

UKCA Course Content & Prices

Cheerleading

Leadership Award	Equivalent to JSLA/CSLA or NGB Level 1
Basic Skills	Equivalent to NGB Level 2
Basic Stunts	Equivalent to NGB Level 3
Intermediate Skills	Equivalent to NGB Level 4
Advanced Skills	Equivalent to NGB Level 5

Street Cheer

Leadership Award	Equivalent to JSLA/CSLA or NGB Level 1
Basic Skills	Equivalent to NGB Level 2
Intermediate Skills	Equivalent to NGB Level 3

Tumbling

Basic Tumbling	Equivalent to NGB Level 2
Intermediate Tumbling	Equivalent to NGB Level 3
Advanced Tumbling	Equivalent to NGB Level 4

Judging

Judging Level 1

In order to attend a Basic Skills Course, UKCA require all participants to be one of the following:

JSLA/CSLA qualified

A qualified Dance Leader

NGB Level 1 qualified in any other sport

A qualified Teacher or Teaching Assistant

A qualified Dance Teacher

A qualified Exercise or Fitness Coach

Hold a qualification equivalent to any of the above

If you do not hold any of the above you need to attend a UKCA Leadership Course

Additional Modules

Safeguarding

Lifestyle

Psychology

Safety & Injury Prevention

All Courses must be completed in the correct order before moving to the next level

Participants will not be able skip levels even if they hold other Cheerleading qualifications

Membership to UKCA is free of charge

Once qualified through UKCA, you will be able to register yourself and your team with the Association

To book a place or host any of the Courses, check the UKCA online diary dates or contact courses@ukca.org.uk

We look forward to seeing you on one of our Courses in the near future

Insurance

Public Liability Insurance is the Coach's responsibility. We recommend you have suitable cover in place before you begin Coaching



Cheerleading Coaching Courses

Cheerleading Leadership Award

JSLA/CSLA/NGB Level 1 Equivalent

Course Cost £35 pp

Duration One day - 6hrs

Mixed practical and theory, the course will cover:

Communication

Motivation

Team-Building

Health & Safety

Leadership Skills necessary to run Cheerleading sessions under the guidance of a Qualified Coach

Suitable for Students Yr 8+ or Adult Volunteers with no Coaching/Teaching experience

Successful participants will be Assistant Coaches and receive a Certificate of Qualification



Cheerleading Basic Skills

NGB Level 2 Equivalent

Course Cost £95 pp

Duration One day - 6hrs

Mixed practical and theory, the course will cover:

Arm Motions

Jump Technique

Cheers

Chants

Choreography

Lesson Planning

Health & Safety

An introduction to Cheerleading, covering skills necessary to Coach at a Basic Level in Schools and Community Clubs/Groups

Suitable for adults over 18yrs with some Coaching/Teaching experience

Successful participants will receive a Certificate of Qualification

If under 18yrs, participants must be Yr9+ and hold a recognised Leadership Award

Successful participants will be Assistant Coaches and receive a Certificate of Qualification

Cheerleading Basic Stunts

NGB Level 3 Equivalent

Course Cost £115 pp

Duration One day - 8hrs

Mixed practical and theory, the course will cover:

Safe Stunt technique up to and including 2 Levels High

Body Preparation

Choreography

Lesson Planning

Health & Safety



Suitable for adults over 18yrs with the UKCA Cheerleading Basic Skills Certificate

Successful participants will receive a Certificate of Qualification

If under 18yrs, participants must be Yr9+ and hold the UKCA Cheerleading Basic Skills Certificate

Successful participants will be Assistant Coaches and receive a Certificate of Qualification

Cheerleading Intermediate Stunts

NGB Level 4 Equivalent

Course Cost £325 pp

Duration Four days - 32hrs

Mixed practical and theory, the course will cover:

Physical training for Cheerleaders

Nutrition

Safety Logic

Partner Stunt Progressions

Basic First Aid

Safe Coaching of High Level Stunts and Pyramids and will enable participants to deliver sessions to International Standard

Suitable for adults over 18yrs with the UKCA Cheerleading Basic Stunts Certificate

Successful participants will receive a Certificate of Qualification

Cheerleading Advanced Stunting Skills - to be introduced Autumn 2011

Please contact courses@ukca.org.uk if you are interested in this course

Street Cheer Coaching Courses

Street Cheer Leadership Award

JSLA/CSLA/NGB Level 1 Equivalent

Course Cost £35 pp

Duration One day - 6hrs

Mixed practical and theory, the course will cover:

Communication

Motivation

Team-Building

Health & Safety

Leadership Skills necessary to run Street Cheer sessions under the guidance of a Qualified Coach

Suitable for Students Yr 8+ or Adult Volunteers with no Coaching/Teaching experience

Successful participants will be Assistant Coaches and receive a Certificate of Qualification



Street Cheer Basic Skills

NGB Level 2 Equivalent

Course Cost £95 pp

Duration One day - 6hrs

Mixed practical and theory, the course will cover:

Jump Technique

Cheers

Chants

Locking

Freestyle

Floor Work (none weight bearing)

Choreography

Lesson Planning

Health & Safety

An introduction to Street Cheer, covering skills necessary to Coach at a Basic Level in Schools and Community Clubs/Groups

