

# COMMUNITY COACH TRAINING



# Community Coach Training

## THE GOAL:

Give community based people the knowledge, skills and confidence to lead safe and effective exercise classes in their own community.

# In the beginning....2006

- Need for training at community level identified
- Capacity Building
- Sustainability
- Several stake holders
- Search for possible training provider
- Netfit WIP

# First Course

- March 2007
  - Sport Auckland
  - AK Active
  - Tongan Health Society
- Evaluation and feedback
- Focus Group
- 5 more courses in 2007
- SPARC sponsorship from July 07



# 2008 Com Coach goes national

- January 08, Curriculum review
- 11 Courses
- Locations:
  - Auckland
  - Hamilton
  - Taupo
  - Wellington
  - Nelson
  - Pahiatua
  - Northland
  - Christchurch
  - Rotorua

## 2009 and onwards

- Auckland (Counties Manukau, Onehunga, Mt Roskill, Muslim Women, Pacific Youth.....)
- Hutt Valley, Timaru, Taupo, West Coast, Christchurch
- Expanded delivery
  - Standard Theory
  - Practical Options
  - Training Pathways
- Mentoring and funding



Safe and Effective

# THE CURRICULUM

# S A F E

- The Community Coach Mantra:
  - **S**uccess for all
  - **A**ppropriate for all
  - **F**un for all
  - **E**ffective for all

# Interactive Learning

- Participant involvement
- Exchange of knowledge
- Putting the theory into practice
- Use of simple language
- Assessment

# Community Coaches

- Plan and prepare safe effective sessions
- Committed to safety
- Understand anatomy/physiology and apply it
- Good communicator
- Be innovative and versatile
- Educate and guide participants
- Good people skills and enjoy helping people
- Be able to read a group and be able to adapt, adjust and modify

# Theory Component

- Communication, leadership and wearing many hats
- Functional anatomy and exercise physiology
  - The skeleton
  - The energy systems
  - Major muscles
  - Using Fitstrips
- Cardiorespiratory System
  - Heart and lungs – what they do
  - Heart rate
  - Blood pressure

