaching Course must be accredited Level 1 or higher Wrestling Coaches with at least two years current experience in coaching wrestling and must be approved as Mentors by the relevant State Association and by Wrestling Australia Inc.
- 2.2.3 As a guide for the approval of someone by the relevant State Association and Wrestling Australia Inc. as a Presenter, Assessor or Mentor, it should be noted that such a person should:
 - 2.2.3.1 Have successfully completed a course such as Train-the-Trainer, Presenter or Presentation Skills, or similar; or

2.2.3.2 To present a specific topic under the Level 1 Wrestling Coaching Course, have undertaken wrestling training or be recognised as a specialist on that topic.

2.3 Design and Review Responsibility

2.3.1 The design and review of the Level 1 Wrestling Coaching Course remain the responsibility of Wrestling Australia Inc.

2.3.2 Wrestling Australia Inc. will from time to time task Committees, Sub-Committees, Working Groups or appropriately skilled and qualified individuals to design and/or review the Level 1 Wrestling Coaching Course and to put forward recommendations in this respect to Wrestling Australia Inc. for consideration.

2.4 Accreditation Program Evaluation and Review Processes

2.4.1 It is currently the intent of Wrestling Australia Inc. to follow the Accreditation Program Evaluation and Review Processes as recommended by the Australian Sports Commission with a view to gaining and/or maintaining the relevant Australian Sports Commission Accreditation.

2.4.2 To ensure continuous improvement, Wrestling Australia Inc. will within every 24 month period following accreditation of the Level 1 Wrestling Coaching Course with the Australian Sports Commission, undertake an evaluation and review of this course.

2.4.3 Wrestling Australia Inc. will task Committees, Sub-Committees, Working Groups or appropriately skilled and qualified individuals to undertake the evaluation and review of this course and to put forward recommendations to Wrestling Australia Inc. for consideration.

2.4.4 The above-mentioned evaluation and review process will be done in collaboration with the Australian Sports Commission.

2.4.5 Wrestling Australia Inc. should ensure that the Evaluation and Review Processes are completed in a timely manner to ensure that the Accreditation of the Level 1 Wrestling Coaching Course does not lapse.

2.4.6 Notwithstanding the above, each accredited course delivered during the Accreditation Period will be evaluated based on feedback obtained from the Course Presenters and from the Course Participants (using the Course Evaluation Form attached as Appendix 6). This feedback will be used to ensure that the delivery of the course remains inline with the Accreditation received from the Australian Sports Commission.

SECTION 3

PROGRAM DELIVERY

3.1 Recognition of Prior Learning/Current Competence

- 3.1.1 It is a specific condition of the accreditation provided by the Australian Sports Commission that no honorary accreditation will be provided to any individual as a Level 1 Wrestling Coach. Therefore, if a person is of the opinion that they have already acquired the competencies and meet all the other requirements of the Level 1 Wrestling Coaching Course, they should apply for recognition of such attainment by completing and submitting the Application for Recognition of Prior Learning/Current Competence Form attached as Appendix 7 A.
- 3.1.2 When submitting an Application for Recognition of Prior Learning/Current Competence, the applicant has to include evidence of the competencies which they claim to hold and other requirements which they claim to have met. Some examples of evidence that could be provided include the following:
- Copies of certificates or qualifications achieved from other courses or school or tertiary results.
 - Statements outlining courses that have been undertaken and the competencies and learning outcomes achieved from these.
 - Resume of experience.
 - Reports from people within the sport of wrestling.
 - Relevant work samples, e.g. training programs or videos of their coaching.
 - Evidence of self directed study which may include a list of recent readings, a synopsis of seminars attended, or reports of their own research/analysis that they have undertaken.
- 3.1.3 Wrestling Australia Inc. will task suitably qualified Assessors to assess all Applications for Recognition of Prior Learning/Current Competence.
- 3.1.4 The process for the submission and assessment of Applications for Recognition of Prior Learning/Current Competence is as follows:

Step 1: Application

The applicant submits the fully completed Application for Recognition of Prior Learning/Current Competence Form (see Appendix 7 A), including all supporting documentation/evidence and the relevant fee to their State Wrestling Association.

Step 2: Assessment

- (a) The Assessor will assess the application within 20 calendar days from the date on which the application was received by the State Association. In assessing the application, the Assessor must check whether the evidence provided by the applicant meet the following principles:
- Validity (is the evidence relevant?)
 - Sufficiency (is there enough evidence?)
 - Authenticity (is the evidence a true reflection of the candidate?)
 - Currency (is the evidence current?)

- (b) The State Association will consider the recommendations of the Assessor (set out on the Assessor Report: Appendix 7 B) within 10 calendar days from the date on which the assessment was conducted.
- (c) The State Association will submit their recommendations to Wrestling Australia Inc. (set out on the Assessor Report: Appendix 7 B) within 10 calendar days from the date on which they considered the recommendations of the Assessor.
- (d) Wrestling Australia Inc. will consider the recommendations of the State Association within 20 calendar days from the date on which it had been received from the State Association.

Step 3: Notification

Wrestling Australia Inc. will inform the applicant of the result of the assessment within 60 calendar days from the date on which the application was received by the State Association. The notification will outline which requirements have not been met and what evidence are still required, for example:

- Further supporting documentation to be provided.
- The assessment activities that must still be completed.
- The parts of the training program that must still be completed.
- Work that must still be done with a mentor to obtain the required competencies.

Step 4: Accreditation

Successful applicants will forthwith receive full accreditation as a Level 1 Wrestling Coach.

Step 5: Appeal

Should the applicant not agree with the decision of Wrestling Australia Inc., the applicant may appeal that decision by submitting a written Appeal: Recognition of Prior Learning/Current Competence Form attached as Appendix 7 C within 30 calendar days from the date on which the applicant was notified by Wrestling Australia Inc. of the result of the application. Wrestling Australia Inc. will task an Appeal Panel of suitably qualified people to assess all Appeals received in respect of Applications for Recognition of Prior Learning/Current Competence. The applicant will be informed of the result of the Appeal within 30 calendar days from the date on which the Appeal was received by Wrestling Australia Inc. The result of the Appeal Panel will be final.

3.2 Flexible Delivery

- 3.2.1 It is the intention of Wrestling Australia Inc. to ensure that the Level 1 Wrestling Coaching Course is equitable to all learners and does not limit their involvement on the grounds of age, gender, disability, coaching status, social status, educational background or location.
- 3.2.2 To ensure maximum flexibility for course participants, all the above-mentioned factors will be considered when scheduling Level 1 Wrestling Coaching Courses.
- 3.2.3 Full time or part time training program attendance, home study and self-paced learning are examples of the strategies that will be considered to ensure maximum flexibility.

