

**TAKE  
YOUR  
PLACE**

**UCP** University Centre  
Peterborough



**FREE SPORTS  
COACHING MODULE**

# Introduction into Sport Performance Enhancement

**Monday 18th and Tuesday 19th February 2019**  
**9.00am to 4.00pm**  
(with an assessment on Wednesday 20th February)

**neaco**



**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 18th 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 19th 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 20th 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. To book your place please visit [www.ucp.ac.uk/sportsmod2018](http://www.ucp.ac.uk/sportsmod2018)

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