

A FAIRER COACHING



**MANUAL TO ACCESS AND USE
THE A FAIRER COACHING
E-LEARNING COURSE**



Deliverable D3



Co-funded by
the European Union



Introduction

The *A Fairer Coaching* project team welcomes you in taking the first steps into the AFC e-learning course for coaches and trainers!

This manual is meant to support the participants in accessing the e-learning platform hosting the course and to give tips on how to use all the interactive features that you'll find in the 6 Training Modules.

But first, few words about this project!

The project

A Fairer Coaching aims to contribute to the key priority of the Erasmus+ Programme, "Inclusion and diversity in all fields of education, training, youth and sport", specifically addressing the Horizontal Priority in the field of Sport "Promoting education in and through sport – promoting the quality of coaching and staff": the action aims at increasing **equality, inclusion, diversity and fairness** of coaching in the European sports system by promoting an inclusive and equal overall model of coaching, empowering coaches themselves and specifically those who work with **young athletes and youth sectors**, as well as **sport organizations** and **institutions** to work towards this objective and, therefore, towards a more balanced coaching system in Europe. Through combined actions of capacity building, awareness raising and networking among coaches, sport organizations, sport society in Europe, the project wants to enhance cooperation among coaches and organizations that represent and employ them to improve their impact in overcoming inequalities and distortions that still persists in many different fields of this role, to ensure a **positive representation of coaching** that will contribute to increase the quality of education offered to coaches and of the overall sport system in Europe.

The e-learning course

The e-learning course for the "A Fairer Coaching" project aims to **empower coaches** working with **youth in grassroots sports** to **promote equality, inclusion, and prevent abusive or discriminatory behaviours in sports**.

Also **focused on supporting women and athletes with disabilities**, this course offers coaches the skills and knowledge to create **inclusive environments** and **foster positive coaching practices**.

Coaches will engage in peer-to-peer learning, exchanging experiences and strategies across EU countries, building a supportive network for long-term impact.

This course adopts a **person-centred approach**, strengthening the capacity of coaches and their associations to foster positive, inclusive sports environments across Europe, ensuring the sustainability of its impact beyond the project's duration.

How to use the e-learning platform

You will be able to reach our e-learning course from the official website of the project:
<https://afc.assistitaly.eu/>

By clicking on the **e-learning course button**, you will be redirected to the introduction and the 6 Training Modules.

All the Modules contribute to give you a full perspective on fair and inclusive coaching, nonetheless it is possible to follow them in a different order than the one proposed, if you feel like focusing first on one topic rather than another.







By completing the course, a certificate will be received by the participants, attesting their participation. In order to do so, we will ask you to share with us your first and family name, and an email to contact you to.

The course is and will always be completely free. All the resources used are produced by the partners or their source is clearly mentioned.

The Modules

After a brief Introduction, 6 Training Modules are available in this e-learning course.

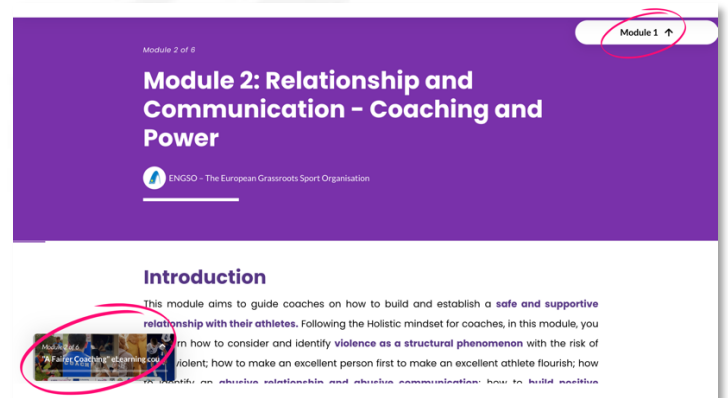
The modules that coaches will be able to explore in this e-learning course are:

 Module 1: A holistic coaching mindset – the foundation of fair c... Lesson	<input type="button" value="Edit Content"/>
 Module 2: Relationship and Communication - Coaching and Pow... Lesson	<input type="button" value="Edit Content"/>
 Module 3: Positive Coaching Behaviour - Create a Positive Moti... Lesson	<input type="button" value="Edit Content"/>
 Module 4: Responsibility & Safety Lesson	<input type="button" value="Edit Content"/>
 Module 5: Equality, Diversity and Inclusion Lesson	<input type="button" value="Edit Content"/>
 Module 6: Rules & Regulations Lesson	<input type="button" value="Edit Content"/>

By clicking on the “Start Course” button you will be able to start exploring them (see image below).



Once you start a Module, you will always be able to go back to “Home” or to the previous Module by clicking on the **white button up, on the right** or on the **navigation button down on the left** (see images below).