SECTION 4

PROGRAM DESCRIPTION

4.1 Structure for Level 1 Wrestling Coaching Course

The Level 1 Wrestling Coaching Course comprises of the following three components as set out in section 1.3 above:

4.1.1 Beginning Coaching General Principles Course

The Beginning Coaching General Principles Course is completed online directly through the Australian Sports Commission. The online link for this course is:

<http://www.ausport.gov.au/participating/coaches/education/onlinecoach>

4.1.2 Wrestling Skills Course

This comprises 10 hours of classroom based and practical wrestling training as set out in 4.3 below.

4.1.3 Coaching Practice

This comprises 10 hours of Wrestling Coaching under the supervision of an approved Mentor.

4.2 Competency Statements

4.2.1 The competencies to be attained through the Beginning Coaching General Principles Course are specified within that course by the Australian Sports Commission.

4.2.2 The competencies to be attained through the Wrestling Skills Course and the Coaching Practice are as follows:

Competency 1

Knowledge and understanding of the historical development, current standing and participation structure within the Sport of Wrestling.

- 1.1 The ability to explain the origins and historical development of wrestling to wrestlers at the beginner level.
- 1.2 The ability to explain the National and International Governance Structure within the Sport of Wrestling to wrestlers at the beginner level.
- 1.3 The ability to explain the participation structure within the Sport of Wrestling to wrestlers at the beginner level.

Competency 2

Sound knowledge and understanding of the fundamental rules of wrestling and of the wrestling scoring system.

- 2.1 The ability to explain the fundamental rules of wrestling to wrestlers at the beginner level.
- 2.2 The ability to explain the wrestling scoring system to wrestlers at the beginner level.
- 2.3 The ability to abide by the Coach's Code of Behaviour.

<p>Competency 3 The ability to describe and demonstrate the fundamental principles and core techniques of wrestling.</p>
<p>3.1 The ability to describe and demonstrate the fundamental principles and core techniques of standing wrestling to wrestlers at the beginner level.</p> <p>3.2 The ability to describe and demonstrate the fundamental principles and core techniques of ground wrestling to wrestlers at the beginner level.</p>
<p>Competency 4 Sound knowledge and understanding of wrestling sport specific skills and the physical conditioning of wrestlers at the beginner level.</p>
<p>4.1 The ability to explain the wrestling sport specific skills to wrestlers at the beginner level.</p> <p>4.2 The ability to address the physical conditioning needed by wrestlers at the beginner level by incorporating the appropriate exercises and drills into the training sessions.</p>
<p>Competency 5 Sound knowledge and understanding of the concept of Risk Management as it relates to the sport of wrestling</p>
<p>5.1 The ability to effectively manage potential risks posed by the environment where training occurs.</p> <p>5.2 The ability to minimise the risk of injury occurring due to the contact nature of the sport of wrestling.</p>
<p>Competency 6 The ability to Plan and Prepare</p>
<p>6.1 The ability to plan and prepare training sessions for beginner level wrestlers, making provision for the physical and social development of the wrestlers and reflecting the competencies required of a Level 1 Wrestling Coach.</p>
<p>Competency 7 The ability to Conduct a Training Session</p>
<p>7.1 The ability to safely conduct a training session, ensuring fun and maximum participation through games and activities and reflecting the competencies required of a Level 1 Wrestling Coach.</p>
<p>Competency 8 The ability to Monitor and Review</p>
<p>8.1 The ability to monitor the extent to which the wrestler learns new skills and to use a range of communication and teaching strategies to help the wrestlers learn new skills.</p>
<p>Competency 9 The ability to Evaluate</p>
<p>9.1 The ability to evaluate the extent to which coaching techniques contribute to the wrestler learning new skills.</p>

Competency 10
The ability to Adapt

10.1 The ability to adapt appropriate modifications for future coaching sessions.

4.3 Overview of Wrestling Skills Course

The Wrestling Skills Course contains the following Modules:

Module 1	Introduction to the Sport of Wrestling
Module 2	Fundamental Rules within the Sport of Wrestling
Module 3	Standing Wrestling
Module 4	Ground Wrestling
Module 5	Wrestling Sport Specific Skills and Physical Conditioning
Module 6	Risk Management
Module 7	The Training Plan
Module 8	The Training Session

The Purpose of each Module and its Learning Outcomes, the competencies addressed by each Module, the Module Content, Delivery Strategy, Resource Requirements, as well as the Assessment Method for each Module, are set out in the following Tables:

4.3.1 Module 1: Introduction to the Sport of Wrestling

Module 1 Introduction to the Sport of Wrestling		Duration 1 Hour
Purpose	Learning Outcomes	Competencies
To provide an overview of the history, current standing and participation structure within the Sport of Wrestling.	1.1 A basic knowledge of the origins and historical development of wrestling. 1.2 An understanding of the National and International Governance Structure within the Sport of Wrestling. 1.3 Knowledge of the participation structure within the Sport of Wrestling.	1.1 The ability to explain the origins and historical development of wrestling to wrestlers at the beginner level. 1.2 The ability to explain the National and International Governance Structure within the Sport of Wrestling to wrestlers at the beginner level. 1.3 The ability to explain the participation structure within the Sport of Wrestling to wrestlers at the beginner level.
Content	Delivery Strategy	Resource Requirements
1.1 Origins and historical development of wrestling. 1.2 Standing of wrestling as an international sport. 1.3 National and International Governance Structure within the Sport of Wrestling. 1.4 Participation structure within the Sport of Wrestling:	Classroom Presentation.	Computer, projector and screen. PowerPoint presentation.

<ul style="list-style-type: none"> ➤ Styles ➤ Gender, age and weight categories 		
Assessment		
Wrestling Skills Course	Coaching Practice	
<p>Wrestling Skills Course: Assessment 1</p> <p>Written Test (Worksheets) including questions relating to Module 1.</p> <p>(Assessment Tool attached as Appendix 8)</p>	<p>Coaching Practice: Assessment 1</p> <p>Observation of the candidate’s practical application.</p> <p>(Assessment Tool attached as Appendix 10)</p>	

4.3.2 Module 2: Fundamental Rules within the Sport of Wrestling

Module 2 Fundamental Rules within the Sport of Wrestling		Duration 1 Hour
Purpose	Learning Outcomes	Competencies
To ensure that Level 1 Wrestling Coaches are familiar with the fundamental rules of wrestling and the wrestling scoring system.	2.1 A clear understanding of the fundamental rules of wrestling. 2.2 A clear understanding of the wrestling scoring system. 2.3 A clear understanding of the Coach's Code of Behaviour.	2.1 The ability to explain the fundamental rules of wrestling to wrestlers at the beginner level. 2.2 The ability to explain the wrestling scoring system to wrestlers at the beginner level. 2.3 The ability to abide by the Coach's Code of Behaviour.
Content	Delivery Strategy	Resource Requirements
2.1 The fundamental rules of wrestling, e.g. <ul style="list-style-type: none"> ➤ Wrestler's dress ➤ Wrestler's licence ➤ Gender, age and weight categories ➤ Structure and duration of a bout ➤ Medical requirements and doping 2.2 The wrestling scoring system: <ul style="list-style-type: none"> ➤ Points for actions and holds ➤ Negative wrestling ➤ The Protest ➤ Classification points after the bout 	Classroom Presentation. Practical Demonstration.	Computer, projector and screen. PowerPoint presentation. Wrestling mat. FILA International Wrestling Rules.