# Fitstrips.....during a storm!



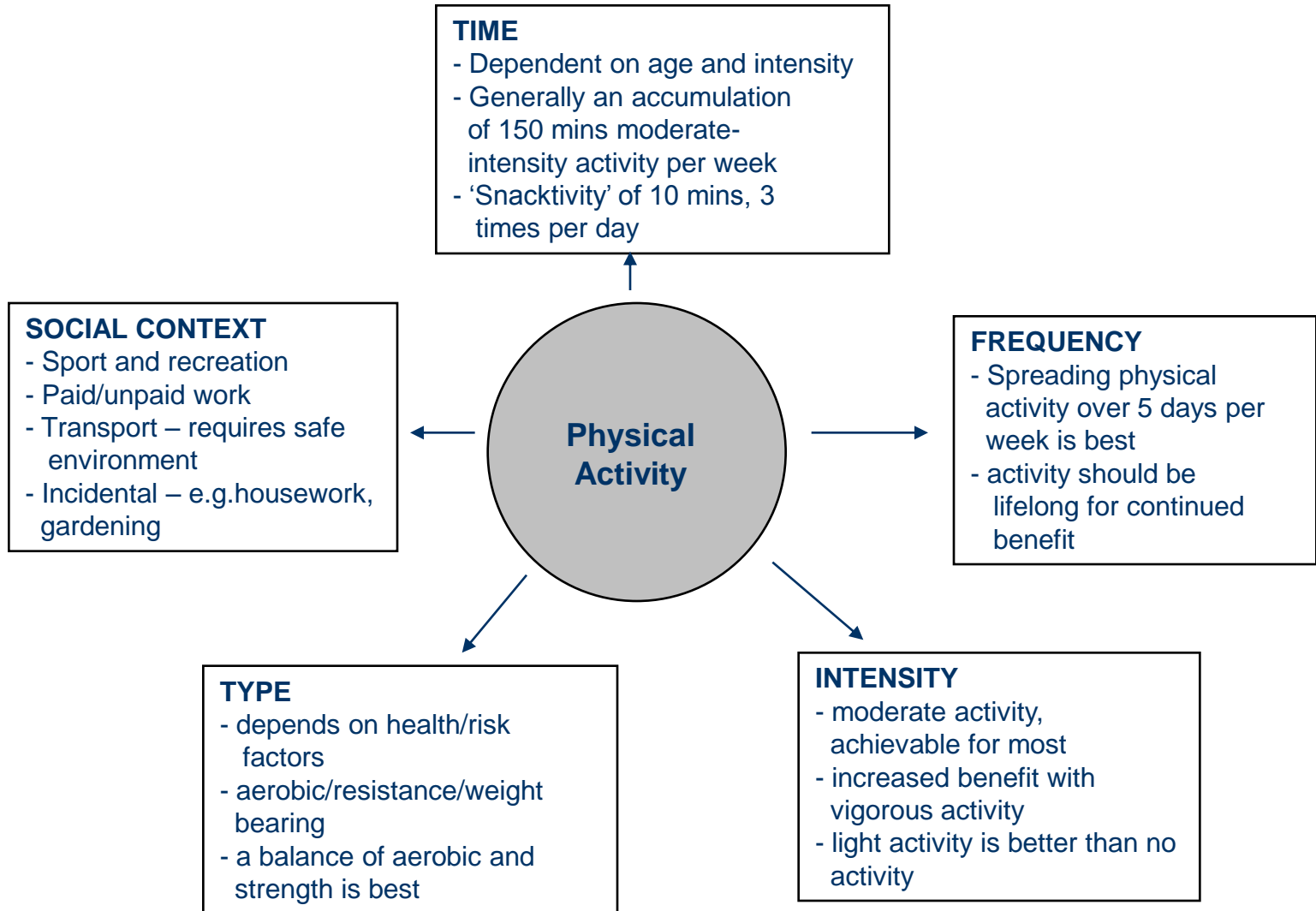
# Theory Component Continued

- Training principles
  - Overload
  - FITT Principle
- Special Populations and exercise
  - Asthma, diabetes, high blood pressure, arthritis
  - Older adults (strength and balance), people who are overweight
- Exercise safety & injury prevention
- Flexibility
  - Stretching

# The 4 S's of Fitness + Balance

- Stamina
- Strength
- Suppleness
- Balance
- Speed

# The Five Dimensions of Physical Activity

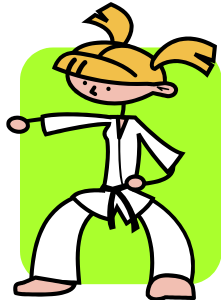


# New Zealand National Activity Guidelines

## Minimum levels of activity required for good health

- See all movement as an opportunity not an inconvenience  
***enjoy doing the housework!!!***
- Be active every day in as many ways as you can  
***Get off the bus a stop early***
- Put together at least 30minutes moderate-intensity physical activity  
on most, preferably all days of the week  
***Brisk walking, cycling***  
***Can be cumulative minimum 10-min snackercise blocks***
- If you can, also enjoy some regular, vigorous exercise for extra health  
& fitness

***This should make you Huff and puff***  
***Preferably at least 20mins, 3-4 times per week***



# Incidental Activity



“Interindividual variation in posture allocation” study  
standing vs. sitting  
150min = 350Calories  
=15kg per year

NEAT  
Non-exercise activity  
thermogenesis  
“Fidgeting”

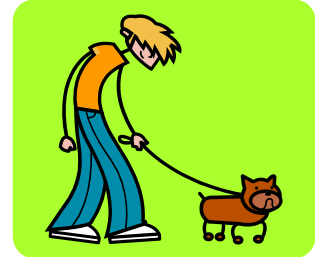
## Get Exercise by “Accident”

- Walk whenever possible
- Avoid lifts and escalators
- Get off the bus early
- Park the car further away
- Vacuum, weed, wash the car
- Walk during your breaks
- Have walking meetings
- Go window shopping
- Do smaller food shops - walk
- Laugh often!
- Hide the TV & stereo remotes
- Bring the shopping in bag by bag.....

