



**WORLD
ATHLETICS™**

CECS Level I Course

Participant's Handbook

**PLEASE READ THIS HANDBOOK
CAREFULLY BEFORE APPLYING FOR
THE COURSE AND SOLVE YOUR
DOUBTS WITH THE ADMINISTRATION.**

WORLD ATHLETICS Coaches Education and Certification System (CECS) – General Information

Since 2016, the CECS recognizes LEVEL I as equivalent to the previous Levels I – II. For those who have these levels, this course is equivalent to both levels. Those who have only the previous Level I must take the new LEVEL I U/16 to continue with the WORLD ATHLETICS Education System.

The courses at their different levels are designed to prepare coaches with the technical-pedagogical tools that can meet the needs of their athletes throughout the training process, from initiation to high performance. Each level (I, II, III and ACADEMY) of the courses corresponds to a stage of the athlete in that developmental path. **The successful approval of levels I/II/III and the WORLD ACADEMY courses are part of the WA's new Coaches Education and Certification System.**

The model adopted for South America is bimodal, with 10 remote sessions that will address athletic techniques. These will be recorded on a platform along with complementary content that has been previously recorded. Each of these classes consists of 10 modules with an evaluation questionnaire for each of them. Its realization gives way to the face-to-face meeting of 6 MANDATORY days where the methodological resources that future coaches need, to teach the wide range of tests that comprise athletics, will be addressed in a practical way.

Prior to the start of the course, all students must register for the SAFEGUARDING course on the World Athletic (WA) platform. The steps to do this are as follows:

- a- Search the web: <https://worldathletics.org/>
- b- Register.
- c- Log in with your email and password.
- d- Inside World Athletics.
- e- Development.
- f- World Athletics eLearning platform.
- g- Enter the course BASIC CONCEPTS OF SAFEGUARDING (Take the course)

https://youtu.be/YImJoF9zQfl?si=eXnyKR_frfMuwBi

WORLD ATHLETICS CECS LEVEL I

Level I is the **only course** that the vast majority of participants are able to attend by their own choice. For this reason, the course should provide more than just an introduction to WORLD ATHLETICS LEVEL I COURSE (IAAF).

The program covers all the events and emphasizes the practical aspects of coaching.

At the same time, it provides a theoretical foundation, which is sufficient to allow coaches to continue learning, either through their own efforts or within the CECS structure. **The course is geared towards the teaching and training work of the U12 to U16 categories of the member countries.**

Subsequent levels participants will be chosen by member federations based on their work within federation athletics.

1. WORLD ATHLETICS CECS

The Level II course is designed to appeal to coaches who have performed well in Level I and will gain a level of specialization in one of the following six groups of events: Speed & Hurdles, Middle and Long Distances, Race Walking, Jumping, Throwing, and Combined Events geared towards the categories (U18/U 20). With this specialization, they can begin to meet their country's need for high level performance coaches.

The subsequent Level III Senior Coach is a deepening of Level II on group of Events for training elite athletes. Outside of the system there is the Academy Coach whose orientation is for Elite Performance and managing High Performance process.

2. Entry Requirements for Level I

The Member Federation or organizer of a course, on the basis of a maximum of 30 candidates, must follow the following criteria to extend invitations to participate in a Level I course:

- Be at least 18 years old.
- Have completed Primary Education
- Demonstrate an interest in athletics.
- Be physically fit and able to participate in the learning of all the events during the development of practical classes in the face-to-face part.
 - Have a desire to become actively involved as a qualified coach and assist their WORLD ATHLETICS Affiliated Federation in the development of Athletics.
 - Speak and read and write in the language of the course well enough to take a written and practical exam.
 - Have an internet connection and basic use of technology.
 - **Be available during the course.**

3. Timetable for Level I Courses

It will be sent to the coaches in a timely manner before the start of the course. **There is a program for the virtual part and another for the face-to-face part. The first will be held with 10 asynchronous meetings and the second will be run for 6 consecutive days at a place previously determined by the organization.** In the distance stage, the completion of the review questions of each module will be considered, as well as a roll call to check attendance and the follow-up of the review questions contained in each module will be made.

4. Evaluation of Level I Participants

In the remote part, students are expected to attend virtual classes, be part of each module on the platform and answer the review questions of each of them.

In the face-to-face part, candidates are expected to take part in all the units of the course. They will also need to run rough demonstrations of the technical model of each event. In other words, the course has a theoretical-practical character.

The assessment of Level I participants is constructed from a three-part profile that includes:

Written Exam

A 90-minute exam, designed not only to assess participants' knowledge, but also to challenge their ability to find necessary information from available sources. They are:

1. Run! Jump! Throw! The WORLD ATHLETICS (IAAF) Guide to Teaching Athletics,
2. Level I Coaching Theory
3. Personal notes about the course by the participants.

The final theoretical assessment is converted into a score on a scale of 1 to 4.

Practical Presentation

Each coach will be evaluated twice during the practice sessions. The first is of a formative nature that allows you to improve the didactic and technical aspects when giving a class, the second is the formal evaluation of what you have learned. The final practical assessment is converted into a score on a scale of 1 to 4.

Coach Profile

The participants who are part of the virtual classes, completing their task on the platform, attend all the units of the course in its face-to-face part, show active participation, concern for knowledge, didactics in the teaching process, integrating technical knowledge with methodological knowledge, build a profile as a coach that is considered for their professional future within athletics.

5. Level I Approval

Participants who achieve the required score in both areas (theory-practice) will be awarded the Level I World Athletics Certificate. The required Profile is a minimum of 2 points for the written exam and 2 points for the Practical Preparation. The evaluation is recorded on the certificates.

Prior to the start of the course, all of the above criteria will be explained to all Candidates.

To help WORLD ATHLETICS improve all aspects for future Level I courses, participants have an opportunity

to confidentially evaluate the management of the course and its speakers.

6. The Level I Programme

Level I courses follow a syllabus containing a total of 63 units. The amount of time required for each unit varies according to the topic and the needs of the course participants. The minimum recommended time for units ranges from 45 to 90 minutes.

Each practical test contains **three units**, in the distance part the first theoretical unit will be given and in the face-to-face part two practical units will be given.

In the face-to-face part, the practical units of the athletics events will normally be given on successive days to increase and reinforce learning.

The second unit is a practical session by the lecturers where the different tests are presented to the participants and they perform the recommended teaching progressions. The improvisation of the Appropriate equipment can also be included in this section, as well as recommendations on teaching didactics.

The third unit is a hands-on training unit, in which course participants train with each other showing the progression of teaching.

Finally, students will have to give their practical final assessment class on an athletics test, where they are evaluated in aspects of understanding the methodology and didactics of teaching.

There will also be several theoretical-practical planning units with a generic format oriented to the level being studied and a training plan for an athlete will be put together in groups that will be presented in groups in the final planning workshop.

The topics included in the Level I programme include the practical and theoretical aspects of:

RACING	JUMPS	RELEASES
CROUCH	LONG	SHOT
RUNNING TECHNIQUE	TRIPLE	DISCUS
OBSTACLES	HIGH	JAVELIN
RACE WALK	POLE VAULT	HAMMER
HURDLES		
RELAYS		

The theoretical contents that complement the teaching of the specific technical contents are:

THEORY	
BIOMECHANICS - RUNNING	ANATOMY
BIOMECHANICS - JUMPS	PHYSIOLOGY
BIOMECHANICS - THROWS	COMBINED EVENTS
KID'S ATHLETICS	DEVELOPMENT OF MENTAL SKILLS
PHILOSOPHY OF THE TRAINING PROCESS	DEVELOPING A HEALTHY DIET
GROWTH & DEVELOPMENT	INJURIES & PREVENTION
COMMUNICATION SKILLS	WARM UP
TEACHING PROCESS SKILLS	PLANNING: PRINCIPLES OF TRAINING. PHYSICAL CONDITION COMPONENTS. DIDACTICS OF THE TECHNICAL MODEL.
	VOLUME/INTENSITY/RECOVERY/MEANS AND METHODS. THE MACROCYCLE/MICROCYCLE AND THE SESSION.

WORKSHOPS	
PLANNING WORKSHOP	CIRCUIT TRAINING WORKSHOP
COACHESS EYE WORKSHOP	

The format of the workshops will be announced during the course with the requirements for approval.

7. Course Materials

Participant's Materials:

WORLD ATHLETICS provides a standard set of support materials specially produced for the Level I course.



Each Level I participant receives a copy of the following books/manuals:

- "Introduction to Coaching Theory" The Official WORLD ATHLETICS (IAAF) Guide to Teaching Athletics
- "Run! Jump! Throw! The Official WORLD ATHLETICS (IAAF) Guide to Coaching Athletics"
- Supplementary material by the lecturers.