

**TAKE
YOUR
PLACE**

UCP University Centre
Peterborough



**FREE SPORTS
COACHING MODULE**

Introduction into Sport Performance Enhancement

Monday 12th and Tuesday 13th February 2018
9.00am to 4.00pm
(with an assessment on Wednesday 14th February)

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This free sports coaching module is offered by University Centre Peterborough during February half term.

University Centre Peterborough run a BSc (Hons) Sports Coaching & Physical Education and lecturing staff will be delivering this two day module to students who are already in a coaching role or aspire to work in a sports environment.

All participants will be awarded with a certificate in Sports Performance Enhancement from University Centre Peterborough.

By attending you will:

- gain a greater understanding of the elements involved with improving sporting performance
- interact with specialist sports lab equipment and meet staff in a university environment
- be able to use the experience on your personal statement for your UCAS application
- have an opportunity to put your skills into practice with expert feedback

COURSE TIMETABLE

DAY 1: Monday 12th February, 9am to 4pm

COACHING PHILOSOPHIES

- Advantages and disadvantages of Pedagogy
- Coaching styles
- Coaching practices and scenarios
- Consolidation practical

APPLIED ANATOMY & PHYSIOLOGY

- Physiological responses to sporting performance
- Rational for training athletes using certain modalities
- Practical lab experiments (Wingate, VO2 Max)

DAY 2: Tuesday 13th February, 9am to 4pm

PERFORMANCE PSYCHOLOGY

- Introduction into psychological skills training (imagery, pre-performance, relaxation and motivation)
- Theory and consolidation practicals

STRENGTH & CONDITIONING

- Athlete needs analysis
- Programme periodisation
- Delivery of strength and conditioning session

DAY 3: Wednesday 14th February, half day

ASSESSMENT

You will demonstrate your understanding of how the elements covered in the module contribute to the planning, execution and reflection of a coaching session.

BOOKING INFORMATION

How much does it cost?

There is no cost to attend and lunch is provided on the Monday and Tuesday. Participants will need to come in appropriate indoor sports clothing.

Who can attend?

The free module is available to students in sixth form or college (aged 16 to 18 years) and currently studying A-levels or a BTEC level 3 qualification. An interest in sports coaching is desirable but no previous experience is required.

How can I book?

Advance booking is required and as the course is limited to 30 spaces. For more information or to book, please email Nathan Thompson (Course Leader for BSc (Hons) Sports Coaching & Physical Education) on nathan.thompson@peterborough.ac.uk

UCP University Centre Peterborough

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