2.3 The Coach's Code of Behaviour.		
Assessment		
Wrestling Skills Course	Coaching Practice	
<p>Wrestling Skills Course: Assessment 1</p> <p>Written Test (Worksheets) including questions relating to Module 2.</p> <p>(Assessment Tool attached as Appendix 8)</p>	<p>Coaching Practice: Assessment 1</p> <p>Observation of the candidate's practical application and demonstration.</p> <p>(Assessment Tool attached as Appendix 10)</p>	

4.3.3 Module 3: Standing Wrestling

Module 3 Standing Wrestling		Duration 2 Hours
Purpose	Learning Outcomes	Competencies
To ensure that Level 1 Wrestling Coaches are familiar with the fundamental principles of Standing Wrestling as well as the core techniques of Standing Wrestling.	3.1 A clear understanding of the fundamental principles of Action Standing Wrestling. 3.2 A clear understanding of the fundamental principles of Reaction Standing Wrestling. 3.3 Sound knowledge of the core Standing Wrestling Techniques.	3.1 The ability to describe and demonstrate the fundamental principles and core techniques of standing wrestling to wrestlers at the beginner level.
Content	Delivery Strategy	Resource Requirements
3.1 The fundamental principles of Action Standing Wrestling: <ul style="list-style-type: none"> ➤ Stance ➤ Body Positioning ➤ Attack Areas ➤ Creating Angles ➤ Tie-ups 3.2 The fundamental principles of Reaction Standing Wrestling: <ul style="list-style-type: none"> ➤ Squaring off ➤ Sprawls ➤ Spin Behind ➤ Step-in blocks 	Video/DVD Presentation. Practical Demonstration.	Computer, projector and screen and/or Television and Video/DVD Player. Videos/DVDs as prescribed from time to time. Wrestling mat.

<p>3.3 Core Standing Wrestling Techniques:</p> <ul style="list-style-type: none"> ➤ Control Positions ➤ Take-down techniques, e.g. single leg, double leg, front head and arm throw, hip throw. ➤ Take-down sequences, e.g. single leg sequence, double leg sequence, front head and arm sequence. <p>3.4 Prohibitions and Illegal Holds:</p> <ul style="list-style-type: none"> ➤ General prohibitions ➤ Illegal holds ➤ Fleeing a hold ➤ Fleeing the mat 		
Assessment		
Wrestling Skills Course	Coaching Practice	
<p>Wrestling Skills Course: Assessment 2</p> <p>Observation of the candidate’s practical demonstration.</p> <p>(Assessment Tool attached as Appendix 9)</p>	<p>Coaching Practice: Assessment 1</p> <p>Observation of the candidate’s practical demonstration.</p> <p>(Assessment Tool attached as Appendix 10)</p>	

4.3.4 Module 4: Ground Wrestling

Module 4 Ground Wrestling		Duration 2 Hours
Purpose	Learning Outcomes	Competencies
To ensure that Level 1 Wrestling Coaches are familiar with the fundamental principles of Ground Wrestling as well as the core techniques of Ground Wrestling.	4.1 A clear understanding of the fundamental principles of Action Ground Wrestling. 4.2 A clear understanding of the fundamental principles of Reaction Ground Wrestling. 4.3 Sound knowledge of the core Ground Wrestling Techniques.	3.2 The ability to describe and demonstrate the fundamental principles and core techniques of Ground Wrestling to wrestlers at the beginner level.
Content	Delivery Strategy	Resource Requirements
4.1 The fundamental principles of Action Ground Wrestling: <ul style="list-style-type: none"> ➤ Set-ups ➤ Power Concentration ➤ Hooks and Handles ➤ Extension of opponent ➤ Cross leverage ➤ Positioning and blocking ➤ Body Positioning 4.2 The fundamental principles of Reaction Ground Wrestling: <ul style="list-style-type: none"> ➤ Protect handles ➤ Base shifts 	Video/DVD Presentation. Practical Demonstration.	Computer, projector and screen and/or Television and Video/DVD Player. Videos/DVDs as prescribed from time to time. Wrestling mat.

<ul style="list-style-type: none"> ➤ Reinforcement for power ➤ Bridging <p>4.3 Core Ground Wrestling Techniques:</p> <ul style="list-style-type: none"> ➤ Groundwork techniques, e.g. half nelson, cross face, hip roll, turk ride. ➤ Groundwork series, e.g. half nelson series, cross face series. <p>4.4 Prohibitions and Illegal Holds:</p> <ul style="list-style-type: none"> ➤ General prohibitions ➤ Illegal holds ➤ Fleeing a hold 		
---	--	--

Assessment	
-------------------	--

Wrestling Skills Course	Coaching Practice
<p>Wrestling Skills Course: Assessment 2</p> <p>Observation of the candidate’s practical demonstration.</p> <p>(Assessment Tool attached as Appendix 9)</p>	<p>Coaching Practice: Assessment 1</p> <p>Observation of the candidate’s practical demonstration.</p> <p>(Assessment Tool attached as Appendix 10)</p>

4.3.5 Module 5: Wrestling Sport Specific Skills and Physical Conditioning

Module 5 Wrestling Sport Specific Skills and Physical Conditioning		Duration 1 Hour
Purpose	Learning Outcomes	Competencies
To ensure that Level 1 Wrestling Coaches are familiar with the wrestling sport specific skills and the physical conditioning techniques needed by wrestlers at the beginner level.	<p>5.1 A clear understanding of the wrestling sport specific skills needed by wrestlers at the beginner level.</p> <p>5.2 A clear understanding of the physical conditioning skills needed by wrestlers at the beginner level.</p>	<p>4.1 The ability to explain the wrestling sport specific skills to wrestlers at the beginner level.</p> <p>4.2 The ability to address the physical conditioning skills needed by wrestlers at the beginner level by incorporating the appropriate exercises and drills into the training sessions.</p>
Content	Delivery Strategy	Resource Requirements
<p>5.1 Wrestling Sport specific skills:</p> <ul style="list-style-type: none"> ➤ Position/stance/posture ➤ Motion ➤ Changing levels and angles ➤ Penetration ➤ Lifting ➤ Back-step ➤ Back-arch <p>5.2 Components of fitness:</p> <ul style="list-style-type: none"> ➤ Strength ➤ Power ➤ Speed 	<p>Classroom Presentation.</p> <p>Video/DVD Presentation.</p> <p>Practical Demonstration.</p>	<p>PowerPoint presentation.</p> <p>Computer, projector and screen and/or Television and Video/DVD Player.</p> <p>Videos/DVDs as prescribed from time to time.</p> <p>Wrestling mat.</p>

