



UIPM

Union Internationale
de Pentathlon Moderne

LEVEL 1

UIPM
DEVELOPMENT
COACH

LEVEL 2

UIPM
COACH

LEVEL 3

UIPM
SENIOR
COACH

LEVEL 4

UIPM
ELITE
COACH

UIPM COACH CERTIFICATION PROGRAMME

UIPM – COACHES CERTIFICATION PROGRAMME

Human resources are the most important part of an institution. The UIPM intends to guarantee that better overall conditions continue to lead to a sustainable sport in the future and we have created as part of our educational plan, the Coaches Certification Programme. The programme presents the basic skills and requirements of an International Pentathlon Coach and recognizes and rewards professional achievement.

There are four Certification Levels (1, 2, 3 and 4) regulated by the rules shown in this document. These rules are the guidelines for coaches all over the world who can pursue their careers within clear parameters, evolving gradually through the knowledge and practical skills needed to effectively perform their role.

Knowledge gained in achieving Coaches Level 1 (Development Coach), Level 2 (Coach), Level 3 (Senior Coach) and Level 4 (Elite Coach) is critical to the development of the pentathlete, the UIPM's most important function.

It is the hope of the UIPM that all NFs will encourage their coaches to be part of this programme and dedicate the important time necessary to complete the different stages in order to develop even more *citius*, *altius* and *fortius* athletes.

REQUIREMENT FOR ALL LEVELS

1. To become eligible for the Final Examinations each candidate shall be:

- i. Holder of the UIPM International Coach Certificate issued by the UIPM or a National Coach License for Modern Pentathlon or in specific circumstances written approval may be granted by the UIPM.
- ii. Being a certified practicing coach at National or Regional levels in any of the UIPM disciplines or any related discipline (s).
- iii. A minimum of 18 years old at the time of examination.

2. Special circumstances:

The Examination sessions will be organized under the authority of an appointed UIPM Instructor Representative. The appointed representative together with the support of the National Federation will establish specific opportunities necessary to test-evaluate each of the coach candidates at the UIPM Coach Levels 1 to 4.

- 2.1. Successful coach candidates at Levels 1 and 2 will obtain UIPM Certificates with a validity of 3 years from the date the certificate was obtained. Certificates will be subject to renewal upon expiration.
- 2.2. Candidates eligible to apply for Levels 3 and 4 must submit their application to the UIPM and will be evaluated in organized seminars announced beforehand.
- 2.3. In order to become eligible and to be evaluated by 2 appointed UIPM Instructor Group Representatives who have achieved UIPM Coach Level 4, Coach Level 3 candidates will be required to submit to the UIPM before the examination date:
 - i. Evidence of practical coaching experience and management of training programs in Modern Pentathlon in the form of presentations including best practices and future plans.
 - ii. Evidence of their athletes' results achieved in National and International UIPM competitions.
 - iii. Demonstration of analytic ability when working with athlete training data.
 - iv. Demonstration a strong commitment to individual professional development.
- 2.4. In order to become eligible and to be evaluated by 2 appointed UIPM Instructor Representatives who have achieved Level 4, and these 2 representative will be a) either the Chair of the Coaches Committee or a committee member appointed by the Chair, b) the Chair of the Instructors Group or a Group Member appointed by the Chair, Coach Level 4 candidates will be required to produce and submit to the UIPM before the examination date:
 - i. Evidence that the candidate has met all requirements set forth for Level 4 examination including submission of bonus material to be evaluated by the UIPM. Successful candidates will be notified of examination dates.

Important notes and conditions of eligibility:

Successfully approved candidates at Levels 1, 2, 3 and 4 will receive an official UIPM Coaches Certificate and decoration.

All candidates who desire to achieve the next coach certification level shall submit the appropriate application of participation to the UIPM and:

- Comply with the UIPM Coaches Certification Programme requirements of the level they are applying for.
- Comply with progress evaluation procedures and deliver the goals-criteria of the level they are applying for.

Level 1 candidates are eligible to apply directly for Level 1 if they comply with the UIPM Certification requirements for Level 1.

Level 2 candidates are eligible to apply directly for Level 2 if they comply with the UIPM Certification requirements for Level 2 or after 1 year after receiving Level 1 certification.

Level 3 candidates are eligible to apply directly for Level 3 if they comply with the UIPM Certification requirements for Level 3 or after 3 years from the date they received their Level 2 coach's certificate.

Level 4 candidates are eligible to apply directly for Level 4 if they comply with the UIPM Certification requirements for Level 4 or after 3 years from the date they received their Level 3 coach's certificate. The certification is valid for life.

