

# CANOE-KAYAK SPRINT INTENSIVE COACHING COURSE

## LEVEL 3 "EXPERT COACH"

BUDAPEST – HUNGARY  
2019



### COURSE STRUCTURE

The newly designed **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**® with the cooperation of the International Canoe Federation has a combined structure that includes a 3 weeks full-time on-site mainly practical programme in Budapest and 3 months distance learning education (on-line). This combination helps the participants to follow the coaching programme with more flexibility, mainly from their own home environment.

The expected participants have their regular coaching jobs, which makes it difficult, if not impossible to participate in a traditional classroom teaching & learning setting on a full-time basis away from his/her residence.

The blended programme takes advantage of the highly developed information and computer technology (ICT) and applies the **MOODLE system** (Modular Object-Oriented Dynamic Learning Environment). This system gives the opportunity and method for coaches to study at their own pace without interrupting their busy agenda in his/her residence.

### COURSE OBJECTIVES

The **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**® is designed to train and educate coaches from around the World. The programme attempts to promote and develop excellence in coaching canoe-kayak sprint sport. The **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**® provides coaches with a systematic way to improve their knowledge, skills and competencies in theoretical, technical and practical aspects of coaching leading up to an eligibility for taking responsibility over a team of coaches.

## COURSE CONTENT

The **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**® content in detail is designed selected to meet the needs of coaches working with competitive athletes at national level as well as with advanced athletes of elite sport at international level.



### THEORETICAL MODULES

The curriculum of the theoretical modules of **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**® deals with the art and science of coaching with relevant specifications to Canoe-Kayak sport.

The content of the theory modules includes the following subjects:

- Exercise physiology
- Training theory and methodology
- Sport injuries
- Sport Psychology
- Sport Management
- Sport Pedagogy



### PRACTICAL MODULES

The practical modules is 3 weeks staying in Budapest in May 2019 of the **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**® includes classroom instruction, sport-specific presentations, practical activities. The content includes coaching information pertaining to sprint events in Canoe-Kayak. The **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**® apply coaching principles, skills, drills, training methods, strategy and tactics, detection and correction of errors. The modules furthermore involve actual coaching experience, practical lessons, training visits, competitions and analyses. The participants will visit the high level Budapest Championships and National Championships, where the course participants will perform specific tasks and performance analysis in a pre-described manner. The practical and technical parts of the **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**® also contain home assignments and independent study.



The content of the practical modules includes the following subjects:

- Skills and motor development
- Sport technique
- Conditioning
- Observation and competition analysis
- Teaching and coaching skills

## PROGRAMME SCHEDULE IN 2019

Theoretical Modules Taught via MOODLE	April	May	June	July	August
Administrations (registrations)	■ ■ ■ ■				
Exercise Physiology			■ ■		
Training Theory and Methodology			■ ■		
Sport Injuries				■ ■	
Sport Psychology				■	
Sport Management					■
Sport Pedagogy					■
Practical Modules Taught in Budapest	April	May	June	July	August
Skill and motor development		■ ■ ■ ■			
Sport Technique		■ ■ ■ ■			
Conditioning		■ ■ ■ ■			
Performance analysis		■ ■ ■ ■			
Observation and competition analysis		■ ■ ■ ■			
Teaching and coaching skills		■ ■ ■ ■			
Coaching Programme Administration	April	May	June	July	August
Programme start	■				
Programme end					■

### Important dates

Programme start:	<b>April 1, 2019</b>
Programme end:	<b>August 23, 2019</b>
Practical Modules in Budapest:	<b>May 6 – May 24, 2019</b>
Competition observation:	<b>May 24-26, 2019 in Szolnok, Hungary</b>
Arrival to Budapest:	<b>Sunday, May 5, 2019</b>
Departure from Budapest:	<b>Monday, May 27, 2019</b>

