



**Maldives National Skills Development Authority**



# **National Logbook for Sports Coaching**

**Standard Code: SOC15S17V1**

**Qualification Name: National Certificate III in Sports Coaching  
Qualification Code: SOC15SQ1L317**

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## KEY FOR CODING

### Coding Competency Standards and Related Materials

DESCRIPTION	REPRESENTED BY
Industry Sector as per ESC (Three letters)	Construction Sector ( <b>CON</b> ) Fisheries and Agriculture Sector ( <b>FNA</b> ) Transport sector ( <b>TRN</b> ) Tourism Sector ( <b>TOU</b> ) Social Sector ( <b>SOC</b> ) Foundation ( <b>FOU</b> )
Competency Standard	<b>S</b>
Occupation within an industry Sector	<b>Two digits 01-99</b>
Unit	<b>U</b>
Common Competency	<b>1</b>
Core Competency	<b>2</b>
Optional/ Elective Competency	<b>3</b>
Assessment Resources Materials	<b>A</b>
Learning Resources Materials	<b>L</b>
Curricula	<b>C</b>
Qualification	<b>Q1, Q2 etc</b>
MNQF level of Qualification	<b>L1, L2 etc</b>
Version Number	<b>V1, V2 etc</b>
Year of endorsement of standard, qualification	<b>By two digits Example- 07</b>

**1. Endorsement Application for Qualification 01****2. NATIONAL CERTIFICATE III IN SPORTS COACHING****3. Qualification code:**

SOC15SQ1L317

**Total Number of Credits :64****4. Purpose of the qualification**

The purpose of this qualification is to inculcate the necessary skills and knowledge required to deliver a basic sports session. Candidates who achieve this qualification will be deemed competent and ready to work as a school Physical Education teacher or as a community sports coach.

**5. Regulations for the qualification**

National Certificate III in Sports Coaching Qualification will be awarded to those who are competent in unit 1+2+3+4+5+6+7+8+9+10+11+12+13+14+15+16+17

**6. Schedule of Units**

<b>Unit Title</b>	<b>Unit Title</b>	<b>Code</b>
1	Observe personal and work place hygiene practices	SOC15S1U01V2
2	Practice health, safety and security Practices	SOC15S1U02V2
3	Practice effective workplace communication	SOC15S1U03V2
4	Perform computer operations	SOC15S1U04V2
5	Organise and complete daily work activities	SOC15S1U05V2
6	Provide first aid	SOC15S1U06V2
7	Conduct basic warm-up and cool-down programs	SOC15S1U07V2
8	Develop and update knowledge of coaching practices	SOC15S1U08V2
9	Coach beginner or novice participants to develop fundamental motor skills	SOC15S1U09V2
10	Develop and update sport, fitness and recreation industry knowledge	SOC15S1U10V2
11	Teach the fundamental skills of sports	SOC15S1U11V2
12	Customise coaching for special needs groups	SOC15S1U12V2
13	Develop nutritional strategies	SOC15S1U13V2

14	Apply anatomy and physiology principles in a fitness context	SOC15S1U14V2
15	Work effectively with young people	SOC15S1U15V2
16	Support athletes to adopt principles of sports psychology	SOC15S1U16V2
17	Injury prevention management	SOC15S1U17V2
<b>7. Accreditation requirements</b>		The training provider should place trainees in the relevant work environments to provide trainees the hands-on experience related to this qualification.
<b>8. Recommended sequencing of units</b>		As appearing under the section 05

## UNITS DETAILS

<b>Unit Title</b>	<b>Unit Title</b>	<b>Code</b>	<b>Level</b>	<b>No of credits</b>
1	Observe personal and work place hygiene practices	SOC15S1U01V2	3	3
2	Practice health, safety and security Practices	SOC15S1U02V2	3	3
3	Practice effective workplace communication	SOC15S1U03V2	3	3
4	Perform computer operations	SOC15S1U04V2	3	3
5	Organise and complete daily work activities	SOC15S1U05V2	3	4
6	Provide first aid	SOC15S1U06V2	3	4
7	Conduct basic warm-up and cool-down programs	SOC15S1U07V2	3	4
8	Develop and update knowledge of coaching practices	SOC15S1U08V2	3	4
9	Coach beginner or novice participants to develop fundamental motor skills	SOC15S1U09V2	3	4
10	Develop and update sport, fitness and recreation industry knowledge	SOC15S1U10V2	3	4
11	Teach the fundamental skills of sports	SOC15S1U11V2	3	4
12	Customise coaching for special needs groups	SOC15S1U12V2	3	64
13	Develop nutritional strategies	SOC15S1U13V2	3	4
14	Apply anatomy and physiology principles in a fitness context	SOC15S1U14V2	3	4
15	Work effectively with young people	SOC15S1U15V2	3	4
16	Support athletes to adopt principles of sports psychology	SOC15S1U16V2	3	4
17	Injury prevention management	SOC15S1U17V2	3	4

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## Packaging of National Qualifications:

National Certificate III in Sports Coaching will be awarded to those who are competent in units

1+2+3+4+5+6+7+8+9+10+11+12+13+14+15+16+17

Qualification Code:

SOC15SQ1L317

## Competency Standard for

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### SPORTS COACHING

Unit No	Unit Title
1.	Observe personal and work place hygiene practices
2.	Practice health, safety and security Practices
3.	Practice effective workplace communication
4.	Perform computer operations
5.	Organise and complete daily work activities
6.	Provide first aid
7.	Conduct basic warm-up and cool-down programs
8.	Develop and update knowledge of coaching practices
9.	Coach beginner or novice participants to develop fundamental motor skills
10.	Develop and update sport, fitness and recreation industry knowledge
11.	Teach the fundamental skills of sports
12.	Customise coaching for special needs groups
13.	Develop nutritional strategies
14.	Apply anatomy and physiology principles in a fitness context
15.	Work effectively with young people
16.	Support athletes to adopt principles of sports psychology
17.	Injury prevention management