All the Modules are structured as follows:

- Introduction of the topic
- Different Learning Units
- Exercises & Tasks
- Assessment
- Final Summary

While advancing in the Module, you'll be able to see your progresses in completing it (see image below).



You can navigate through the different sections by clicking on the “Continue” button (see image below).

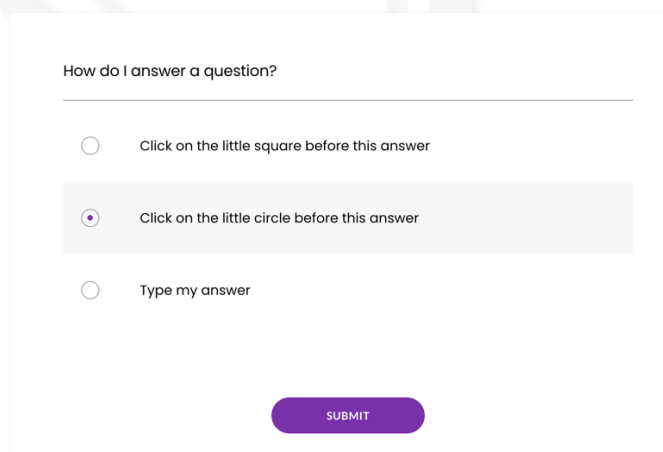


Inside the Learning Units, you will find some slides and presentations, videos, articles, texts, extra resources or PDFs that you can download, and links. If a **picture looks small**, click on it! Every one of them will zoom in and you'll be able to read it or look at it better. If you see “+” signs along the way, click on them! They always bring you more contents.

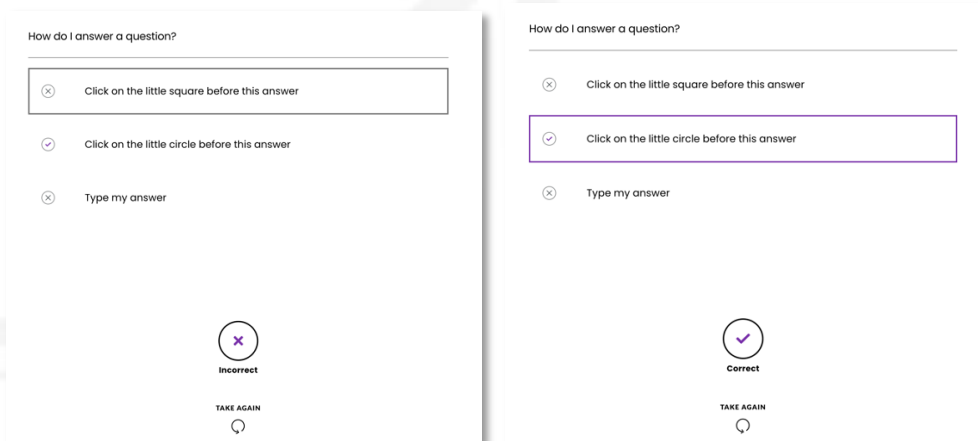
Besides, you might find some interactives games or activities. Let's briefly see how they work!

Interactive games and activities

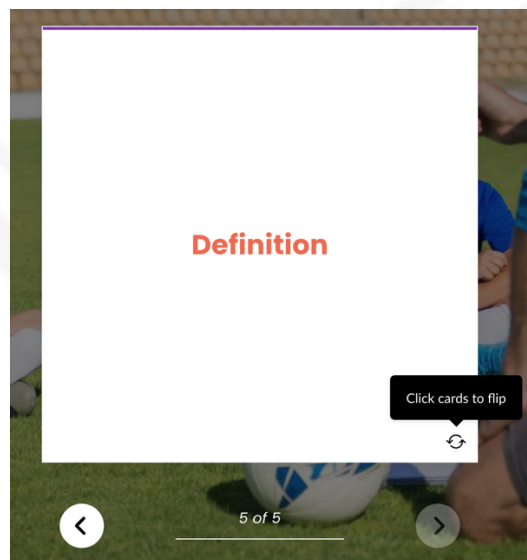
Knowledge check: While exploring the Module or in the assessment section you might find some Quizzes. After reading the questions at the top of the box, there are several options to choose. Just click on the one you think it's the correct answer. Once you're done with all the questions, click “Submit”.



