

## APPENDIX A

### UKCC LEVEL 3 2012 cohort – Delivery Schedule

<b>Unit</b>	<b>Delivery</b>	<b>Date(s)</b>
<b>Unit 1</b> <b>Duties of the Level 3 Coach</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	<b>13 April</b>
<b>Unit 2</b> <b>LTAD – How Athletes Develop</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	<b>14 April</b>
<b>Unit 3</b> <b>Exercise Physiology for Coaches</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	<b>21 &amp; 22 April</b>
<b>Unit 4</b> <b>Nutrition and Hydration for Performance</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	<b>21/22 April</b>
<b>Unit 5</b> <b>Coaching Psychology and Skill Acquisition</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	<b>28/29 April</b>
<b>Unit 6</b> <b>Land-Based Training</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	<b>28/29 April</b>
<b>ASSESSMENT MILESTONE 1</b>	<b>Coaches should complete and submit the Assessment Tasks for Units 1-6 to the Course Director by Friday 27<sup>th</sup> July 2012.</b>	

<b>Unit</b>	<b>Delivery</b>	<b>Date(s)</b>
<b>Unit 7</b> <b>Recording and Interpreting Swimming Data</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	20 May
<b>Unit 8</b> <b>Technique and Skill Adaptations</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	15/21/22/28/29 April & 19 May
<b>Unit 9</b> <b>The Swimming Coach and Competition</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	20 May
<b>Unit 10</b> <b>Planning for Swimming Performance</b> <i>Assessment Booklet Tasks</i>	Theory / Practical	15/16 Sep
<b>ASSESSMENT MILESTONE 2</b>	<b>Coaches should complete and submit the Assessment Tasks for Units 7-10 to the Course Director by Friday 30th November 2012.</b>	
<b>Unit 11</b> <b>The Level 3 Swimming Coach in Action</b> <i>Task 11A (Part 1 and 2)</i>	Practical (Post-course / vocational assessment)	<b>Assessment by Scottish Swimming in Performance or Development context.</b>