

## Athlete Personal Development and Lifestyle (Level 3 Certificate)

The Level 3 Certificate in Athlete Personal Development and Lifestyle aims to develop the learner's knowledge, skills, and professional practice required in the role of Athlete Personal Development Practitioner, Athlete Lifestyle Coach or other similar roles that provide personal development and lifestyle coaching to talented and elite level athletes.

### Course Pre-Requisites:

Learners must hold a recognised and valid Safeguarding qualification. Learners must also have access to at least one athlete that is agreeable for the outcome of the support sessions they receive to be documented and shared anonymously for assessment purposes.

### Qualification Content:

<b>The role of an Athlete Personal Development Practitioner</b>	<ul style="list-style-type: none"> <li>• the role and remit of the personal development practitioner</li> <li>• skills and knowledge required of the practitioner</li> <li>• role boundaries, and limitations of the personal development service</li> <li>• benefits of the personal development service to athletes and stakeholders</li> <li>• ethical issues that could arise during practice in the role</li> <li>• inclusive practice and safeguarding considerations</li> <li>• contracting with athletes</li> </ul>
<b>Coaching Theory and Undertaking Coaching with Athletes</b>	<ul style="list-style-type: none"> <li>• building rapport and initiating the athlete practitioner relationship</li> <li>• coaching theory</li> <li>• tools to support the coaching process</li> <li>• planning and delivering personal development support</li> <li>• communication skills</li> <li>• action planning and reviewing progress</li> <li>• confidentiality and professional practice</li> </ul>
<b>Sporting Pathways and Athlete Transitions</b>	<ul style="list-style-type: none"> <li>• athlete performance pathways</li> <li>• stakeholders and support for athletes throughout the pathway</li> <li>• athlete support networks</li> <li>• types of athlete transitions and their impact</li> <li>• how the practitioner can support athlete transitions</li> </ul>
<b>Athlete Education and Personal Development Opportunities</b>	<ul style="list-style-type: none"> <li>• personal development opportunities and their benefits/challenges</li> <li>• balancing personal development and sport commitments</li> <li>• contingency planning</li> </ul>
<b>Athlete and Practitioner Wellbeing</b>	<ul style="list-style-type: none"> <li>• supporting athlete mental health and wellbeing</li> <li>• influences that affect mental health and wellbeing</li> <li>• how to respond to mental health concerns</li> <li>• stressors affecting wellbeing and coping strategies</li> <li>• practitioner self-care and wellbeing</li> </ul>
<b>Evaluating and Developing Own Practice as a Practitioner</b>	<ul style="list-style-type: none"> <li>• reflective theory</li> <li>• evaluating own practice</li> <li>• developing a practitioner personal development plan</li> <li>• CPD relevant for the practitioner role</li> </ul>

### **Delivery Schedule:**

The qualification is usually delivered in person over 4 full days, in two blocks of 2 days (although other formats will be considered). It is comprised of tutor delivery, activities, role plays, and discussions.

### **Assessment Methods:**

Learners are required to complete:

- A learner portfolio of assessed tasks (assessments within the learner portfolio include short answer knowledge-based questions, reflective tasks, evidence from a minimum of 3 practical sessions with athletes relating to the areas of Athlete Personal Development, Athlete Transitions and Athlete Wellbeing, as well as follow up review sessions)
- A video of one of these delivery sessions evidencing their ability to support an athlete in a professional manner
- A professional discussion with an assessor (approx. 45 mins)

All tasks must be marked as competent to gain the certificate.

**For further information contact: [learning@tass.gov.uk](mailto:learning@tass.gov.uk)**