## Appendix 1: European structure of levels III to V proposed for coaches’ training (Appendix D, 1-3)

<table>
<thead>
<tr>
<th>KEYWORDS</th>
<th>LEVEL III</th>
<th>LEVEL IV</th>
<th>LEVEL V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Execution</td>
<td>x</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Co-ordination</td>
<td>(x)</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Teaching</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Research</td>
<td>(x)</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Management</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supervision</td>
<td>x</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### TASKS

**LEVEL III**

To coach one or several sportsmen and to co-ordinate a team of several assistant coaches (level I and II).

At this level, the coach is mainly concerned with the execution of basic activities.

**LEVEL IV**

To coach is responsible for all aspects of the sports practice, of the sport activity organisation.

At this level, the coach has reached a higher level in training. The management and research fields are not a priority at this level.

**LEVEL V**

The coach is now responsible for all aspects of the sports practice, as an “ideas man”, promoter and organiser, whilst drawing on multi-disciplinary scientific training, both general and specific.

At this level, the coach is competent to intervene to all the areas of performance training structure.

### ACTIVITIES

**Training sportsmen**

- plans, implements and assesses training
- Idem
- devises, plans, executes and assesses the training process

**Competition**

- assists the sportsmen during competition
- advises the sportsmen during competition
- idem
- develops strategy to detect talent

**Talent detection**

- participates in identifying talents
- Idem
- develops strategy to detect talent

**Coaches’ training**

- supervises coaches internship
- analysis the demands of coaches’ training, devises programmes, produces subject matter

**Safety**

- takes the necessary steps to ensure the athletes’ safety
- Idem
- Idem

**Research**

- keeps abreast of progress in knowledge
- keeps abreast of progress in knowledge
- Formulates the needs in research and implements research action

**Co-ordination of**

- Co-ordinates a team of contributors
<table>
<thead>
<tr>
<th>staff</th>
<th>Promotion sports activity</th>
<th>Organises, manages and promotes the sport activity</th>
<th>Devises, organises and manages the promotion of the sports activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADMISSION CONDITIONS</strong></td>
<td>Practical experience in the specific sport Level I and II certificates (if they are included in the national training system)</td>
<td>Level III certificate</td>
<td>Secondary education diploma/certificate, which gives access to higher education. Practical experience in the specific sport. (Level III or IV certificate can be taken into account)</td>
</tr>
<tr>
<td><strong>MINIMUM DURATION</strong></td>
<td>300 hours 2 years practical coaching experience (validated by the competent authorities)</td>
<td>600 hours idem</td>
<td>2400 hours (4 years of university studies): - 1200 hours of basic education in sport sciences - 1200 hours of specific education in the chosen sport idem</td>
</tr>
</tbody>
</table>