<ul style="list-style-type: none"> ➤ Endurance ➤ Flexibility <p>5.3 Physical conditioning techniques:</p> <ul style="list-style-type: none"> ➤ Conditioning drilling ➤ Technical drilling ➤ Situation drilling ➤ Scrimmage/sparring 		
---	--	--

--	--

Assessment	
-------------------	--

Wrestling Skills Course	Coaching Practice
<p>Wrestling Skills Course: Assessment 1</p> <p>Written Test (Worksheets) including questions relating to Module 5.</p> <p>(Assessment Tool attached as Appendix 8)</p>	<p>Coaching Practice: Assessment 1</p> <p>Observation of the candidate’s practical demonstration.</p> <p>(Assessment Tool attached as Appendix 10)</p>

4.3.6 Module 6: Risk Management

Module 6 Risk Management		Duration 1 Hour
Purpose	Learning Outcomes	Competencies
To ensure that Level 1 Wrestling Coaches have a sound knowledge and understanding of the concept of Risk Management as it relates to the Sport of Wrestling.	<p>6.1 A sound understanding of the potential risks posed by the environment where training occurs.</p> <p>6.2 A sound understanding of the potential risk of injury occurring due to the contact nature of the sport of wrestling.</p>	<p>5.1 The ability to effectively manage potential risks posed by the environment where training occurs.</p> <p>5.2 The ability to minimise the risk of injury occurring due to the contact nature of the sport of wrestling.</p>
Content	Delivery Strategy	Resource Requirements
<p>6.1 Strategies to minimise the risk of injury from the environment.</p> <p>6.2 Strategies to minimise the risk of injury occurring due to the contact nature of the sport of wrestling.</p>	<p>Classroom Presentation.</p> <p>Practical Demonstration.</p>	<p>Computer, projector and screen.</p> <p>PowerPoint presentation.</p> <p>Wrestling mat.</p>
Assessment		
Wrestling Skills Course	Coaching Practice	
<p>Wrestling Skills Course: Assessment 1</p> <p>Written Test (Worksheets) including questions relating to Module 6.</p> <p>(Assessment Tool attached as Appendix 8)</p>	<p>Coaching Practice: Assessment 1</p> <p>Observation of the candidate's practical application.</p> <p>(Assessment Tool attached as Appendix 10)</p>	

4.3.7 Module 7: The Training Plan

Module 7 The Training Plan		Duration 1 Hour
Purpose	Learning Outcomes	Competencies
To ensure that Level 1 Wrestling Coaches have the ability to plan and prepare training sessions for beginner level wrestlers.	A sound understanding of the composition of a training plan for beginner level wrestlers.	6.1 The ability to plan and prepare training sessions for beginner level wrestlers, making provision for the physical and social development of the wrestlers and reflecting the competencies required of a Level 1 Wrestling Coach.
Content	Delivery Strategy	Resource Requirements
7.1 The importance of planning. 7.2 The components of a training plan for beginner level wrestlers.	Classroom Presentation. Practical Demonstration.	Computer, projector and screen. PowerPoint presentation. Wrestling mat.
Assessment		
Wrestling Skills Course		Coaching Practice
Wrestling Skills Course: Assessment 1 Written Test (Worksheets) including questions relating to Module 7. (Assessment Tool attached as Appendix 8)		Coaching Practice: Assessment 1 Observation of the candidate's practical application. (Assessment Tool attached as Appendix 10)

4.3.8 Module 8: The Training Session

Module 8 The Training Session		Duration 1 Hour
Purpose	Learning Outcomes	Competencies
To ensure that Level 1 Wrestling Coaches have the ability to safely and effectively conduct Training Sessions for beginner level wrestlers.	A sound understanding of how to safely and effectively conduct Training Sessions for beginner level wrestlers.	<p>7.1 The ability to safely conduct a training session, ensuring fun and maximum participation through games and activities and reflecting the competencies required of a Level 1 Wrestling Coach.</p> <p>8.1 The ability to monitor the extent to which the wrestler learns new skills and to use a range of communication and teaching strategies to help the wrestlers learn new skills.</p> <p>9.1 The ability to evaluate the extent to which coaching techniques contribute to the wrestler learning new skills.</p> <p>10.1 The ability to adapt appropriate modifications for future coaching sessions.</p>
Content	Delivery Strategy	Resource Requirements
<p>8.1 Group Management.</p> <p>8.2 Strategies to retain the wrestler’s interest and concentration.</p> <p>8.3 Strategies to handle difficult behaviour.</p>	<p>Classroom Presentation.</p> <p>Video/DVD Presentation.</p>	<p>Computer, projector and screen and/or Television and Video/DVD Player.</p> <p>Videos/DVDs as prescribed from time to time.</p> <p>PowerPoint presentation.</p>

<p>8.4 Various approaches to communication and teaching.</p> <p>8.5 Strategies to monitor the progress of a wrestler.</p> <p>8.6 Strategies to monitor the effectiveness of coaching sessions and to adapt changes to future sessions.</p>		
Assessment		
Wrestling Skills Course	Coaching Practice	
<p>Wrestling Skills Course: Assessment 1</p> <p>Written Test (Worksheets) including questions relating to Module 8.</p> <p>(Assessment Tool attached as Appendix 8)</p>	<p>Coaching Practice: Assessment 1</p> <p>Observation of the candidate's practical application.</p> <p>(Assessment Tool attached as Appendix 10)</p>	

4.4 Overview of Coaching Practice

This comprises 10 hours of Wrestling Coaching under the supervision of an approved Mentor.

Coaching Practice		Duration 30 Hours
Purpose	Learning Outcomes	Competencies
To ensure that Level 1 Wrestling Coaches have sufficient exposure to coaching the Sport of Wrestling under the supervision and guidance of a Mentor before they are accredited as a Level 1 Wrestling Coach.	Sufficient experience to plan, conduct, monitor and review training sessions for wrestlers at the beginner level in a safe, competent and confident manner.	Competencies 1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 3.2, 4.1, 4.2, 5.1, 5.2, 6.1, 7.1, 8.1, 9.1, and 10.1 as set out under 4.2 above.
Content	Delivery Strategy	Resource Requirements
Practical demonstration and application during a wrestling coaching session of all the competencies addressed in the Wrestling Skills Course.	Plan and conduct training sessions for wrestlers at the beginner level under the supervision and guidance of a Mentor.	A suitable wrestling training environment. Wrestling mat.
Assessment		
<p>Coaching Practice: Assessment 1</p> <p>Observation of the candidate's practical application and demonstration of all the competencies during the 10 Hours Coaching Practice.</p> <p>(Assessment Tool attached as Appendix 10)</p>		