In all situations candidates shall continue coaching Modern Pentathlon or other UIPM sports requested in the Coaches Certification Programme, and must appear on different international or regional levels of the UIPM competitions after they obtained UIPM Certification for each level.

LEVEL 1**UIPM Development Coach**

Concerns all activities related to Laser-Run, Biathle, Triathle and World School Biathlon

General Requirements: A candidate shall be able to create an Elaborate Design or Plan which sets out recruitment strategies and talent identification. A candidate shall be able to manage Laser-Run, Biathle and/or Triathle and World School Biathlon training sessions ensuring optimal safety.

Skills required for Level 1: See summary tables

LEVEL 2**UIPM Coach**

Concerning all activities related to Tetrathlon and/or Modern Pentathlon

General Requirements: A candidate shall be able to prepare and organize training sessions in Tetrathlon, and have technical knowledge of the full Modern Pentathlon ensuring optimal safety for all participants. A candidate shall demonstrate results in national competitions by the athletes they coach.

Skills required for Level 2: See summary tables

LEVEL 3**UIPM Senior Coach**

Concerning all activities related to Modern Pentathlon

General Requirements: A candidate shall be able to plan, organize and deliver training sessions in Modern Pentathlon, ensuring optimal safety for all participants. A candidate shall demonstrate their ability to train and nurture athletes of an international standard who participate in Modern Pentathlon Category A competitions. They shall provide evidence of their ability to manage National Modern Pentathlon development projects and demonstrate an increase in the number of registered athletes as a result of their programs.

Skills required for Level 3: See summary tables

LEVEL 4**UIPM Elite Coach**

Concerning all activities related to Modern Pentathlon and additional coaching skills

General Requirements: A candidate shall be able to manage, organize and lead in all 5 disciplines of Modern Pentathlon. A candidate shall provide evidence of their abilities thru results achieved by their athletes in top international competitions such as the World and Continental Championships or the Olympic Games. Additional coaching skill requirements shall include a basic knowledge of sports science and coordination and communication skills. Bonus opportunities include papers submitted and results achieved.

Skills required for Level 4: See summary tables

LEVEL 1 - UIPM DEVELOPMENT COACH









REQUIRED SKILLS TO RECEIVE UIPM LEVEL 1 COACH CERTIFICATION

1. **Skill A:** Identify the requirements for and ensure safety in every discipline of Laser-Run, World School Biathlon, Biathlon and Triathlon (swimming, running, shooting).
2. **Skill B:** Master the technical foundations of each discipline of Laser-Run, World School Biathlon, Biathlon and Triathlon (swimming, running, shooting).
3. **Skill C:** Be able to create / plan and set out recruitment strategies and talent identification programs. Be able to create an initial program for Laser-Run, World School Biathlon, Biathlon and Triathlon training, and lead the program in each discipline.
4. **Skill D:** Basic awareness of how to use the equipment for Biathlon and Triathlon (swimming, running, shooting).
5. **Additional Skill (AS):** Theoretical and practical ability of how to manage the organization of a Laser-Run, World School Biathlon, Biathlon or Triathlon competition according to UIPM rules and produce accurate results.

TABLE OF CONTENTS FOR UIPM LEVEL 1 COACH CERTIFICATION EXAMINATION

Level 1 exam	Objectives for coach Level 1 Laser-Run, Biathlon, Triathlon, World School Biathlon	Skill	Score
Written	To understand the basic requirements of every discipline	A	25
	To understand all the principles of safety	A	
	Be able to master the technical basics in every discipline	B	
	Be able to create recruitment strategies' and talent identification programs	C	
	Be able to create initiation and training cycles	C	
Oral	Be able to Identify basic use of and defects in equipment	D	1
	Be able to manage the organization of competitions	AS	1
	Be able to manage production of accurate results	AS	1
Total score			28
Minimum to pass			18

