

## HFW (Health, Fitness and Well-being) COACH

### Learning Outcomes

To successfully undertake the role of HFW coach you will be able to:

- plan relevant and safe warm-up and cool-down routines
- identify appropriate BSA's, Foundation Shapes, Positions and Skills to be used as:
  - a) pulse raisers
  - b) body conditioning to improve strength
  - c) stretching to improve flexibility activities
- communicate clearly and effectively when leading others in safe warm-up and cool-down routines
- understand the importance of physical activity to health, fitness and well-being



### And as your work develops:

- identify a healthy eating plan to meet the energy requirements of the activity. This should include food and drinks that will provide sufficient energy and hydration to ensure the gymnasts can sustain vigorous activity over an extended period.
- create and present a range of information and ideas to meet the intended purpose and audience; selecting and using different layouts and techniques for different tasks, creating resources to support your role, including task cards, circuit cards, video clips, etc.



### Resources to support you

- Module 1, 2, 3 and 4 PESS Gymnastic Activities CD-ROMs
- PESS Health, Fitness and Well-Being (Secondary) CD-ROM
- Welsh Gymnastics - [www.welshgymnastics.org](http://www.welshgymnastics.org)
- British Gymnastics - [www.british-gymnastics.org](http://www.british-gymnastics.org)
- Sports Leaders UK – Leadership Awards - [www.sportsleaders.org](http://www.sportsleaders.org)
- Internet