# RPE = Rating of Perceived Exertion

## Huff & Puff

- 1 No exertion at all
- Very,very light
- 2 Very Light
- 3 Light
- 4
- 5 Somewhat hard
- 6
- 7 Hard
- 8
- 8.5 Very hard
- 9
- 9.5 Extremely Hard
- 10 Maximal exertion



Special emphasis:

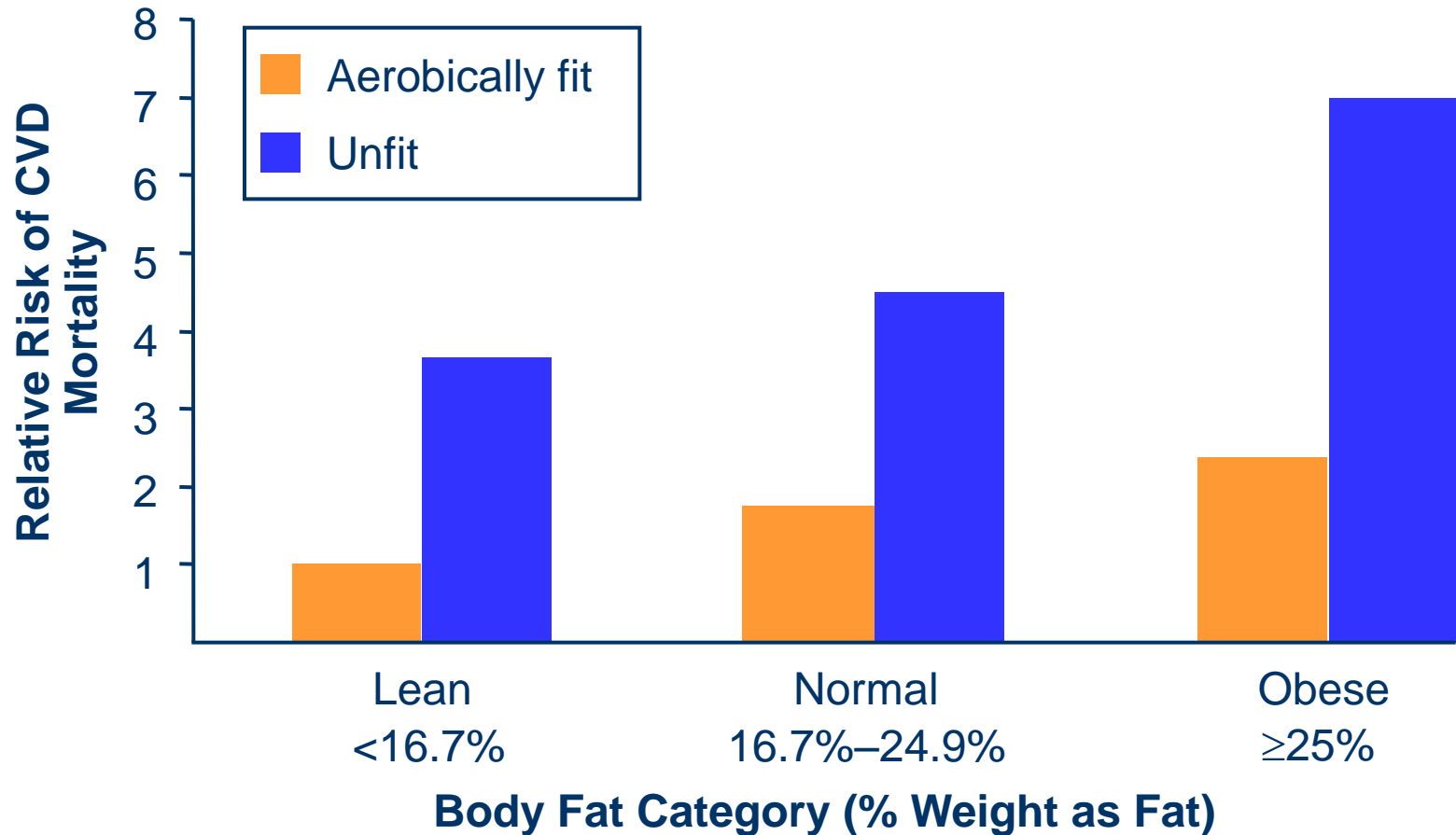
# Special Populations & Safety Precautions

# With all clients ...

- Be aware of all pre-existing medical problems.
- Know the signs of distress or over- exercising.
  - Shortness of breath
  - Excessive sweating
  - Dizziness
  - Nausea
  - Light headedness
- Use RPE (Huff & Puff)
- **Work at your own pace!**



# Fatness, fitness & cardiovascular disease mortality



Lee et al. *Am J Clin Nutr* 1999;69:373.

