



Level 1 Martial Arts – Sport and Fitness Coaching Award

Developing young leaders in sport



What is Up-Grade Training's Level 1 Martial Arts – Sport and Fitness Coaching Award?

Delivered by school teachers, sports coaches and therapists.

The Level 1 Martial Arts – Sports and Fitness Coaching Award has been designed by Up-Grade Training and Therapy (in association with Freestyle Combat Academy with All Styles Martial Arts Association). Our aim is to develop young leaders in martial arts and in the wider sports community.



Up-Grade work with young people to develop practical and theory-based coaching knowledge.

By combining the ASMAA approved, Freestyle Combat Academy syllabus with the AQA GCSE Physical Education curriculum, this engaging and interactive level 1 coaching award provides the practical skills and theoretical knowledge required to begin to manage and plan for small groups of sports-based learners - all under the close

Supervision and guidance of qualified professionals.

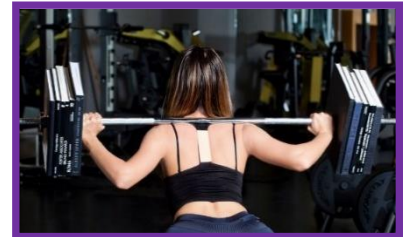
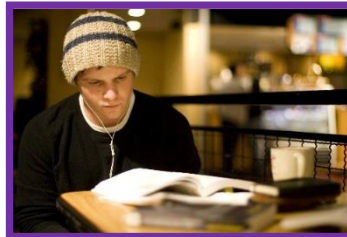
In addition to official coaching certification and physical skill grading, the Level 1 Martial Arts – Sports and Fitness Coaching Award aims to develop the self-esteem and self-confidence of every young learner. Emotional and physical development go hand-in-hand, and so by applying coaching theory with physical skill-building and academic education, the young learner experiences growth and progression in all key areas.



The Level 1 Martial Arts – Sports and Fitness

Coaching Award provides...

- ... a sound base of knowledge for the theory and practice of coaching at small groups of young learners
- ... GCSE AQA lessons and revision-resources for Physical Education, covering: Sports psychology, health, fitness and well-being, applied anatomy and physiology, movement analysis and physical training for analysis and evaluation
- ... official ASMAA certified **Level 1 Martial Arts – Sports and Fitness Coaching Award**, qualifying the learner for a potential Level 2 enrolment
- ... an official **grade 1 red belt** and **certificate of achievement** in the discipline of kickboxing
- ... a presentational photograph for learner and school, plus completed portfolio of study (to be taken home post-assessment)



- ... daily, in-depth progress reports to key persons at home and at school
- ... therapeutic techniques required for improved self-control and emotional management during training and school
- ... the science of releasing dopamine (motivation, drive and pleasure), serotonin (compulsions and memory) and norepinephrine (concentration, alertness and energy) through physical activity to positively contribute to a young person's mood and cognition, changing their state to be more receptive and ready to learn

Course details:



Duration of course:

7 x 5 hour days - £175 + vat per day

03/01/19 / 10/01/19 / 17/01/19 / 24/01/19 / 31/01/19 / 07/02/19 / 14/02/19

10:00am – 15:00pm (please ensure learner arrives 15 minutes prior to start time)

Course overview:

Day 1	
10:00 – 10:45	Warm up and stretch to technical, practical skill development (Kickboxing)
10:45 – 11:00	Break
11:00 – 12:00	Coaching and physical education theory (AQA GCSE). Portfolio work – <i>understanding guidance and feedback</i>
12:30 – 13:15	Lunch
13:15 – 14:15	Exam practice/Coaching and physical education theory (AQA GCSE SYLLABUS).
14:15 – 15:00	Circuit training/Practical skill (Kickboxing) development

Day 2	
10:00 – 10:45	Warm up and stretch to technical, practical skill development (Brazilian Jiu Jitsu)
10:45 – 11:00	Break
11:00 – 12:00	Coaching and physical education theory (AQA GCSE). Portfolio work – <i>Differentiation, theory and practical application</i>
12:30 – 13:15	Lunch
13:15 – 14:15	Exam practice/Coaching and physical education theory (AQA GCSE SYLLABUS).
14:15 – 15:00	Circuit training/Practical skill (Brazilian Jiu Jitsu) development

Day 3	
10:00 – 10:45	Road run to stretch and cooldown (Boxing)
10:45 – 11:00	Break
11:00 – 12:00	Coaching and physical education theory (AQA GCSE). Portfolio work – Games and fitness routines for small to medium groups
12:30 – 13:15	Lunch
13:15 – 14:15	Exam practice/Coaching and physical education theory (AQA GCSE SYLLABUS)
14:15 – 15:00	Circuit training/Practical skill (Boxing) development

Day 4	
10:00 – 10:45	Warm up and stretch to technical, practical skill development (Kickboxing)
10:45 – 11:00	Break
11:00 – 12:00	Coaching and physical education theory (AQA GCSE) Portfolio work – lesson planning and evaluations
12:30 – 13:15	Lunch
13:15 – 14:15	Exam practice/Coaching and physical education theory (AQA GCSE SYLLABUS)
14:15 – 15:00	Circuit training/Practical skill (Kickboxing) development

Day 5	
10:00 – 10:45	Warm up and stretch to technical, practical skill development (Brazilian Jiu Jitsu)
10:45 – 11:00	Break
11:00 – 12:00	Coaching and physical education theory (AQA GCSE) Portfolio work – Lesson planning and evaluations
12:30 – 13:15	Lunch
13:15 – 14:15	Practical session practice – leadership and evaluation
14:15 – 15:00	Evaluation and debrief of practical session

Day 6	
10:00 – 10:45	Road run to stretch and cooldown (Boxing)
10:45 – 11:00	Break
11:00 – 12:00	Coaching and physical education theory (AQA GCSE). Portfolio work – Lesson planning and evaluations
12:30 – 13:15	Lunch
13:15 – 14:15	Practical session practice – leadership and evaluation
14:15 – 15:00	Evaluation and debrief of practical session

Day 7	
10:00 – 10:45	Warm up (Kickboxing)
10:45 – 11:00	Break
11:00 – 12:00	Official grading for practical assessment – Kickboxing/Brazilian Jiu Jitsu/Boxing
12:30 – 13:15	Lunch
13:15 – 14:15	Practical session practice – leadership and evaluation
14:15 – 15:00	Evaluation and debrief of practical session

Up-grade training

in association with



and



Mobile: 07970 462 909

Office: 01424 222 587

FCA Affiliation: www.freestylecombatacademy.mymawebste.com

ASMAA affiliation: www.asmaasdf.weebly.com