

What are the most important components of coach education?

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What are the most important lessons you have taken from coach education — formal qualification, ongoing CPD, informal learning — lessons that have fundamentally shaped the way you coach?

I recently updated my CV, and it is now overflowing with CPD courses — mostly interesting, and all relevant in some way to the work I am doing, but I suspect that only a few will actually change how I coach (for the better, hopefully).

Which set me wondering about the “minimum set” of qualifications required to call yourself a coach?

What would you recommend?

My starters would have to include

- appropriate first aid training, probably including concussion awareness
- appropriate Safeguarding training for every coach working with children and/or vulnerable adults

But what else?

This post was inspired by:

- the [Coaching Plan for England](#)
 - in particular, the proposed new [professional standards](#) being developed by CIMPSA and UK Coaching, including a new “coaching children” qualification to apply across sports;
- the release of the first MOOC from the [iCoachKids](#) project
 - [Developing Effective Environments for Children in Sport](#)
 - Highly recommended; well presented & engaging; *very* “chunky”!
- an ongoing conversation with a group of coaching colleagues about how best to coach a group of beginners, and the skills needed to do this (and how much we still *don't* know, even though we are all “qualified” coaches!).
- this [report](#) from the Aspen Institute on sport participation & physical activity rates in the US — see the section on training for youth coaches