

The DJK and the concept of the sports-assistant qualification incl. talent compass

What is the DJK?

The DJK Sportverband has the special task in the DOSB to deal with socially relevant topics in sports. Under the motto "Sport for the sake of people", the DJK Sportverband DV Köln e.V. looks after 75 sports clubs with over 25,000 members within the diocese of Cologne. The sports association is church-run and has received several awards for its sports projects in the areas of inclusion and integration.

The project

In this project, participants are first trained as sports assistants in a low-threshold training program in which core competencies are specially trained. During the training, the participants work together with a social worker to develop the Talent Compass NRW. This is a tool to support career orientation. Following the training, each participant receives eight hours of individual coaching together with the social worker. A special focus in projects carried out by the DJK is on values. Appreciation, openness, equality, fairness and equal opportunities are just some of these values that are to be conveyed during the training.

DJK sports assistant qualification

This training is part of the DOSB qualification system and covers the basic module of an exercise instructor C license with 34 learning units. In addition to the classic contents such as sports knowledge about lesson design, rules and regulations, preparation and reflection of a unit and other relevant topics such as safety aspects, the focus here is particularly on core competencies such as communication, empathy, self-esteem, flexibility and an assumption of responsibility. The instructors are able to respond to the needs and motivations of a wide variety of people and individuals, thus guaranteeing each individual a successful training full of fun and enjoyment. Each participant can bring in his/her own wishes and competences. No matter if big games like soccer, small games like dodgeball, or other sports like Thai-Chi or dancing. The sports content of the training is varied and flexible to the wishes of the participants. This promotes the motivation of the individual and thus the willingness to participate proactively. Afterwards the participants have the possibility to complete the exercise instructor C certificate and to work as a trainer.

In order to make participation possible for as broad a group of people as possible, the course folder is written in easy-to-understand language.

The talent compass NRW

In addition, the participants work together with the team of instructors (consisting of a sports trainer and a social pedagogue) to develop the Talent Compass NRW. This supports them in determining their competencies and takes into account experiences from their entire biography.

This is done in five steps:

1. recognize one's own abilities
2. assessing one's own interests
3. assemble the personal compass
4. recombine one's own potentials and develop ideas for the professional future
5. formulate a professional goal and take the first steps in the described direction

Steps 1 to 4 are integrated and worked out during the training in a reflective group discussion according to the situation.

Individual Coaching

Step 5 takes place after the training within individual one-on-one coaching sessions of the participants with the social pedagogue. Each participant receives 8 individual one-on-one sessions and is advised on questions related to training and career. Practical support in applying for jobs, going to various offices, making applications, etc. can also be provided here.

Through this resource-oriented potential analysis, participants learn to better assess their own abilities, competencies, desires and interests.

Benefits for the participants

- Preliminary qualification and an insight into the characteristics of sports pedagogical professions (sports theoretical background, planning, instruction, reflection of sports and exercise offers).
- Completion with a lifelong valid certificate, which improves the job application situation.
- A networking among the participants
- An encouraging process to assess one's own strengths, weaknesses and future plans
- Recognition of achievements by the group and receipt of the certificate provide an emotional boost
- Training in core competencies such as empathy, trust, communication, taking responsibility and organizational skills
- Personal counseling, help with important questions and networking of participants to important institutions

Organizational overview

- A total of 52 learning units of 45 minutes each
- Implementation period: 6-7 days
 - Option A: Block event from Monday to Sunday
 - Option B: Weekend event 3x Saturday and 3x Sunday each
- Target group
 - Young people from the age of 18, living in Cologne

Possibilities afterwards

- Participation in the exercise instructor C license
- Become part of our inclusive coaching team!
 - Work together with other sports assistants
 - Help other coaches or teachers with training
 - Work at major sporting events
 - Apply your new expertise and make an important contribution to society
 - We support you in finding a suitable location and do not leave you alone

Your contact partner

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