## UNIVERSITY PROFILE

University of Physical Education is the largest, the most comprehensive and the oldest centre for education and training in sport in Hungary with 95 years of history, originally established as the Royal College of Physical Education. There are 6 levels of sport education (from certificate level to PhD, EQF levels 3-8) offered in all possible fields: PE teacher, adapted PE teacher, health teacher, health promoter, coaching, sport management, recreation, as well as human kinesiology. All summer Olympic sports and several other, all together 47 are listed in the educational programme. TF has 2000 students (11 of them are Olympic Gold Medallist and 78 Olympic Champions graduated already), 110 full time and 100 part time faculty on a fully enclosed campus with 16 sports facilities and two other estates (for water-based sports and track & field, tennis, soccer), 8 research laboratories serving teaching, research and the preparation of athletes.

The University is among those education centres where the **International Olympic Committee, Olympic Solidarity** cooperates in coach education programmes with. On a national level the University has a **sports policy forming role** in close cooperation with all stakeholders of sport and physical activity.

## LANGUAGE OF INSTRUCTION

The **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**<sup>®</sup> programme is taught and run exclusively in English. Participants are expected to demonstrate English language proficiency in both verbal and written skills. It is the responsibility of the applicant and his/her National Federation to guarantee the applicant's English language proficiency. TF reserves the right to invite and conduct interview via Skype or Video Conference system in English in selected cases.



## TEACHING STAFF AND EXAMINATIONS

The best Hungarian Canoe-Kayak specialists, University professors, qualified coaches, sports scientists, and experts from the Hungarian and international sport, are invited to lecture at **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**<sup>®</sup>.

All participants are to meet the requirements of the **Canoe-Kayak Sprint Intensive Coaching Course Level 3 "Expert Coach"**<sup>®</sup> programme. This will be examined by completing a comprehensive written examination of 100 questions, practical exam of demonstration of coaching skill as well as a technical analysis and submitting a portfolio.

Graduates of the programme receive the **"Canoe-Kayak Sprint Coach Certificate Level 3"**. This Coaching Certificate is registered and **endorsed by the International Canoe Federation** and issued by the University of Physical Education.

## PRE-CONDITIONS FOR APPLICATION

- Minimum 5 years working experience as coach in Canoe-Kayak sport at national level.
- Recommendation from the National Sports Federation endorsed by the **International Canoe Federation**.
- Availability and prove of secondary school leaving certificate.
- Declared swimming ability for a minimum distance of 200m.
- Sufficient knowledge of English language.
- Access for internet system for the modules managed through the MOODLE system.
- Physical fitness and good health condition proven by an official medical certificate.
- Schengen visa with multiply entry (to be paid by the participant).
- Valid passport (to be paid by the participant).
- Valid return ticket (to be paid by the participant).

## PARTICIPATION FEE

**EURO 3,850** The fee includes the following elements and services.

- Registration to the Coaching Programme.
- Access to course material through MOODLE system.
- Examinations and Coaching programme records.
- Canoe-Kayak Sprint Coaching Diploma - Level 3 "Expert Coach"
- Full board and accommodation, local transportation for professional activities during the 3 weeks practical modules organised in Budapest, including the trips to national canoe-kayak competitions.
- Transportation to and from the airport in Budapest.
- Medical services in Hungary (emergency treatment only).

**Note:** Personal sport equipment and Schengen visa are not included.

## APPLICATION AND DEADLINE

Applicants must apply in writing, by submitting the completed Application Form attached to this document to the address below.

Application and payment deadline: **March 22, 2019**

**Payments have to be received only by bank transfer using the following references:**

Beneficiary / Payable to:	Testnevelési Egyetem - University of Physical Education
Name of the Bank:	Magyar Államkincstár – Hungarian State Treasury
Address of the bank:	1054 Budapest, Hold u. 4.
Account No:	10032000-00334679-00000000
SWIFT Code:	HUSTHUHB
IBAN:	HU63-10032000-00334679-0000 0000
Note:	Canoe-Kayak Programme

## ADDRESS

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**[Attachment: application form](#)**