4.5 Assessment

4.5.1 The assessment for the Beginning Coaching General Principles Course is completed online directly through the Australian Sports Commission. The online link for this course is:

<http://www.ausport.gov.au/participating/coaches/education/onlinecoach>

4.5.2 As indicated in the Tables under 4.3 above, the Assessment Methods for the Wrestling Skills Course and the Coaching Practice are as follows:

Assessment Methods			
Wrestling Skills Course			
Assessment Number	Assessment Method	Modules Assessed	Competencies Assessed
1	Written Test (Worksheets) (Assessment Tool attached as Appendix 8.)	1, 2, 5, 6, 7, 8.	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 4.1, 4.2, 5.1, 5.2, 6.1, 7.1, 8.1, 9.1, 10.1
2	Observation of the candidate's practical demonstration of the core techniques of wrestling. (Assessment Tool attached as Appendix 9.)	3, 4.	3.1, 3.2
Coaching Practice			
1	Observation of the candidate's practical application and demonstration of all the competencies during the 10 Hours Coaching Practice. (Assessment Tool attached as Appendix 10.)	1, 2, 3, 4, 5, 6, 7, 8.	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 3.2, 4.1, 4.2, 5.1, 5.2, 6.1, 7.1, 8.1, 9.1, 10.1

Appendix 1

Coach's Code of Behaviour

Our society expects high standards of behaviour from all people involved in sport and it is vital these expectations are met and the integrity of sport maintained.

Regardless of the nature of a person's involvement in sport, *The Essence of Australian Sport* provides four guiding principles that lead to appropriate behaviour: Fairness, Respect, Responsibility and Safety. This Code of Behaviour has been developed to reflect and uphold these principles and assist in retaining the integrity and enjoyable aspects of sport.

Therefore, this Coach's Code of Behaviour specifies the following minimum standards for any Level 1 Wrestling Coach:

1. Operate within the rules and spirit of your sport, promoting fair play over winning at any cost.
2. Encourage and support opportunities for people to learn appropriate behaviours and skills.
3. Support opportunities for participation in all aspects of the sport.
4. Treat each person as an individual.
5. Display control and courtesy to all involved with the sport.
6. Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
7. Respect the decisions of officials, coaches and administrators in the conduct of the sport.
8. Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years.
9. Adopt appropriate and responsible behaviour in all interactions.
10. Adopt responsible behaviour in relation to alcohol and other drugs.
11. Act with integrity and objectivity, and accept responsibility for your decisions and actions.
12. Ensure your decisions and actions contribute to a safe environment.
13. Ensure your decisions and actions contribute to a harassment free environment.
14. Do not tolerate harmful or abusive behaviours.
15. Place the safety and welfare of the athletes above all else.
16. Help each person (athlete, official etc) reach their potential - respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback.
17. Any physical contact with a person should be appropriate to the situation and necessary for the person's skill development.
18. Be honest and do not allow your qualifications to be misrepresented.

Having a full and clear understanding of the Coach's Code of Behaviour as set out above, I now declare as follows:

- A. I agree to abide by the Coach's Code of Behaviour as set out above; **and**
- B. I acknowledge that Wrestling Australia Inc. may take disciplinary action against me if I breach the Coach's Code of Behaviour; **and**
- C. I understand that, in the event of an allegation against me, Wrestling Australia Inc. is required to implement a complaints handling procedure in accordance with the principles of natural justice; **and**
- D. I acknowledge that disciplinary action against me may include de-accreditation from the National Coaching Accreditation Scheme, i.e. de-accreditation as a Level I Wrestling Coach.

Full Name	
Address	
State	
Club	
Date	
Signature	

Appendix 3
Coaching Education and Self Education Log

The purpose of the Coaching Education and Self Education Log is to stipulate the updating activities that are claimed as Coaching Education and Self Education. Up to 10 hours of updating activities can be claimed as Coaching Education and up to 10 hours as Self Education. Remember that the updating activities must not all be undertaken during one year only and must be spread over at least the two years immediately preceding the end of the fourth year of your current accreditation. You have to be a financial member of your State Association and also a financial member of Wrestling Australia Inc. at the time of undertaking the updating activities.

Candidate	Name	State	Club	Date	Signature
COACHING EDUCATION					
Date	Time Started	Time Ended	Time Claimed	Name/Describe the Activity claimed as Coaching Education	List the evidence provided (evidence must be attached to this Log)
TOTAL TIME CLAIMED					
COACHING SELF-EDUCATION					
Mentor	Name	State	Club	Date	Signature
Date	Time Started	Time Ended	Time Claimed	Name/Describe the Activity claimed as Self Education	List the evidence provided (evidence must be attached to this Log)
TOTAL TIME CLAIMED					

**Appendix 4
Complaint Form**

Any candidate who wishes to lodge a complaint in relation to the presentation of the Level 1 Wrestling Skills Course or in relation to the result of their assessment(s), must do so using this Complaint Form to the President of the relevant State Association within 30 calendar days from the date on which they attended that course or within 30 calendar days from the date on which they received the result for that assessment.

COMPLAINT REGARDING COURSE PRESENTATION			
Course Date	Course Venue	Course Presenter	
COMPLAINT REGARDING ASSESSMENT(S)			
Course Date	Course Presenter	Assessment Number(s)	
Details of Complaint (Provide full details of your complaint. Attach additional information if necessary.)			
Suggested Solution (Provide full details of your suggested solution. Attach additional information if necessary.)			
Candidate	Name	State Club	Date Signature

Appendix 5
Request for Review Form

If the candidate who submitted a complaint in relation to the presentation of the Level 1 Wrestling Skills Course or in relation to the result of their assessment(s) is not satisfied with the decision by the relevant State Association, that person can submit a request to Wrestling Australia Inc. for a review of the decision of the relevant State Association. This request must be submitted in writing using this Request for Review Form within 30 calendar days after receiving the outcome of the complaint from the relevant State Association.

REQUEST FOR REVIEW: COMPLAINT REGARDING COURSE PRESENTATION			
Course Date	Course Venue	Course Presenter	
REQUEST FOR REVIEW: COMPLAINT REGARDING ASSESSMENT(S)			
Course Date	Course Presenter	Assessment Number(s)	
<p>Details of Complaint Attach the Complaint Form and any additional information that you have submitted to your State Association.</p>			
<p>Details of Decision by your State Association Attach the response that you have received about your complaint from your State Association.</p>			
<p>Suggested Solution Provide full details of your suggested solution and <i>indicate why you disagree with the decision of your State Association</i> regarding your complaint. Attach additional information if necessary.</p>			
Candidate	Name	State Club	Date Signature

Appendix 6
Course Evaluation Form

Your feedback is an important and valuable contributor to the continuous improvement of our course content and presentation. It would therefore be highly appreciated if you would take some time to complete this Course Evaluation Form.