OVERVIEW OF UIPM LEVEL 1 COACH REQUIREMENTS FOR CERTIFICATION

	Objective	Skill	Description	Detail	Testing Method
1	To obtain basic knowledge of Laser Run, WSB, Biathlon and Triathlon	A	To understand each basic discipline within.	Have a working knowledge of the main features of every discipline.	 Written
2	Understand the basic principles of safety related to every discipline of Level 1	A	Master the fundamentals to ensure group safety in organizing training sessions	Learn to organize and manage group events while identifying and assessing risk and implementing appropriate safety measures	 Written
3	Understand the basic techniques of each discipline of Level 1	B	Master the technical and tactical basics of every discipline of Level 1 Have an academic knowledge of each activity within the context of Pentathlon	Learn to identify the internal logic of each discipline. Swimming: Learn the basics of propulsion, breathing and diving efficiencies. Running: Learn the basics of training and race education. Shooting: Learn the basics of position, stance, breathing and trigger release. Laser Run: Learn the basics of balancing running and shooting transitions. Learn shooting technique in various situations.	 Written
4	To develop recruitment strategies and talent identification programs.	C	Create a basic program of recruitment and athlete identification.	Develop specific strategies and programs for athlete ID, recruitment and retention. Establish review and benchmark policies.	 Written
5	Create initiation cycle for training and competition for the disciplines of Level 1.	C	Establish progressive goals in every discipline.	Determine progressive cycle goals and intermediary goals (session goals) within the training plan and adapted to the specific athletes	 Written
6	Understand basic equipment use and function of Level 1 disciplines.	D	Knowledge of what equipment is used in each discipline.	Identify if the equipment works or not and is suitable for the level of athlete using it.	 Oral
7	Successfully Manage Event Organization of Level 1 disciplines.	AS	Master the set-up of competition venues according to UIPM rules.	Prepare, organize and manage a competition.	 Oral
8	Manage Accurate Results	AS	Knowledge of basic UIPM results software. Learn how to use manual results tables.	Working knowledge of entering and delivery of accurate results using software and manual tables.	 Oral

LEVEL 2 - UIPM COACH










REQUIRED SKILLS TO RECEIVE UIPM LEVEL 2 COACH CERTIFICATION

1. **Skill A:** Identify the requirements in each discipline of Tetrathlon (fencing, swimming, running, shooting) and Modern Pentathlon.
2. **Skill B:** Understand the competition rules and master the technical basics of each discipline of Tetrathlon and have a basic knowledge of preparations in the riding discipline.
3. **Skill C:** Be able to create, plan and manage a basic training program in Tetrathlon and/or Modern Pentathlon considering combinations of all disciplines and coach athletes at the national level. Understand basic injury treatment and prevention techniques.
4. **Skill D:** Theoretical awareness: basic knowledge of the equipment used (swimming, fencing, running, shooting and a beginning knowledge in riding).
5. **Additional Skill (AS):** Basic knowledge for injury treatment and prevention and basic anti-doping knowledge.
6. **Additional Skill (AS):** Theoretical and practical ability of how to manage the organization of a Laser-Run, World School Biathlon, Biathle, Triathle, Tetrathlon and Modern Pentathlon competition according to UIPM rules and produce accurate results.
7. **Bonus:** Demonstrate the participation of the athletes you coach in national and regional competitions.

TABLE OF CONTENTS FOR UIPM LEVEL 2 COACH CERTIFICATION EXAMINATION

Level 2 exam	Objectives	Skill	Score
Written	To understand the characteristics of every discipline	A	20
	To understand the basic rules of every discipline	B	
	Master the technical basics in every discipline	B	
	Create an initiation cycle and training plan for national level athletes they coach	C	
Oral	Identify basic equipment use and defects	D	1
	Basic knowledge for injury treatment, prevention and basic anti-doping knowledge	AS	2
	Events organization management, results Management	AS	2
Submission of result	Bring athletes you coach to national and/or regional competition	Bonus	5
Total score			30
Minimum to pass			20

