



Course Outline

XTND GRADUATE (2 Years)

Year 1 Modules

Four compulsory five-hour modules:

- Group Management
- XTND Understanding Movement 1
- XTND Understanding Movement 2
- Movement Observation

Year 2 Modules

Four five-hour Modules

- Competent Coach Module plus outdoor experience eg high ropes
- Three optional Modules (*see options*)

Plus: Mentoring records and minimum 30 hours GymSports coaching over 2 years.



(Optional) XTND GRADUATE with Honours (3 Years)

Year 3 Modules

- Event Management Skills
- Three remaining optional Modules (*see options*)

Plus: Event Management records and minimum 15 hours coaching in year 3.

Optional Modules

- XTND Artistic Gymnastics
- XTND Trampoline
- XTND Aerobic Gymnastics
- XTND Rhythmic Gymnastics
- Display Gymnastics
- First Aid

**For more information contact your
local GymSport Club
or GymSports New Zealand.**

GymSports New Zealand

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**High School
Students
XTND yourself!**



**Coaching and Leadership Development
Opportunity**



Are you in year 9 – 12?

Are you interested in a career in coaching, sport management or working with people?

Are you currently coaching in GymSports or other sports?

Would a qualification that shows leadership and commitment to add to your CV interest you?

Would you offer your time as a role model to young people?

Do you want to meet new friends at camps and programme modules?

Then the XTND Youth Leadership Programme could be for you!!!



What is XTND?

- XTND is the youth coaching pathway of GymSports New Zealand's National Education Programme.
- XTND is offered by GymSport Clubs to develop a pool of young coaches to sustain and strengthen club programmes.
- XTND is organised in clusters of GymSport Clubs.
- Adult coaches monitor progress and act as a mentor for XTND Coaches.
- Young Coaches from the wider community including other sports can join the programme to develop their own personal skills.

Develop lifelong skills

Year 1

- Developing leadership and coaching skills
- Strategies for working with children
- Learn about Coaching Philosophy
- Understanding Fundamental Movement Patterns relevant to all sports
- What to look for when Observing Movement
- Teaching games for Understanding



Year 2

- Learn specific gymnastics based sport skills - Artistic Gymnastics, Trampoline, Aerobic Gymnastics and Rhythmic Gymnastics, Display Gymnastics
- Contributing to a group and group culture
- Developing communication skills
- Time Management
- Developing confidence and managing self in challenging situations

Year 3 (Optional)

- Further building the confidence, ability and knowledge of participants.
- Additional GymSport skills not covered in year 2.