1. To what extent did this course meet your expectations?

Not at all 1 2 3 4 5 Completely

2. Do you understand all the procedures involved to gain your accreditation?

Not at all 1 2 3 4 5 Completely

3. Was the pre-course correspondence sufficient?

Not at all 1 2 3 4 5 Completely

4. Was the balance between practical and theoretical material adequate?

Not at all 1 2 3 4 5 Completely

5. Was the venue suitable for the needs of the course?

Not at all 1 2 3 4 5 Completely

6. Were the sessions well organised?

Not at all 1 2 3 4 5 Completely

7. Was the supervision of and feedback on your coaching practice adequate?

Not at all 1 2 3 4 5 Completely

8. What aspect of the course had most value for you and why?

9. What aspect of the course had least value for you and why?

10. What improvements would you suggest for this course?

11. What general comments would you like to make?

12. Please rate the abilities of your course presenters in respect of the following:

	NAME OF PRESENTER:				NAME OF PRESENTER:			
Knowledge of subject	Poor 1	Average 2	Good 3	Excellent 4	Poor 1	Average 2	Good 3	Excellent 4
Planning/Preparation	Poor 1	Average 2	Good 3	Excellent 4	Poor 1	Average 2	Good 3	Excellent 4
Teaching Skills	Poor 1	Average 2	Good 3	Excellent 4	Poor 1	Average 2	Good 3	Excellent 4
Enthusiasm	Poor 1	Average 2	Good 3	Excellent 4	Poor 1	Average 2	Good 3	Excellent 4
Allowing time for questions	Poor 1	Average 2	Good 3	Excellent 4	Poor 1	Average 2	Good 3	Excellent 4
Ability to answer questions	Poor 1	Average 2	Good 3	Excellent 4	Poor 1	Average 2	Good 3	Excellent 4

Appendix 7 A
Application Form
Recognition of Prior Learning/Current Competence

Candidate	Name	State	Date
		Club	Signature
COMPETENCY	Are you seeking recognition for this competency?	Summary of evidence provided Provide a summary in the spaces below of the evidence provided by you AND attach copies of the relevant documentation that you provide as evidence of attaining each competency for which you are seeking recognition.	
<p>Competency 1 Knowledge and understanding of the historical development, current standing and participation structure within the Sport of Wrestling.</p> <p>1.1 The ability to explain the origins and historical development of wrestling to wrestlers at the beginner level.</p> <p>1.2 The ability to explain the National and International Governance Structure within the Sport of Wrestling to wrestlers at the beginner level.</p> <p>1.3 The ability to explain the participation structure within the Sport of Wrestling to wrestlers at the beginner level.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No		

<p>Competency 2 Sound knowledge and understanding of the fundamental rules of wrestling and of the wrestling scoring system.</p> <p>2.1 The ability to explain the fundamental rules of wrestling to wrestlers at the beginner level.</p> <p>2.2 The ability to explain the wrestling scoring system to wrestlers at the beginner level.</p> <p>2.3 The ability to abide by the Coach’s Code of Behaviour.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Competency 3 The ability to describe and demonstrate the fundamental principles and core techniques of wrestling.</p> <p>3.1 The ability to describe and demonstrate the fundamental principles and core techniques of standing wrestling to wrestlers at the beginner level.</p> <p>3.2 The ability to describe and demonstrate the fundamental principles and core techniques of ground wrestling to wrestlers at the beginner level.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Competency 4 Sound knowledge and understanding of wrestling sport specific skills and the physical conditioning of wrestlers at the beginner level.</p> <p>4.1 The ability to explain the wrestling sport specific skills to wrestlers at the beginner level.</p>	<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	

<p>4.2 The ability to address the physical conditioning needed by wrestlers at the beginner level by incorporating the appropriate exercises and drills into the training sessions.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 5 Sound knowledge and understanding of the concept of Risk Management as it relates to the sport of wrestling.</p> <p>5.1 The ability to effectively manage potential risks posed by the environment where training occurs.</p> <p>5.2 The ability to minimise the risk of injury occurring due to the contact nature of the sport of wrestling.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 6 The ability to Plan and Prepare</p> <p>6.1 The ability to plan and prepare training sessions for beginner level wrestlers, making provision for the physical and social development of the wrestlers and reflecting the competencies required of a Level 1 Wrestling Coach.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 7 The ability to Conduct a Training Session</p> <p>7.1 The ability to safely conduct a training session, ensuring fun and maximum participation through games and activities and reflecting the competencies required of a Level 1 Wrestling Coach.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	

<p>Competency 8 The ability to Monitor and Review</p> <p>8.1 The ability to monitor the extent to which the wrestler learns new skills and to use a range of communication and teaching strategies to help the wrestlers learn new skills.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 9 The ability to Evaluate</p> <p>9.1 The ability to evaluate the extent to which coaching techniques contribute to the wrestler learning new skills.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 10 The ability to Adapt</p> <p>10.1 The ability to adapt appropriate modifications for future coaching sessions.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Appendix 7 B
Assessor Report
Recognition of Prior Learning/Current Competence

Candidate	Name		State			Club
Assessor	Name		State			Date
			Club			Signature
COMPETENCY	Evidence supplied	Sufficiency (Is there enough evidence?)	Validity (Is the evidence relevant to the Performance Criteria?)	Authenticity (Is the evidence a true reflection of the candidate?)	Currency (Is the evidence current?)	Assessor Comments
Competency 1 Knowledge and understanding of the historical development, current standing and participation structure within the Sport of Wrestling. 1.1 The ability to explain the origins and historical development of wrestling to wrestlers at the beginner level.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	

<p>1.2 The ability to explain the National and International Governance Structure within the Sport of Wrestling to wrestlers at the beginner level.</p> <p>1.3 The ability to explain the participation structure within the Sport of Wrestling to wrestlers at the beginner level.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 2 Sound knowledge and understanding of the fundamental rules of wrestling and of the wrestling scoring system.</p> <p>2.1 The ability to explain the fundamental rules of wrestling to wrestlers at the beginner level.</p> <p>2.2 The ability to explain the wrestling scoring system to wrestlers at the beginner level.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	

<p>2.3 The ability to abide by the Coach's Code of Behaviour.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 3 The ability to describe and demonstrate the fundamental principles and core techniques of wrestling.</p> <p>3.1 The ability to describe and demonstrate the fundamental principles and core techniques of standing wrestling to wrestlers at the beginner level.</p> <p>3.2 The ability to describe and demonstrate the fundamental principles and core techniques of ground wrestling to wrestlers at the beginner level.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 4 Sound knowledge and understanding of wrestling sport specific skills and the physical conditioning of wrestlers at the beginner level.</p>						

