Session 1: Introduction to Developing Professional Practice in Sports Coaching and Development

* Overview of the unit and its purpose
* Explanation of the main issues relating to professional practice in sports coaching and development contexts
* Introduction to the factors involved in providing a safe sports coaching environment

Session 2: Responsibilities and Roles in Providing a Safe Coaching Environment

* Understanding the responsibilities and roles of coaches, participants, safeguarding officers, volunteers, facility staff, parents/guardians, spectators, officials, and key agencies
* Exploring policy, procedures, facilities, and resources in relation to welfare needs and how to apply them

Session 3: Conduct, Relationships, and Behaviors in a Coaching Environment

* Understanding the impact of conduct, relationships, and behaviors in a sports coaching environment
* Learning how to manage conduct, relationships, and behaviors to ensure a safe coaching environment

Session 4: Safeguarding Vulnerable Groups

* Defining safeguarding and its importance in sports coaching and development contexts
* Understanding legislation relating to safeguarding and identifying factors that contribute to a safe environment
* Recognizing signs of abuse and learning how to respond to safeguarding situations
* Understanding procedures for reporting and recording observations

Session 5: Risk Assessment in Sports Coaching and Development

* Exploring the importance of risk assessment in sports coaching and development
* Understanding the client group and associated risks
* Identifying environmental and equipment risk factors
* Learning how to carry out a risk assessment in a sporting environment/context

Session 6: Legislation and Guidance in Sports Coaching and Development

* Understanding legislative factors such as codes of conduct, health and safety legislation, reporting incidents and accidents, data protection, equality and inclusion, liability and negligence guidelines, and duty of care
* Exploring workplace policies and procedures including lone working, social media, transportation of participants, and handling complaints

Session 7: Professional and Personal Standards in Sports Coaching and Development

* Understanding codes of conduct and code of ethics for sports coaching
* Recognizing and being aware of mental health issues in athletes and coaches
* Emphasizing the importance of continuing professional development
* Exploring issues surrounding drugs and doping in sports coaching and development

Session 8-12: Application of Legislation and Guidance in Sports Coaching and Development

* Applying industry legislation and guidance in sports coaching and development contexts
* Identifying and following policy and procedures in sports coaching and development environments
* Recognizing and adopting best practice in coaching environments

Note: The session descriptions are based on the information provided in the text and are subject to the discretion of the instructor or course designer.