

Template for course set up: (Copy and Paste)

F3 Youth Athletic Development Course

The Gaelic Games F3 Youth Athletic Development Level 1 Course is a face to face workshop of 6 Hours in duration. It consists of a mixture of practical and theoretical sessions with the aim to ensure the participants understand the approach of Athletic Development and the content.

This is a blended learning course with 8 online modules which must be completed before attending a face to face practical. All online modules and our practical workshop must be completed in order to receive a Gaelic Games certificate of completion.



Date:

Time:

Venue:

Coach Developer:

Objectives:

1. To understand the Player and Coach Pathway and Gaelic Games Sports Science Framework
2. To educate coaches on the basics of Athletic Development
3. To support coaches at the F3 Youth, T1/T2 stages
4. To provide practical education to help you physically develop your players
5. To provide accessible coach friendly resources for the pitch and hall environment

Duration:

- **In Person Workshop:** 6 hours
- **Online E-Learning modules:** There are 8 modules and approx. 15-30 mins to complete each module

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Step 1:

Log into learning.gaa.ie and on the home page on the top left, click: **CONTENT-ADD CONTENT-COURSE**

Step 2:

Input the following details: (**Copy and paste from template on Coach Developer Resources area-Similar to ICGG**)

Click here for Link to CD Resources Area [Coach Developers Home](#) | [Tobar](#)

- **Title and Introduction**
- **Text Format (Full HTML) which is easier to format**

The screenshot shows a form with two main sections: 'Title' and 'Introduction'. The 'Title' field contains 'F3 Youth Athletic Development Course Cork GAA May 2025'. The 'Introduction' section has a rich text editor with a toolbar and a text area containing the following text: 'The Gaelic Games F3 Youth Athletic Development Level 1 Course is a face to face workshop of 6 Hours in duration. It consists of a mixture of practical and theoretical sessions with the aim to ensure the participants understand the approach of Athletic Development and the content. This is a blended learning course with 8 online modules to be completed, ideally before attending a face to face practical. All modules must be complete in order for participants to receive a Gaelic Games certificate of completion. Date: Time: Venue: Coach Developer:'. Below the text area is a 'Text format' dropdown menu set to 'Full HTML' and a link for 'About text formats'.

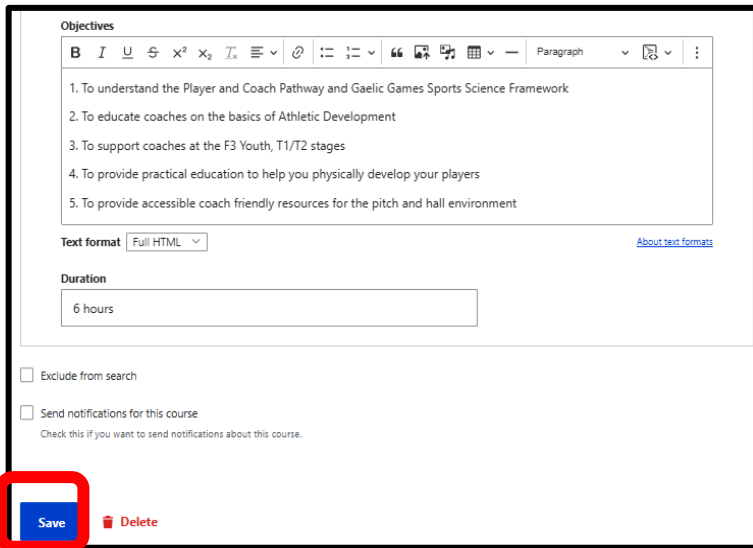
- **Short Name:** ADCourseClubYear Eg. ADCourseCorkMallow25
- **Under tab: Course data**
- **Course type Other Date:** 3/05/2025 **County:** Cork
- **Note:** DO NOT TICK COACHING IRELAND BOX

The screenshot shows the 'Course data' tab of the form. It includes fields for 'Short name' (AD Course Cork GAA May 2025), 'Course type' (radio buttons for Award 1 Coaching, Award 2 Coaching, F1 Nursery Coaching, Grab Your Whistle, Introduction to Coaching Gaelic Games, Other (selected), Safeguarding 1, Safeguarding 2, Safeguarding 3), 'Start date' (03/05/2025), and 'County' (Cork). A red box highlights the 'Coaching Ireland Course' checkbox, which is currently unchecked. Below this checkbox is a note: 'This box can only be checked when a new course is being created. You cannot change after the course is saved.' To the right of the red box, the text 'NB: LEAVE BLANK (DO NOT TICK)' is written in red.