<p>4.1 The ability to explain the wrestling sport specific skills to wrestlers at the beginner level.</p> <p>4.2 The ability to address the physical conditioning needed by wrestlers at the beginner level by incorporating the appropriate exercises and drills into the training sessions.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 5 Sound knowledge and understanding of the concept of Risk Management as it relates to the sport of wrestling.</p> <p>5.1 The ability to effectively manage potential risks posed by the environment where training occurs.</p> <p>5.2 The ability to minimise the risk of injury occurring due to the contact nature of the sport of wrestling.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 6 The ability to Plan and Prepare.</p>						

<p>6.1 The ability to plan and prepare training sessions for beginner level wrestlers, making provision for the physical and social development of the wrestlers and reflecting the competencies required of a Level 1 Wrestling Coach.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 7 The ability to Conduct a Training Session</p> <p>7.1 The ability to safely conduct a training session, ensuring fun and maximum participation through games and activities and reflecting the competencies required of a Level 1 Wrestling Coach.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 8 The ability to Monitor and Review</p> <p>8.1 The ability to monitor the extent to which the wrestler learns new skills and to use a range of communication and teaching strategies to help the wrestlers learn new skills.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	

<p>Competency 9 The ability to Evaluate</p> <p>9.1 The ability to evaluate the extent to which coaching techniques contribute to the wrestler learning new skills.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>Competency 10 The ability to Adapt.</p> <p>10.1 The ability to adapt appropriate modifications for future coaching sessions.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
<p>RESULT: Competencies for which RPL/RCC have been applied for:</p> <p><input type="checkbox"/> HAVE all been met</p> <p><input type="checkbox"/> Have NOT all been met</p>	<p>ASSESSOR'S OVERALL COMMENTS AND RECOMMENDATIONS:</p>					
<p>OVERALL COMMENTS AND RECOMMENDATIONS BY THE STATE WRESTLING ASSOCIATION</p>						

Appendix 7 C
Appeal: Recognition of Prior Learning/Current Competence

Should the applicant not agree with the decision of Wrestling Australia Inc. regarding the application for Recognition of Prior Learning/Current Competence, the applicant may appeal that decision by submitting a written Appeal: Recognition of Prior Learning/Current Competence Form within 30 calendar days from the date on which the applicant was notified by Wrestling Australia Inc. of the result of the application.

APPEAL: RECOGNITION OF PRIOR LEARNING/CURRENT COMPETENCE			
<p>Details of Application for Recognition of Prior Learning/Current Competence Attach the Application Form and any additional information that you have submitted to your State Association.</p>			
<p>Details of Decision by Wrestling Australia Attach the response that you have received about your Application for Recognition of Prior Learning/Current Competence.</p>			
<p>Suggested Solution Provide full details of your suggested solution and <i>indicate why you disagree with the decision</i> regarding your Application for Recognition of Prior Learning/Current Competence. Attach additional information if necessary.</p>			
Candidate	Name	State Club	Date Signature

APPENDIX 8
Wrestling Skills Course: Assessment 1

Wrestling Skills Course: Assessment 1			
Candidate	Name	State	Club
Assessor	Name	State	Club
Purpose of Assessment	Assessment Method		Assessment Task
The purpose of this assessment is to determine the candidate's knowledge in relation to Modules 1, 2, 5, 6, 7 and 8.	Written Test (Worksheets)		Complete and submit the Worksheets by the due date.
Evidence Required	Assessment Conditions		Assessment Arrangements
The candidate is required to achieve a minimum of 80% for each Module.	The candidate is allowed to complete the Worksheets at home or in class and is allowed to re-submit as many times as is necessary in order to achieve a minimum of 80% for each Module.		The candidate is allowed to re-submit as many times as is necessary in order to achieve a minimum of 80% for each Module.
Performance Criteria	Score Obtained	Competent	Not yet Competent
Obtain at least 80% on the Worksheet for Module 1: Introduction to the Sport of Wrestling			
Obtain at least 80% on the Worksheet for Module 2: Fundamental Rules within the Sport of Wrestling			
Obtain at least 80% on the Worksheet for Module 5: Wrestling Sport Specific Skills and Physical Conditioning			

Obtain at least 80% on the Worksheet for Module 6: Risk Management			
Obtain at least 80% on the Worksheet for Module 7: The Training Plan			
Obtain at least 80% on the Worksheet for Module 8: The Training Session			
RESULT:			
<input type="checkbox"/> Candidate has achieved competency <input type="checkbox"/> Candidate has not yet achieved competency			
Candidate Comments (Please comment on any problems or suggestions for improving this assessment.)		Assessor Comments (Please comment on any problems or suggestions for improving this assessment.)	
Candidate Signature: Date:	Assessor Signature: Date:		

APPENDIX 9
Wrestling Skills Course: Assessment 2

Wrestling Skills Course: Assessment 2			
Candidate	Name	State	Club
Assessor	Name	State	Club
Purpose of Assessment	Assessment Method	Assessment Task	
The purpose of this assessment is to determine the candidate's ability to describe and demonstrate the core techniques of wrestling.	Observation	Describe and demonstrate the core techniques of wrestling.	
Evidence Required	Assessment Conditions	Assessment Arrangements	
The candidate is required to accurately describe and demonstrate the core techniques of wrestling as set out in the performance criteria below.	The candidate will have access to a wrestling mat and is allowed to re-present as many times as is necessary in order to achieve competency.	The assessment activity will take place on a date and at a location agreed with the course assessor.	
Performance Criteria	Comments	Demonstrates Competency	Not yet Competent
1. Describe and demonstrate the following fundamental principles of Action Standing Wrestling: <ul style="list-style-type: none"> ➤ Stance ➤ Body Positioning ➤ Attack Areas ➤ Creating Angles ➤ Tie-ups 			
2. Describe and demonstrate the following fundamental principles of Reaction Standing Wrestling: <ul style="list-style-type: none"> ➤ Squaring off ➤ Sprawls 			

<ul style="list-style-type: none"> ➤ Spin Behind ➤ Step-in blocks 			
<p>3. Describe and demonstrate the following Core Standing Wrestling Techniques:</p> <ul style="list-style-type: none"> ➤ Take-down techniques, e.g. single leg, double leg, front head and arm throw, hip throw. ➤ Take-down sequences, e.g. single leg sequence, double leg sequence, front head and arm sequence. 			
<p>4. Describe and demonstrate at least one example relating to each of the following Prohibitions and Illegal Holds within Standing Wrestling:</p> <ul style="list-style-type: none"> ➤ General prohibitions ➤ Illegal holds ➤ Fleeing a hold ➤ Fleeing the mat 			
<p>5. Describe and demonstrate the following fundamental principles of Action Ground Wrestling:</p> <ul style="list-style-type: none"> ➤ Set-ups ➤ Power Concentration ➤ Hooks and Handles ➤ Extension of opponent ➤ Cross leverage ➤ Positioning and blocking ➤ Body Positioning 			
<p>6. Describe and demonstrate the following fundamental principles of Reaction Ground Wrestling:</p> <ul style="list-style-type: none"> ➤ Protect handles ➤ Base shifts ➤ Reinforcement for power ➤ Bridging 			