S A F E

# Exercise Safety And Injury Prevention

# Analyzing an Exercise

- Step 1 - Determine the purpose of the exercise (aerobic, strength, flexibility)
- Step 2 – Is there potential to cause injury?
- Step 3 – Is there meaningful purpose?

# Injury Prevention in Pahiatua

- Technique
- Rest
- Muscle Balance
- Clothing
- Footwear
- Hydration
- Warm up
- Cool down
- Stretches



# Practical Component

- Exercise to Music:
  - Basic Moves
  - Using music
  - Cueing
  - Choreography techniques
  - Class Planning (wWWWw)
  - Organised action
  - Circuits
  - Warmups and Cooldowns

# Base moves in Wellington



# Practising cueing.....in Onehunga



# Circuits in Christchurch



# Lines and circles



# Organised action



# The grand chain in Wellington



# Funky moves in Wainuiomata



# Stretching



# After the course....

- Assessment and Certification
  - Distinction
  - Pass
  - Co-teach
  - Not ready yet
- Just the beginnings
- Practise, practise, practise!!
- Refreshing and reassessing (for FREE!)
- Upskilling opportunities

# Sit and be Fit in Nelson



# Other Upskill Opportunities

- Upright and Active
- Fitstrips and Strength
- Walking Leader
- Deep and Shallow Aqua
- Indoor and Outdoor Circuits

# Community Coach Guidelines

- Low Impact
- Entry level
- Special Populations
- Independent living
- Stable health conditions
- Not the very frail

# A few of the Success Stories

- Individuals
  - Avalon, Evelyn, Frank (Sport Auckland)
  - Tenga, Jan
- Organisations
  - Tongan Health Society
  - Lakes Pasifika

# Avalon



If your New Year's resolution is to exercise but you don't know how to get started, or you need some motivation to keep at it, I'd like to introduce you to Avalon Davis. She went from being completely inactive to exercising daily and is incredibly inspiring. Here's her story...

**Donna Fleming**  
Health Editor

Aqua-aerobics helped  
Avalon Davis lose 40kg

## IN THE SWIM



**F**or many of us, regular exercise is a chore. All it takes is the slightest hiccup for us to give up and plunk ourselves back on the sofa.

Avalon Davis can understand the temptation to do that but she's glad she persevered with aerobics, despite suffering an embarrassing setback when she first tried to get active.

Three years ago, she was desperate to do something about her weight, which had skyrocketed to 166kg. So she plucked up the courage to get into a pool.

But a lifeguard told her the T-shirt she was wearing wasn't allowed in the water because it was made of cotton, and she would have to remove it or leave the pool.

"I got out straightaway," recalls Avalon, who had worn the T-shirt with Lycra shorts because she couldn't find a swimsuit to fit her. "The lifeguard was only doing her job and she was kind, but I felt so humiliated."

She'd be forgiven for never wanting to go near a swimming pool again. It took a year, but the determined mum-of-two did

get back in the water – this time wearing a special Lycra swimming T-shirt she'd made herself, which got the thumbs up from the staff – and took the first steps towards improving her health. Two years on, Avalon has shed 40kg and notched big physical changes. She's also given up her office job and become an aqua-aerobics instructor.

She exercises just about every day and says she can't imagine life without physical activity. "My life has been completely changed. Some people get religion – but for me it was exercise!"

Avalon (50) played softball and netball when she was younger but hadn't done any exercise for decades when she decided it was time to get moving.

Diagnosed with diabetes and tipping the scales at nearly 170kg, she was seriously worried about her health, so she called her doctor for a Green Prescription (GRP), which helps people to exercise in an attempt to improve their health.

Walking in water appealed and once she got back in the pool after the initial

# The Future: Mentoring

- Capacity Building and Sustainability
- Ongoing support of participants
- Sport Auckland mentoring for GRx participants, ADHB, Counties Manukau Active, Sport Waitakere, Sport Waikato
- Building a Community Coach Network
  - Mentors
  - Buddies
  - Mutual support

# Searching for Lecturers!

- Meet demands of growth and national expansion
- We need more theory and practical presenters
- From within communities
- Contact:
  - [Trishm@netfit.co.nz](mailto:Trishm@netfit.co.nz)
  - 09 582 0322 or 0800 835 538