



ABORIGINAL COACHING MODULE (“ACM”)

HOST INFO PACKAGE

The **Aboriginal Coaching Module (“ACM”)** is an essential resource to those that work with, coach and/or supervise Aboriginal peoples in physical activity, recreation, and sport. This one-day workshop will provide a greater understanding of coaching through an Aboriginal lens, which is designed to motivate, inspire and lead Aboriginal peoples in sport, recreation, physical activity and life. The ACM was developed as a supplement to the National Coaching Certification Program (NCCP) to:

- Provide culturally relevant courses for Aboriginal coaches and athletes;
- Increase the accessibility of the NCCP to Aboriginal coaches;
- Increase the capacity of non-Aboriginal coaches leading Aboriginal peoples;
- Improve the quality of the sport experience for Aboriginal athletes;
- Increase the number of Aboriginal certified coaches;
- Improve the understanding of the application of Aboriginal cultures in sport and coaching;
- Provide the Canadian Sport System with access to traditional Aboriginal knowledge.

OVERVIEW		
Holistic Approach to Coaching	Dealing with Racism in Sport	Lifestyle, Health and Nutrition
<p>As a coach, it is important that you are fully committed to creating an environment that allows individuals to talk, trust and feel, thus, creating a positive environment.</p> <p>The teachings of the medicine wheel represent a holistic view and show the interdependence of all facets of life. The medicine wheel also represents the ongoing and cyclical nature of change and transformation that is fundamental to all living creatures.</p> <p>Holistic coaching perspective; incorporates physical, mental, cultural and spiritual aspects.</p> <p>The four pillars of respect, integrity, honesty and trust are examined and how these values are an integral part of holistic coaching.</p> <p>Importance of community members and relationships are considered in order to positively develop an individual.</p>	<p>Throughout an individual’s life, one may encounter experiences that negatively affect their outlook on life. Many of these experiences stem from inaccurate perceptions of others.</p> <p>This module provides definitions that may be useful in the discussion of racism. These definitions are important as they ensure that each scenario is being properly addressed and dealt with.</p> <p>How to respond to racism and the three choices of response: passive, positive or aggressive.</p> <p>The importance of establishing a code of conduct.</p> <p>Provides a five-step process for coaches on how to respond and deal with racist and discriminatory situations.</p>	<p>This module encompasses topics on lifestyle, health and nutrition specific to Aboriginal peoples. Helpful tips on how to be familiar with the unique lifestyle, health situations and challenges that Aboriginal youth and people may face.</p> <p>Understanding the community where you coach, the effect of history on lifestyle and health, lifestyle issues including physical inactivity, obesity, tobacco, alcohol and substance abuse, health issues such as diabetes, lactose intolerance childhood asthma, FAS/FAE, hepatitis B, sexual activity, determining when an intervention is appropriate and nutrition.</p>

ACM WORKSHOP – SINGLE DAY		
Duration	Schedule	Timing Requirements
10.5 hours	7:30 am – 6:00 pm	Learning Facilitator access to Building or Room
9 hours	8:30 am – 5:30 pm	Course Duration & Participant Attendance (required for completion)
Delivery Time		Content Breakdown
1 hour		Set-up & Greeting
1 hour		Opening/Sharing Circle/Introductions
2 hours, 20 minutes		Instructional Time
2 hours, 20 minutes		Holistic Approach to Coaching
2 hours		Dealing with Racism
		Community and Individual Wellness
6 hours. 40 minutes		Total Instructional Time
30 minutes + 30 minutes = 1 hour		Break Times & Lunch
20 minutes		Wrap-up & Closing
30 minutes		Facilitator Clean-up & Packing

SUGGESTED AGENDA – SINGLE DAY		
Duration	Schedule	Timing Requirements
10.5 hours	7:30 am – 6:00 pm	Learning Facilitator access to Building / Room
9 hours	8:30 am – 5:30 pm	Course Duration / Participant Attendance
Duration	Schedule	Activity
45 minutes	7:30 am - 8:15 am	Learning facilitator arrival and set-up
15 minutes	8:15 am - 8:30 am	Welcome participants, coffee and muffins
45 minutes	8:30 am – 9:15 am	Opening & Introductions: Words from Knowledge Keeper/Elder and Sharing Circle
15 minutes	9:15 am – 9:30 am	Setting up the day / Activity & Agenda
70 minutes	9:30 am – 10:40 am	Holistic Approach to Coaching
10 minutes	10:40 am – 10:50 am	BREAK
70 minutes	10:50 am – 12:00 pm	Holistic Approach to Coaching
30 minutes	12:00pm – 12:30 pm	LUNCH
90 minutes	12:30 pm – 2:00 pm	Dealing with Racism
10 minutes	2:00 pm – 2:10 pm	BREAK
50 minutes	2:10 pm – 3:00 pm	Dealing with Racism
60 minutes	3:00 pm – 4:00 pm	Community and Individual Wellness
10 minutes	4:00 pm – 4:10 pm	BREAK
60 minutes	4:10 pm – 5:10 pm	Community and Individual Wellness
20 minutes	5:10 pm – 5:30 pm	Wrap-up and Closing Prayer
30 minutes	5:30 pm – 6:00 pm	Learning Facilitator pack-up

Visit our website and social media links for more Indigenous sport opportunities!



#ACTIVATINGWELLNESS
#TEAMONTARIO