Suitable for adults over 18yrs with some Coaching/Teaching experience

Successful participants will receive a Certificate of Qualification

If under 18yrs, participants must be Yr9+ and hold a recognised Leadership Award

Successful participants will be Assistant Coaches and receive a Certificate of Qualification

Street Cheer Intermediate Skills

NGB Level 3 Equivalent

Course Cost £115 pp

Duration One day - 8hrs

Mixed practical and theory, the course will cover:

Jumps

Break Dance Footwork

Break Dance Moves

Floor Work (Weight bearing)

Transitional Skills

Suitable for adults over 18yrs with the UKCA Street Cheer Basic Skills Certificate

Successful participants will receive a Certificate of Qualification

If under 18yrs, participants must be Yr9+ and hold the UKCA Street Cheer Basic Skills Certificate

Successful participants will be Assistant Coaches and receive a Certificate of Qualification

UKCA Tumbling Courses

Basic Tumbling for Cheerleaders

NGB Level 2 Equivalent

Course Cost £115pp

Duration One day - 8hrs

The course is an Introduction to Tumbling and will cover:

Forward Roll

Backward Roll

Log Roll

Handstands

Walkovers

Cartwheels

Round-Off skills

Suitable for adults over 18yrs with the UKCA Cheerleading Basic Skills Certificate

Successful participants will receive a Certificate of Qualification

If under 18yrs, participants must be Yr9+ and hold the UKCA Cheerleading Basic Skills

Certificate Successful participants will be Assistant Coaches and receive a Certificate of Qualification



Intermediate Tumbling for Cheerleaders

NGB Level 3 Equivalent

Course Cost £115pp

Duration One day - 8hrs

The course will cover:

Handsprings

Vertical Rotations within Stunts and Basket Tosses

Participants must hold UKCA Basic Stunts & Basic Tumbling for Cheerleaders Certificates

Suitable for adults over 18yrs

Successful participants will receive a Certificate of Qualification

Advanced Tumbling for Cheerleaders

NGB Level 4 Equivalent

Course Cost £115pp

Duration One day - 8hrs

The course will cover:

Somersaults

High Level Rotations within Stunts and Basket Tosses

Participants must hold UKCA Intermediate Stunts & Intermediate Tumbling for Cheerleaders Certificates

Suitable for adults over 18yrs

Successful participants will receive a Certificate of Qualification

UKCA Judging Courses

Judging Level 1 - (2 Parts)

Course Cost £95pp

Duration 1 day - 6hrs

6 Hours

Part One is theory based and will cover:

Judge Etiquette

Judge Technician training and includes:

Practical DVD Judging Experience

Available to over 18's who hold a Basic Skills Qualification

Resource pack supplied

Part Two – is practical shadow Judging at an appropriate competition

Certificate awarded on successful completion of Part One & Two



Safeguarding

Additional Module (3 hrs)

Cost £45

The course covers essential **Child Protection** training recommended for all Coaches and Volunteers in contact with young people and vulnerable adults. Topics include **Best Practise in Coaching, Recognition of Abuse**, the **Five Categories of Abuse**, and the skills necessary to **Protect** participants in **Schools** and **Community Clubs/Groups**

Suitable for adults **over 18yrs**

Successful participants will receive a **Certificate of Completion**

If **under 18yrs**, participants must be **Yr9+** and hold a recognised Leadership Award

Successful participants will enhance their **Assistant Coach qualification** and receive a **Certificate of Completion**



Lifestyle

Additional Module (3 hrs)

Cost £45

The course is essential for all Coaches, covering skills to **Plan and Manage** their work commitments and leisure time, understand **Appropriate Behaviour** for **Elite Performers**, the factors that influence the **Effective Planning of a Career**, and **Successful Communication** with significant others in **Schools** and **Community Clubs/Groups**

Suitable for adults **over 18yrs**

Successful participants will receive a **Certificate of Completion**

If **under 18yrs**, participants must be **Yr9+** and hold a recognised Leadership Award

Successful participants will enhance their **Assistant Coach qualification** and receive a **Certificate of Completion**

Psychology

Additional Module (3 hrs)

Cost £45

This course is essential for all Coaches and Volunteers. It covers skills necessary to understand the **Psychological demands of Sport**, the **impact motivation can have on Sports Performance**, the effects of **Personality** and **Aggression** in Sport. Participants will be able to assess their own attitudes and mental skills, in order to develop a programme to enhance their own sports performance in **Schools** and **Community Clubs/Groups**.

Suitable for adults **over 18yrs**

Successful participants will receive a **Certificate of Completion**

If **under 18yrs**, participants must be **Yr9+** and hold a recognised Leadership Award

Successful participants will enhance their **Assistant Coach qualification** and receive a **Certificate of Completion**

Safety and Injury Prevention

Additional Module (3 hrs)

Cost £45

The course covers essential training recommended for all Coaches. Covering skills necessary to Understand Risks and Hazards associated with sports participation, undertake a Risk Assessment, know the different types of Injuries and Illness associated with sports participation, and learn how best to deal with them.

Suitable for adults **over 18yrs**

Successful participants will receive a **Certificate of Completion**

If **under 18yrs**, participants must be **Yr9+** and hold a recognised Leadership Award

Successful participants will enhance their **Assistant Coach qualification** and receive a **Certificate of Completion**