<p>7. Describe and demonstrate the following Core Ground Wrestling Techniques:</p> <ul style="list-style-type: none"> ➤ Groundwork techniques, e.g. half nelson, cross face, hip roll, turk ride. ➤ Groundwork series, e.g. half nelson series, cross face series. 			
<p>8. Describe and demonstrate at least one example relating to each of the following Prohibitions and Illegal Holds within Ground Wrestling:</p> <ul style="list-style-type: none"> ➤ General prohibitions ➤ Illegal holds ➤ Fleeing a hold 			
<p>RESULT:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Candidate has achieved competency <input type="checkbox"/> Candidate has not yet achieved competency 			
<p>Candidate Comments (Please comment on any problems or suggestions for improving this assessment.)</p>		<p>Assessor Comments (Please comment on any problems or suggestions for improving this assessment.)</p>	
<p>Candidate Signature:</p> <p>Date:</p>		<p>Assessor Signature:</p> <p>Date:</p>	

APPENDIX 10
Coaching Practice: Assessment 1

Coaching Practice: Assessment 1			
Candidate	Name	State	Club
Assessor	Name	State	Club
Purpose of Assessment	Assessment Method		Assessment Task
The purpose of this assessment is to determine the candidate's competency during practical Coaching sessions.	Observation		Plan, organise and conduct practical coaching sessions of 90 minutes each for wrestlers at the beginner level under the guidance and supervision of a mentor.
Evidence Required	Assessment Conditions		Assessment Arrangements
The candidate is required to demonstrate competency in each of the aspects as set out in the performance criteria below.	The candidate will have access to a wrestling mat and is allowed to re-present as many times as is necessary in order to achieve competency.		The assessment activity will take place on a date and at a location agreed with the mentor.
Performance Criteria	Comments	Demonstrates Competency	Not yet Competent
1. Explain the following to the wrestlers: <ul style="list-style-type: none"> ➤ The origins and historical development of wrestling. ➤ The National and International Governance Structure within the Sport of Wrestling. ➤ The participation structure within the Sport of Wrestling. 			
2. Explain and demonstrate the following to the wrestlers:			

<ul style="list-style-type: none"> ➤ The fundamental rules of wrestling. ➤ The wrestling scoring system. 			
<p>3. Describe and demonstrate the following fundamental principles of Action Standing Wrestling:</p> <ul style="list-style-type: none"> ➤ Stance ➤ Body Positioning ➤ Attack Areas ➤ Creating Angles ➤ Tie-ups 			
<p>4. Describe and demonstrate the following fundamental principles of Reaction Standing Wrestling:</p> <ul style="list-style-type: none"> ➤ Squaring off ➤ Sprawls ➤ Spin Behind ➤ Step-in blocks 			
<p>5. Describe and demonstrate the following Core Standing Wrestling Techniques:</p> <ul style="list-style-type: none"> ➤ Take-down techniques, e.g. single leg, double leg, front head and arm throw, hip throw. ➤ Take-down sequences, e.g. single leg sequence, double leg sequence, front head and arm sequence. 			
<p>6. Describe and demonstrate at least one example relating to each of the following Prohibitions and Illegal Holds within Standing Wrestling:</p> <ul style="list-style-type: none"> ➤ General prohibitions ➤ Illegal holds ➤ Fleeing a hold ➤ Fleeing the mat 			

<p>7. Describe and demonstrate the following fundamental principles of Action Ground Wrestling:</p> <ul style="list-style-type: none"> ➤ Set-ups ➤ Power Concentration ➤ Hooks and Handles ➤ Extension of opponent ➤ Cross leverage ➤ Positioning and blocking ➤ Body Positioning 			
<p>8. Describe and demonstrate the following fundamental principles of Reaction Ground Wrestling:</p> <ul style="list-style-type: none"> ➤ Protect handles ➤ Base shifts ➤ Reinforcement for power ➤ Bridging 			
<p>9. Describe and demonstrate the following Core Ground Wrestling Techniques:</p> <ul style="list-style-type: none"> ➤ Groundwork techniques, e.g. half nelson, cross face, hip roll, turk ride. ➤ Groundwork series, e.g. half nelson series, cross face series. 			
<p>10. Describe and demonstrate at least one example relating to each of the following Prohibitions and Illegal Holds within Ground Wrestling:</p> <ul style="list-style-type: none"> ➤ General prohibitions ➤ Illegal holds ➤ Fleeing a hold 			
<p>11. Describe and demonstrate the following Wrestling Sport specific skills to the wrestlers:</p> <ul style="list-style-type: none"> ➤ Position/stance/posture ➤ Motion ➤ Changing levels and angles 			

<ul style="list-style-type: none"> ➤ Penetration ➤ Lifting ➤ Back-step ➤ Back-arch <p>12. Demonstrate the effective use of the following physical conditioning techniques to the wrestlers:</p> <ul style="list-style-type: none"> ➤ Conditioning drilling ➤ Technical drilling ➤ Situation drilling ➤ Scrimmage/sparring <p>13. Demonstrate how the following components of fitness have been effectively addressed during the training session:</p> <ul style="list-style-type: none"> ➤ Strength ➤ Power ➤ Speed ➤ Endurance ➤ Flexibility 			
<p>14. Demonstrate the use of appropriate strategies to:</p> <ul style="list-style-type: none"> ➤ Minimise the risk of injury from the environment. ➤ Minimise the risk of injury occurring due to the contact nature of the sport of wrestling. 			
<p>15. Submit a Training Plan and demonstrate during a Training Session how the plan is being implemented.</p>			
<p>16. Demonstrate the use of appropriate strategies to:</p> <ul style="list-style-type: none"> ➤ Retain the wrestler's interest and concentration. ➤ Handle difficult behaviour. 			

<p>17. The ability to monitor the extent to which the wrestler learns new skills and to use a range of communication and teaching strategies to help the wrestlers learn new skills.</p> <p>18. The ability to evaluate the extent to which coaching techniques contribute to the wrestler learning new skills.</p> <p>19. The ability to adapt appropriate modifications for future coaching sessions.</p> <p>20. Conduct a Training Session for beginner level wrestlers, ensuring fun and maximum participation through games and activities and reflecting the competencies required of a Level 1 Wrestling Coach.</p>			
--	--	--	--

RESULT:

Candidate has achieved competency

Candidate has not yet achieved competency

Candidate Comments
(Please comment on any problems or suggestions for improving this assessment.)

Assessor Comments
(Please comment on any problems or suggestions for improving this assessment.)

Candidate Signature:

Date:

Assessor Signature:

Date: