



LOUDOUN COUNTY VOLLEYBALL

Volleyball for life

Continuing Education in Sports Coaching

CESC

INDOOR VOLLEYBALL COACHING COURSES

1. General Regulation

Only the Loudoun County Volleyball Club is allowed to promote the CONTINUING EDUCATION IN SPORTS COACHING – CESC courses and certifications. The coaches who are approved in the programs and/or certifications will grant a certificate in the level they were approved.

1.1 Courses and Certification Levels

There will be three levels of Continuing Education in Sports Coaching – CESC (I, II, III) that should be organized separately and in accordance with the regulations established by Loudoun County Volleyball Club, through its Committee of Coaches. Students may not take Certification courses within an interval of less than 1 year, except for the explicit interest of the Loudoun County Volleyball.

1.1.1. COURSE LEVEL I – VOLLEYBALL FOR BEGINNERS

The level I courses of Continuing Education in Sports Coaching – CESC will be realized only:

- On-site course - Duration: 70 hours.

a) Content and program: see Art. 4.

b) Participants: Any person aged 18 or older

c) Certificate: The approved candidate will receive a certificate issued by the Loudoun County Volleyball and will be entitled as Volleyball Coach Level I. The candidate will be capable to work with initiation to volleyball/beginner team, mostly to 12 and under.

1.1.2. COURSE LEVEL II – BASIC VOLLEYBALL

The level II courses of Continuing Education in Sports Coaching – CESC will be realized only:

- On-site course - Duration: 80 hours.

a) Content and program: see Art. 4.

b) Participants should meet at least 2 of the following criteria:

- Be 18 years old or older;
- Have earned the CESC – Level I certificate;

- Have a degree in Sports Sciences, Kinesiology or similar and prove at least 20 hours of Volleyball Studies (to be approved by the Course Committee);

c) Certificate: The approved candidate will receive a certificate issued by the Loudoun County Volleyball and will be entitled as Volleyball Coach Level II. The candidate will be capable to work with intermediate teams, mostly up to age initiation to volleyball/beginner team, mostly to 15 and under.

1.1.3. COURSE LEVEL III – ADVANCED VOLLEYBALL

The level III courses of Continuing Education in Sports Coaching – CESC will be realized only:

- On-site course - Duration: 70 hours.

a) Content and program: see Art. 4.

b) Participants should meet at least 2 of the following criteria:

- Be 18 years old or older;
- Have earned the CESC – Level II certificate;

c) Certificate: The approved candidate will receive a certificate issued by the Loudoun County Volleyball and will be entitled as Volleyball Coach Level III. The candidate will be capable to work with intermediate to advanced teams of all ages.

1.2 CONDITIONS FOR PARTICIPATING IN COURSES

The candidate needs:

- a) To enjoy good health and sign a Liability Release Form;
- b) To be able to perform physical and technical work necessary for the coach's duties;
- c) To have a high school certificate or a corresponding course;
- d) To attend 100% of theoretical and practical classes.

1.3 EXAMINATION

Only the candidates with full attendance and proper conduct of sports (sportsmanship) will be allowed to attend the examination that will be composed in:

LEVEL	TYPE OF TEST	MINIMUM AVERAGE SCORE
I	Theoretical	7.0
	Practical	
II	Theoretical	7.0
	Practical	

III	Theoretical	7.0
	Practical	
	Group Seminars	

1.3.1 TESTS AND EXAMINATIONS

- a) Theoretical test: The test consists of 50 multiple-choice questions with 5 options each for levels I, II and III.
- b) Practical Test for Level I: consists of 4 (four) tests aiming to evaluate the specific motor skills of the Coach for beginner teams.
- c) Practical Test for Level II: consists of 4 (four) tests to evaluate the motor skills specific to the Coach for intermediate teams.
- d) Practical Test for Level III: consists of organizing and directing a training session in one of the practices established for the course in technical activities, tactics or strategic preparation of teams for game.
- e) Oral test: the oral test is organized for candidates who do not obtain a minimum written test score of 7.0 points for direct approval. Candidates who have graded of 5 to 6.9 will be submitted to oral test.
- f) Group work for Level III (group presentations): to develop the proposed theme for a CS (Coaching Staff) and present it for the examiners.

1.3.2 APPROVAL CRITERIA

- a) For all levels candidates must attend 100% of the classes and have an average score of 7.0 for all proposed tests to be considered approved.
- b) Candidates with a score between 5.0 and 6.9 in the written test will undergo an oral test to confirm or not their approval.
 - The oral test will qualify candidates in situation predicted in the item "b" above. The degree obtained in the theoretical test will not change.
- c) Candidates with an average score lower than 5.0 in the written test will have failed the examination and will not grant their certificate.

1.4 CERTIFICATE OF COMPLETION

Approved students will receive at the end of the course, at the closing ceremony, Certificate of Completion, issued by the Loudoun County Volleyball at the level to which they are entitled. This certificate shall be signed by the Director of the Course.

The certificate will include: the name of the student, the level of the course and the degrees obtained in theory and practice.

Failed students will be granted a declaration of participation in the course.

2. NUMBER OF PARTICIPANTS

This regulation and the programed content and number of hours were developed to a maximum number of forty (40) participants by course and by level.

3. SOCIAL MEDIA AND ADVERTISING

All participants will agree with the use of their image and sound by the Loudoun County Volleyball Club in the social media and/or other advertising by signing a License Agreement for the use of image and sound.

4. PROGRAM

LEVEL I – VOLLEYBALL FOR BEGINNERS

Content	Theoretical	Practical	Discussion	Total
1 – History (I) of Volleyball	2			2
2 – Growth and Development	4			4
3 – Theory of Motor Learning I	6			6
4 – Introduction to Specific Motor Abilities in Volleyball – Fundamentals	8	10		18
5 – Basic Individual Tactics	4	6		10
6 – Volleyball Learning/Methods	4	4		8
7 – Exercise Physiology I	2			2
8 – Training Theories and Conditioning I	6			6
9 – Game Basic Rules	2			2
10 – Teaching Volleyball	4			4
11 – Special Topics			2	2
12 – Theoretical-Practical Test	2	4		6
TOTAL	44	24	2	70

On site: 13 days (6h-10h/day)

LEVEL II – BASIC VOLLEYBALL

Content	Theoretical	Practical	Discussion	Total
1 – History (II), Organization and Development of Volleyball	2			2
2 – Theory of Motor Learning II	4			4
3 – Improving Specific Motor Abilities of Volleyball – Fundamentals	6	10		16
4 – Basic Team Tactics I	8	6		14
5 – Organizing the Practice	2	2		4
6 – Leading Beginner Teams	2			2
7 – Team Planning and Management I	4			4
8 – Exercise Physiology II	4			4
9 – Training Theories and Conditioning II	10			10
10 – Game Rules II	2			2
11 – Special Topics	4		2	6

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12 – Sports Psychology	2			2
13 – Physical Therapy	2			2
14 – Nutrition	2			2
15 – Practical Test	4			4
16 – Theoretical Test		2		2
TOTAL	56	22	2	80

On site: 13 days (6h-10h/day)

LEVEL III – ADVANCED VOLLEYBALL

Content	Theoretical	Practical	Discussion	Total
1 – Volleyball: Current Overview and Trends	2			2
2 – Theories of Training and Conditioning III	8			8
3 – Advanced Individual Technique and Tactics	6			6
4 – Team Tactics II – Game Systems	6			4
5 – Team Planning and Management II – Strategy	4	2		6
6 – Assessing Practice and Tournaments	4	2		6
7 – Game Rules: Referee Criteria	2			2
8 – Exercise Physiology III	3			3
9 – Special Topics	2			6
10 – Volleyball Studies (Group)	4			4
11 – Group Presentations – Planning			6	6
12 – Practical Test		12		12
13 – Theoretical Test	6			6
TOTAL	46	24	10	70

On site: 12 days (6h-10h/day)