

Coaching People with Learning Disability



This is now available from UK Sports Association.

It covers such important areas of information as:

PROGRAMME COMPONENTS

Observation
Preparation
General Advice
Practical Coaching - fitness
Practical Coaching - learning skills
Practical Coaching - demonstration
Practical Coaching - feedback
Practical Coaching - memory
Practical Coaching - transfer of skills
The "Buddy" system

PROGRAMMES - INDIVIDUAL TARGETS

Introduction
Case Study Example
Chaining
Key considerations when developing the programme.
General considerations to enhance the programme
Other disabilities
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Clumsiness (mild motor impairment)
Congenital Heart Disease
Down's Syndrome
Atlanto-Axial Instability in Persons with Down's Syndrome.
Communication Systems
Impaired Behaviour
Severely Impaired Behaviour

MEDICAL CONDITIONS

General Considerations
Asthma

Diabetes
Epilepsy
Types of seizures
The Side Effects Of Some Medications
Doping Control - Banned Substances
Introducing People to your Club or Activity
COMPETITION OPPORTUNITIES
Local and Regional
International Competition Opportunities and Eligibility
Registration of Athletes with Learning Disability
INAS-FID - International Sports Federation for People
with an Intellectual Disability

Guidelines for Coaches and Team Managers
Preparation for Doping Control.

Appendix 1 Useful addresses

Sports Organisations for People with Learning Disability
National Sporting Organisations
Disability Specific Sports Organisations
National Disability Sports Umbrella Organisations
Other Useful Addresses

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