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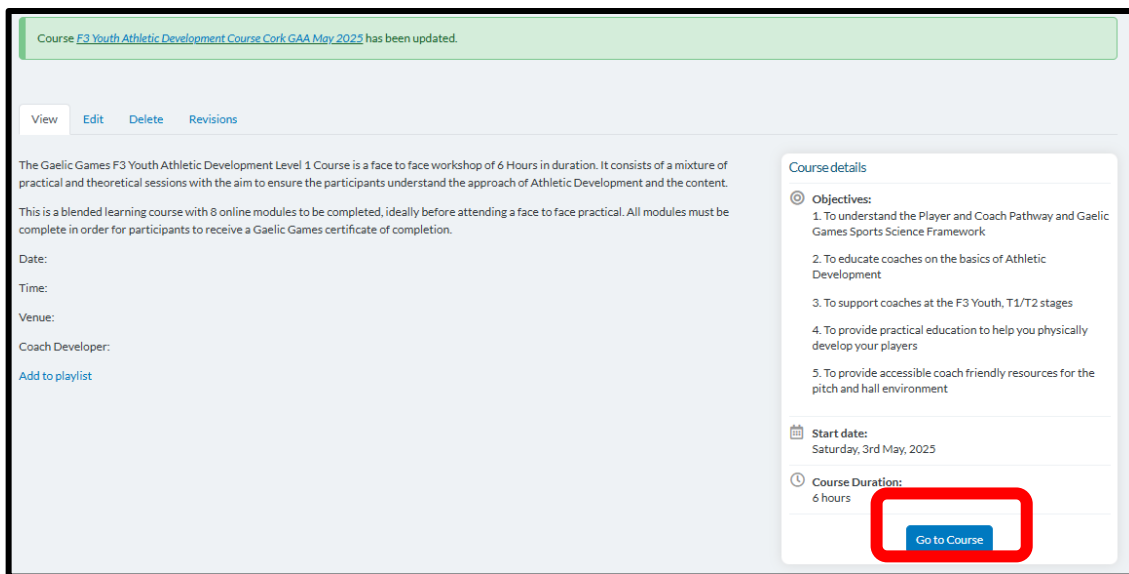
Step 3:

- **Objectives:** Copy and paste objectives from template into box (**Click text Format: Full HTML**)
- **Duration** 6 hours Press Blue Button **SAVE**



The screenshot shows a Moodle form for setting up a course. At the top, there is a text editor with a rich text toolbar. The text area contains five numbered objectives: 1. To understand the Player and Coach Pathway and Gaelic Games Sports Science Framework, 2. To educate coaches on the basics of Athletic Development, 3. To support coaches at the F3 Youth, T1/T2 stages, 4. To provide practical education to help you physically develop your players, and 5. To provide accessible coach friendly resources for the pitch and hall environment. Below the text editor, there is a 'Text format' dropdown menu set to 'Full HTML' and a 'Duration' input field containing '6 hours'. At the bottom left, there are two checkboxes: 'Exclude from search' and 'Send notifications for this course'. At the bottom right, there is a blue 'Save' button and a red 'Delete' button with a trash icon. The 'Save' button is highlighted with a red square.