OVERVIEW OF UIPM LEVEL 2 COACH REQUIREMENTS FOR CERTIFICATION

	Objective	Skill	Description	Detail	Testing method
1	Understand the requirements of every discipline of Modern Pentathlon	A	Identify the basic training requirements and techniques of each discipline of MP.	Know the main characteristics and purpose of primary training techniques in every discipline of Modern Pentathlon and its combinations (basic knowledge in riding).	 Written
2	Understand the basic rules of every discipline of Modern Pentathlon (basic knowledge in riding).	B	Understand UIPM competition rules and their rationale in every discipline	Learn the UIPM rules -identify good behavior and sportsmanship with respect of others within the UIPM rules.	 Written
3	Learn the technical training basics of every discipline of MP (basic knowledge in riding)	B	Learn the best way to Practice Modern Pentathlon in every discipline and its combinations. Understand the basic training techniques and tactics of every discipline and combination.	Learn basic logic and training for each discipline. Swimming, Running, Shooting. Laser Run: The same as Level 1. Fencing: learn the basic offensive and defensive roles. Learn the basics of preparation in an attack. Riding: knowledge of basic techniques.	 Written
4	Create a basic initiation cycle and training plan in Tetrathlon and Modern Pentathlon.	C	Create progressive goals and steps to achieve those goals in every discipline.	Have an academic knowledge in every discipline which permits you to understand that discipline in the context of Laser-Run, WSB, Biathle, Triathle, Tetrathlon, and Modern Pentathlon. Establish a start assessment for the program. Determine a beginning cycle goal and intermediate goals (session goals). Adapt goals to the athlete. Build sessions adapted to the Individual athletes.	 Written
5	Identify basic MP equipment proper use in MP and basic defect issues	D	Identify use and function of basic equipment. Be able to recognize common defects.	Identify if equipment works or not, common defects and if it should be replaced or repaired.	 Oral
6	Obtain a basic knowledge of injury awareness and prevention in Modern Pentathlon and anti-doping measures	AS	Educate young athletes in Injury awareness and prevention. Basic understanding of anti-doping principles.	Explain the role of the coach, demonstrating knowledge about Injury awareness, ID and basic treatment and prevention of injuries. Basic understanding of anti-doping agencies and testing.	 Oral
7	Be able to organize and manage Modern Pentathlon events	AS	Learn the set-up of competition venues in accordance with UIPM rules.	Prepare, organize and manage a competition.	 Oral
8	Manage competition results	AS	Knowledge of basic UIPM. results software. Learn how to use manual results tables.	Manage the competition results.	 Oral
9	Competition Participation	Bonus	Bring athletes you coach to national and/or regional competition.	Have athletes competing.	 Submission of Results

LEVEL 3 - UIPM SENIOR COACH








REQUIRED SKILLS RECEIVE UIPM LEVEL 3 COACH CERTIFICATION

1. **Skill A:** Successfully develop and implement a high-level training and competition plan for the sport of Modern Pentathlon.
2. **Skill B:** Demonstrate a commitment to the sport through professionalism, expertise and years of involvement.
3. **Skill C:** Create and implement a successful development and recruiting program which brings athletes into Modern Pentathlon.
4. **Skill D:** Understand the role of WADA and the UIPM in the fight against doping.
5. **Additional Skill (AS):** Clear communication skills.
6. **Additional Skill (AS):** Analytical ability in a timely manner.
7. **Practice:** Coached athletes make the finals in the UIPM category A competition that has a semi-final.

TABLE OF CONTENTS FOR UIPM LEVEL 3 COACH CERTIFICATION EXAMINATION

Level 3 exam	Objectives	Skill	Score
Written report	Produce a high level training and competition plan which the candidate was responsible to conduct.	A	10
	Demonstrate a history of commitment in Modern Pentathlon by long-term involvement in the sport as an athlete, coach and administrator.	B	
Submission of result	Demonstrate recruitment and development whereby a number of your UIPM registered athletes progress and participate in UIPM national and international MP competitions.	C	5
Written	To be proficient with anti-doping measures	D	5
Oral	Identify basic equipment use and defects	AS	5
	Basic knowledge for injury treatment, prevention and basic anti-doping knowledge	AS	5
Submission of result	Candidate's athletes make the finals of UIPM category A competition that has semi-final.	Practice	5
Total score			35
Minimum to pass			25

OVERVIEW OF UIPM LEVEL 3 COACH REQUIREMENTS FOR CERTIFICATION

	Objective	Skill	Description	Detail	Testing method
1	Produce a high level training and competition plan which the candidate was responsible to conduct.	A	Produce a modern pentathlon training plan designed to progress athletes from introductory levels to elite.	The plan should progress an athlete in every discipline and aspect of Modern Pentathlon from recruitment through elite level training.	 Written Report
2	Demonstrate a history of commitment in Modern Pentathlon by long-term involvement in the sport as an athlete, coach and administrator.	B	To utilize the expertise gained from years of involvement in Modern Pentathlon.	Take into consideration all types of Modern Pentathlon experience as an athlete, coach and administrator.	 Written Report
3	Demonstrate recruitment and development whereby a number of your UIPM registered athletes progress and participate in UIPM national and international MP competitions.	C	Develop recruiting and development program with athletes progressing from competing nationally to international levels.	Implement sustainable recruiting and development progressive program and deliver results whereby your athletes are UIPM registered and participate in national and UIPM international MP competitions.	 Submission of result
4	To be proficient with anti-doping measures.	D	Understand the principles presented at the WADA Coach-True – Computer based Anti-doping tool.	Study the WADA CoachTrue Programme and prepare to pass WADA examination.	 Written
5	Ability to communicate clearly in a coaching environment, technical information regarding MP.	AS	Be able to effectively use spoken words for coaching.	Candidate must be able to communicate clear instructions to athletes and other coaches.	 Oral
6	Demonstrate his/her analytical skill and ability to relate solutions in a quick, clear and succinct manner during competition.	AS	Develop analysis ability in a timely manner to effect a solution to a problem.	Candidate will have to demonstrate an ability to analyze a problem during competition and be able to communicate a solution quickly to the athlete to effect improvement.	 Oral
7	Candidate's athletes make the finals of UIPM category A competition that has a semi-final.	Practice	Achieve good results by athletes coached by the candidate.	Candidate's athletes make the finals of UIPM category A competition that has a semi-final.	 Submission of result

