



1st4sport Level 2

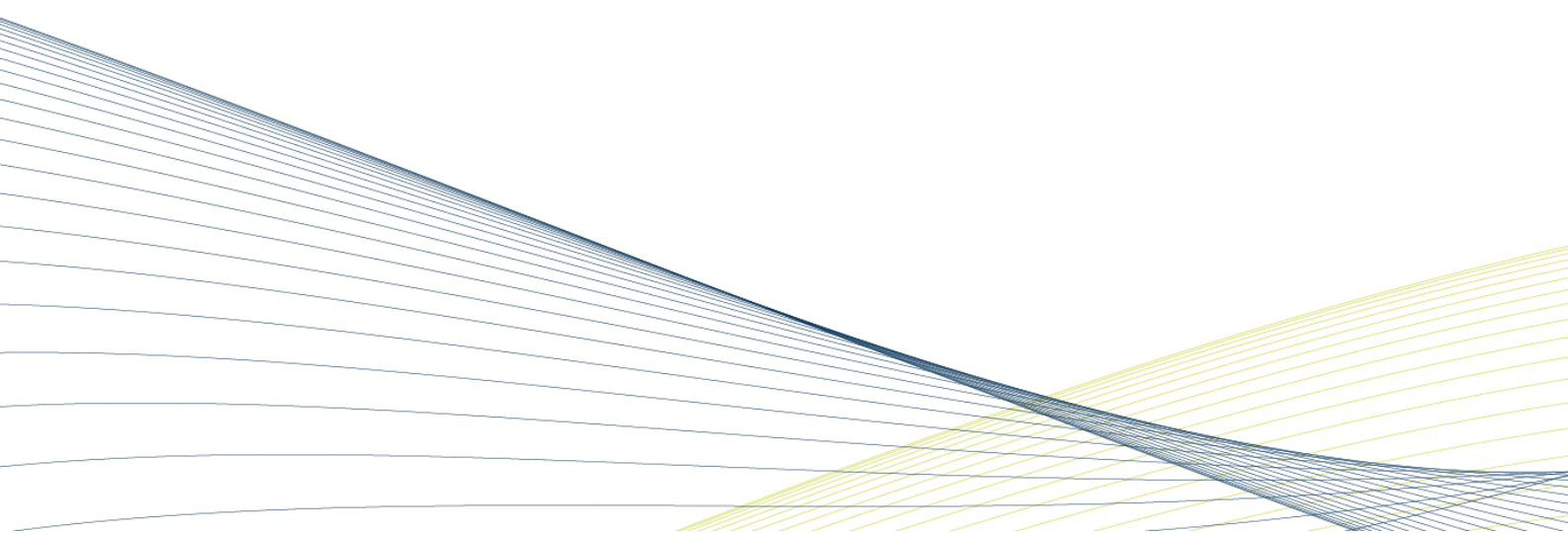
Certificate in Coaching

Rowing

Specification RPL

Issue date: September 2025

Review date:



	Learning Outcome		Assessment Criteria
1	Understand the role of the rowing coach	1	Describe the role
2	Understand the responsibilities of the rowing coach	1	Describe the responsibilities related to rules and regulations
		2	Describe responsibilities related to duty of care
		3	Describe responsibilities related to safe coaching practice
		4	Describe responsibilities related to inclusive coaching practice
3	Understand rowing participants and their development needs	1	Describe how to engage with and develop a range of participants
		2	Describe the physical influences on participation
		3	Describe the mental and social influences on participation
4	Be able to plan a series of rowing coaching sessions	1	Plan a series of progressive sessions
		2	Plan activities to meet the aims of the sessions
5	Be able to deliver a series of rowing coaching sessions	1	Establish a safe coaching environment
		2	Prepare the participants for the coaching sessions
		3	Deliver a series of coaching sessions in line with guidelines
		4	Develop technical and tactical aspects of rowing through the provision of explanations and demonstrations of activities
		5	Analyse and provide feedback on participants' performance
		6	Ensure participants' safety is maintained
		7	Conclude the session
6	Be able to review a series of rowing coaching sessions	1	Review participants' performance
		2	Analyse own coaching practice
		3	Apply the review of coaching sessions to future planning
		4	Review the effectiveness of the series of coaching sessions in rowing
7	Know how to coach rowing	1	Identify the key elements of rowing skills
		2	Identify the key coaching points of rowing skills