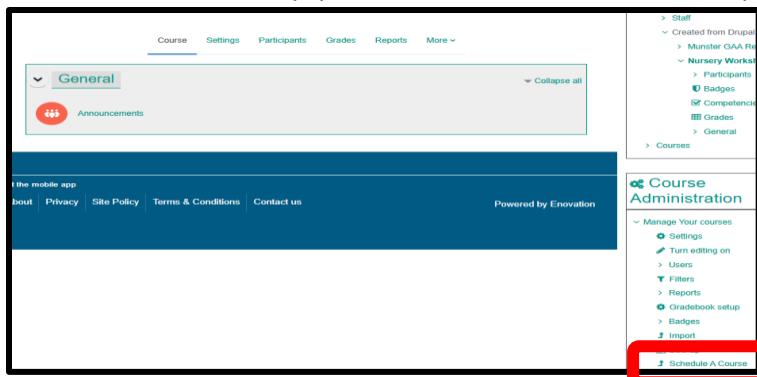
Step 4: Click blue button Go to Course



The screenshot shows the Moodle course page for 'Course F3 Youth Athletic Development Course Cork GAA May 2025'. The page has a green header with the course name and a 'View' button. Below the header, there is a description of the course and a 'Course details' sidebar. The sidebar contains the following information: Objectives (the same five objectives as in Step 3), Start date: Saturday, 3rd May, 2025, and Course Duration: 6 hours. At the bottom of the sidebar, there is a blue 'Go to Course' button, which is highlighted with a red square.

Step 5:

- You have created an empty Moodle course which we want to populate with a pre-made **F3 Youth** template



The screenshot shows the Moodle course administration page. The main content area is titled 'General' and has a 'Collapse all' button. The right-hand side of the page is the 'Course Administration' block, which contains a list of options: Manage Your courses, Settings, Turn editing on, Users, Filters, Reports, Graderbook setup, Badges, Import, and Schedule A Course. The 'Schedule A Course' option is highlighted with a red square.

- Scroll down and click **"Schedule A Course"** under Course Administration Block on Right Hand side.

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- Select the template from the list **F3 Athletic Development Level 1 Template** & click Schedule a course on right hand side

F3 Mastering Coach Template 2025.mbz	Friday, 28 March 2025, 12:36 PM	12.1 MB	Download	Schedule a course
F3 Athletic Development Level 1 Template.mbz	Thursday, 10 April 2025, 11:21 AM	5.4 MB	Download	Schedule a course
Master Safeguarding 1 (NI) template.mbz	Monday, 20 February 2023, 11:48 AM	11.1 MB	Download	Schedule a course

Section: Online Module 3: Warm Up Activities	Included in backup (no user information)	Module	Title	Userinfo
		Subcourse	F3 Youth Athletic Development Level 1 Course: Warm Up	✗
Section: Online Module 4: Force Activities	Included in backup (no user information)	Module	Title	Userinfo
		Subcourse	F3 Youth Athletic Development Level 1 Course: Force	✗
Section: Online Module 5: GamesSpeed Activities	Included in backup (no user information)	Module	Title	Userinfo
		Subcourse	F3 Youth Athletic Development Level 1 Course: GamesSpeed	✗
Section: Online Module 6: Endurance Activities	Included in backup (no user information)	Module	Title	Userinfo
		Subcourse	F3 Youth Athletic Development Level 1 Course: Endurance	✗
Section: Online Module 7: Growth & Maturation Activities	Included in backup (no user information)	Module	Title	Userinfo
		Subcourse	F3 Youth Athletic Development Level 1 Course: Growth & Maturation	✗
Section: Online Module 8: Health Benefits & Retention Activities	Included in backup (no user information)	Module	Title	Userinfo
		Subcourse	F3 Youth Athletic Development Level 1 Course: Health Benefits	✗
Section: Face to Face Practical (Tutor use only) Activities	Included in backup (no user information)	Module	Title	Userinfo
		Assignment	Face to Face Practical Attendance	✗
Section: Certificate Activities	Included in backup (no user information)	Module	Title	Userinfo
		Custom certificate	Athletic Development L1(F3) Certificate	✗

[Continue](#)

- Click Continue at the end of the next page.
- NB. Select to **“Delete the contents of this course and then restore”**. Click Continue

1. Confirm ▶ 2. Destination ▶ 3. Settings ▶ 4. Schema ▶ 5. Review ▶ 6. Process ▶ 7. Complete

Restore into this course

Merge the backup course into this course

Delete the contents of this course and then restore

[Continue](#)

- Click Next on the screen that follows.
- Change Overwrite course configuration dropdown option to **Yes** and then untick the **3 blue ticked items** to keep the Course name, course short name and course start date you inserted earlier. Scroll down and click Next.
- Scroll down and Click Perform Restore on the next page