LEVEL 4 - UIPM ELITE COACH

REQUIRED SKILLS TO RECEIVE UIPM LEVEL 4 COACH CERTIFICATION

1. **Skill A:** Successfully master all elements of training and competition preparedness in Modern Pentathlon from the introductory to the elite levels.
2. **Skill B:** Demonstrate a basic proficiency in the academic fields of physiology, psychology, sports medicine and motor-learning.
3. **Skill C:** Fully understand the principles and practices of anti-doping within the UIPM.
4. **Skill D:** Demonstrate a basic understanding of the financial knowledge required in the top team program.
5. **Additional Skill (AS):** Comprehension of the need for cooperation and understanding between fellow coaches.
6. **Additional Skill (AS):** Understand the UIPM regulations, policies, and relevant qualification systems.
7. **Practice:** Successfully demonstrate complete competence and commitment in Modern Pentathlon through the preparation of useful coaching material to be shared within the MP community.
8. **Practice:** Demonstrate proficiency as an elite coach through UIPM Cat A competition results made by athletes who the candidate coached.

TABLE OF CONTENTS FOR UIPM LEVEL 4 COACH CERTIFICATION EXAMINATION

Level 4 exam	Objectives	Skill	Score
Written	Successfully master all elements of training from introductory to elite level MP.	A	20
	Proficient in physiology, psychology, sports med., and motor learning.	B	
	Acquire full understanding of anti-doping policies and procedures of the UIPM.	C	
	Understand the financial management requirements of a top team program.	D	
Oral	Demonstrate the ability to cooperate and coordinate with team coaches. Demonstrate the Ability to cooperate with other coaches and federations.	AS	5
	Fully understand UIPM regulations, policies and relevant qualification systems.	AS	5
Submission of the paper/presentation	Production of an Academic paper/presentation regarding MP and relevant coaching subjects to be shared within the UIPM coaching platform.	Practice	10
Submission of result	Proof of commitment and competence in MP. Result achieved in UIPM category A international competitions (top 8 in final)	Practice	10
Total score			50
Minimum to pass			38

OVERVIEW OF UIPM LEVEL 4 COACH REQUIREMENTS FOR CERTIFICATION

	Objective	Skill	Description	Detail	Testing method
1	To successfully master all elements of training and competition preparedness in Modern Pentathlon.	A	Complete knowledge from development to elite level athletes.	Be able to prepare plans and programs for athletes of all levels and all disciplines in MP.	 Written
2	Basic proficiency in additional academic fields.	B	Candidate shall have a cursory knowledge of physiology, psychology, sports medicine and motor-learning.	Candidate shall through formal or continuing education, have knowledge of physiology, psychology, sports medicine and motor-learning which impact MP athletes.	 Written
3	Full understanding of Anti-doping measures.	C	A complete understanding of anti-doping policies and procedures used by the UIPM.	Be fully prepared to pass the WADA examination.	 Written
4	Maintain basic financial management expertise	D	Be able to manage basic Financial management issues encountered in coaching.	Be skilled in budgeting and accounting practices relating to coaching.	 Written
5	Maintain basic human interpersonal skills.	AS	Have the ability to create cooperative relationships between stakeholders.	Be able to work productively with coaches and officials with your own team as well as internationally.	 Oral
6	Knowledge of Policies and Procedures.	AS	Fully understand UIPM regulations, policies and qualification systems.	Know and understand the policies procedures and qualification systems of the national and international federation as they affect your athletes.	 Oral
7	Lasting Commitment to MP.	Practice	Produce and submit Paper/Presentation	Production of an Academic paper/ presentation regarding MP and relevant coaching subjects to be shared within the UIPM coaching platform.	 Submission of Paper/ Presentation
8	Achieve exceptional athletic results	Practice	Achieve exceptional results by athletes coached by the candidate.	Athletes shall achieve a top 8 finish at UIPM cat A competitions.	 Submission of Results



UIPM

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