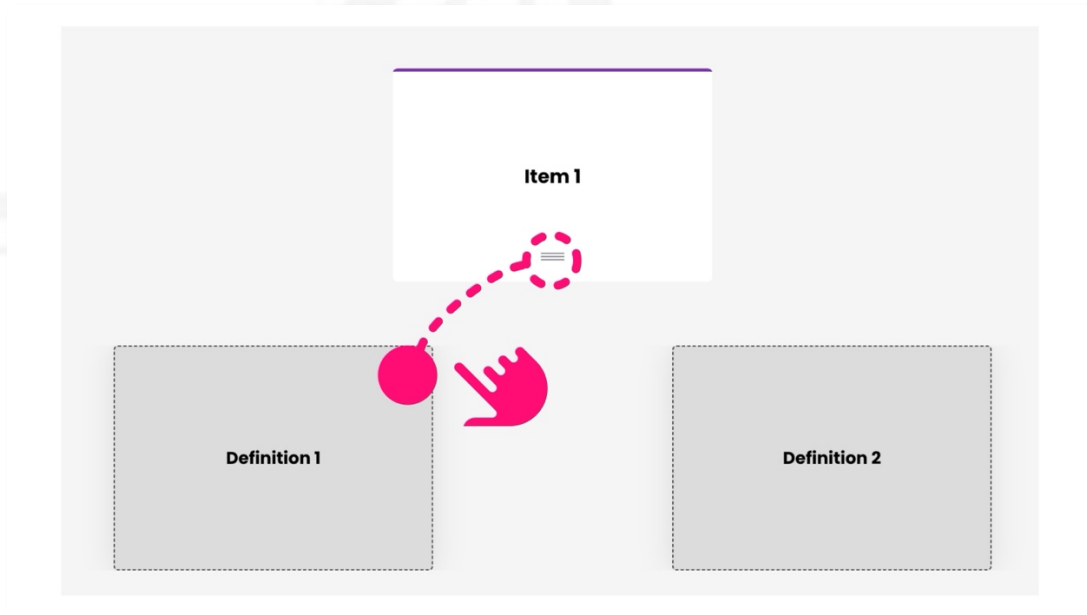
If the answer is “**incorrect**” you’ll have the chance to answer again. Otherwise, well done on the first try!



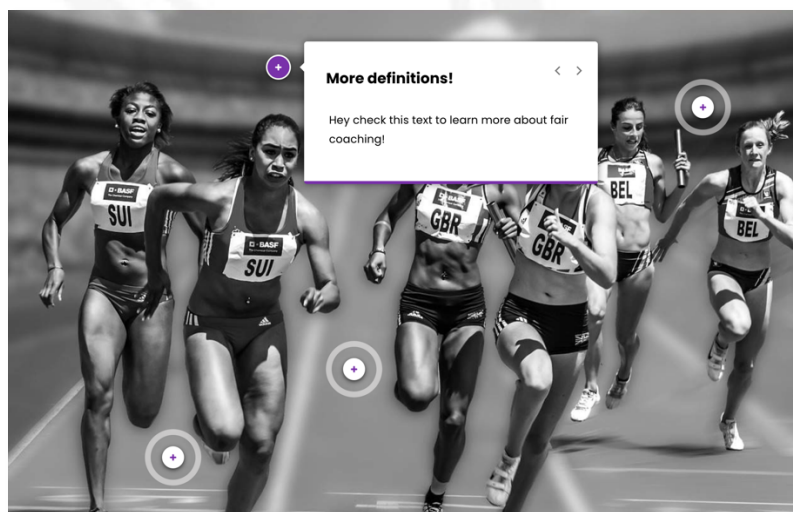
Flip the cards! Inside the Modules we like to support your learning with some definitions, examples or tips. If you find these cards (see image below), click on the little button on the bottom to flip it and find out more behind it! You can find the cards in slideshows or in a grid.



Drag and drop! We might ask you to test your knowledge with the *Drag and Drop* exercise. In this case, take the white card (**Item 1**) in the upper part of the exercise box and move it in the grey boxes, according to the definition you think fits it better. If the answer is “**incorrect**” you’ll have the chance to answer again. Otherwise, well done on the first try!



Labeled graphics: We like to vehicle positive messages through images as well. Some definitions might appear like this (see image below). Click on the “+” sign or the numbers to learn more!



Match the definitions with the explanations: After reading the Definitions on the left, Drag and Drop them near the Explanations on the right. After you click on Submit, if your answers are correct, Definitions and Explanations will stay together. Otherwise they'll go back their initial position and you'll be able to try again!

Match the definition with the explanation you think fit them better!

☰ Definition 1	Explanation 1
☰ Definition 2	Explanation 2

SUBMIT

One last note...

We want this e-learning course to be user friendly and accessible under every point of view. Here's why we're doing our best and following accessibility guidelines to make it happen!

But, improvement is always an option. So, if you want to report a bug, an error, a difficulty, or just want to ask a question, reach out through the **"Contact Us" section** on A Fairer Coaching website:

<https://afc.assistaly.eu/#contact>

Thank you and good luck with your learning!

The A Fairer Coaching team