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1. Confirm ▶ 2. Destination ▶ 3. Settings ▶ 4. Schema ▶ 5. Review ▶ 6. Process ▶ 7. Complete

Course settings

Overwrite course configuration Yes

Course short name Overwrite

Keep current roles and enrolments No

Course name Overwrite

Course start date Overwrite

Keep current groups and groupings No

Select

All / None (Show type options)

Athletic Development Level 1 (F3 Youth) Course

User data No

Announcements

- Click Continue after the course restores (can take a few seconds)

Schedule A Course

1. Confirm ▶ 2. Destination ▶ 3. Settings ▶ 4. Schema ▶ 5. Review ▶ 6. Process ▶ 7. Complete

The course was successfully restored.

Continue

- The course template will be restored into the blank course we created earlier.

Step 6:

- Under settings tab;
 - Fill out Course Category-Coach Education/Province/County/Traditional Courses

Edit course settings

General

Course full name F3 Youth Athletic Development Course Cork GAA May 2025

Course short name AD Course Cork GAA May :

Course category x Coach Education / Munster / Cork / Cork Traditional Courses

Course visibility Show

Course start date 3 May 2025 11 16

Course end date Enable 3 June 2025 03 43

Course ID number

Step 7:

NB Select Course Award- Athletic Development L1 (F3)

GAA course settings

Coaching Ireland Course

GAA region M (Munster)

Course award Athletic Development L1 (F3)

Course end date 15 April 2025

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Step 8:

- Template is created

Athletic Development Level 1 (F3 Youth) Course

Athletic Development Level 1 (F3 Youth) Course

GAELIC GAMES COACH PATHWAY

THE CLUB ADULT YOUTH F3

GAELIC GAMES PLAYER PATHWAY

This is a blended learning course with 8 online modules to be completed, ideally before attending a face to face practical. All modules must be complete in order for participants to receive a Gaelic Games certificate of completion.

Announcements

Overall progress % 0

Progress % 0	Progress % 0	Progress % 0	Progress % 0	Progress % 0
Online Module 1: Introduction	Online Module 2: Planning	Online Module 3: Warm Up	Online Module 4: Force	Online Module 5: GamesSpeed
Progress % 0	Progress % 0	Progress % 0	Progress % 0	Progress % 0
Online Module 6: Endurance	Online Module 7: Growth & Maturation	Online Module 8: Health Benefits & Retention	Face to Face Practical (Tutor use only)	Certificate

Step 9:

- Allow Self enrolments
Click Participants
- Click Enrolled users white box, select enrolment methods

Course Settings **Participants**

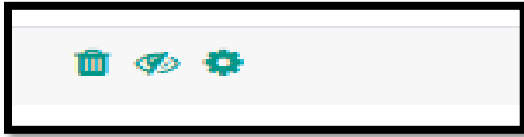
Enrolled users Enrol users

Enrolment methods

Name	Users	Up/Down	Edit
Guest access	0	↓	🗑️ 👁️ ⚙️
Manual enrolments	0	↑ ↓	🗑️ 👁️ ⚙️
Self enrolment (Student)	0	↑	🗑️ 👁️ ⚙️

- As you can see the self enrolment (student) is grayed out and there is a line through the eye symbol.

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- Select the eye symbol and make visible

Enrolment methods

Name	Users	Up/Down	Edit
Guest access	0	↓	🗑️ 👁️ ⚙️
Manual enrolments	0	↑ ↓	🗑️ 👁️ 👤 ⚙️
Self enrolment (Student)	0	↑	🗑️ 👁️ ⚙️

- Now self enrolment is opened go back to course home page
- If you share url link to participants so they can self-enrol and access online e learning recap component
- Once they have a Tobar account. Some participants may need to create a profile [Create new account | Tobar](#)

Step 10:

- Record the attendance at in person workshop
- Grade participants once they attend the practical workshop
- All online modules must be complete before practical workshop
- Digital Badge/Certificate will be added to their Tobar profile and reflected on Foireann once they link their Tobar and Foireann accounts [Linking Tobar \(LMS\) account to Foireann – Gaelic Athletic Association \(zendesk.com\)](#)