

**SPRINT CANOEING  
ONLINE COACHING  
COURSE LEVEL 3  
EXPERT**

**2023**



**HUNGARIAN UNIVERSITY  
OF SPORTS SCIENCE**

**BUDAPEST**

international  
**canoe**  
federation





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## COURSE OBJECTIVES - AIM

The **Sprint Canoeing Online Level 3 Coaching Course** is designed to train and educate coaches from around the World. The program attempts to promote and develop excellence in coaching Sprint Canoeing sport. The **Sprint Canoeing Online Level 3 Coaching Course** provides coaches with a systematic way to improve their knowledge, skills and competencies in theoretical, technical and practical aspects of coaching leading up to eligibility for taking responsibility over a team of coaches.

## COURSE STRUCTURE

The newly designed **Sprint Canoeing Online Level 3 Coaching Course** with the cooperation of the International Canoe Federation has developed a 10-week distance learning education (on-line) program, with each core subject going for 2 weeks to get all the insights in depth, finishing with an online test. Armed with **on-demand live consultation one-on-one with professors of each of 5 core subject parallel live sessions with sport specific mainstream classes, freshly designed with ideas regularly bounced back and forth with ICF representatives.**

This variation of educational platform helps the participants to follow the course with more flexibility, mainly from your own home environment. All international programs run by the Hungarian University of Sports Science have been reconsidered due to the Covid-19 epidemic that effected all travelling possibilities from one country to another. This development in the structure and the technical system makes it possible for the expected participants to get involved in traditional classroom teaching & learning setting on a full-time base away from your residence.





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## COURSE CONTENT

The **Sprint Canoeing Online Level 3 Coaching Course** 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 **Sprint Canoeing Online Level 3 Coaching Course** deals with the art and science of coaching with relevant specifications to Sprint Canoe- Kayak sport.

The content of the theory modules includes the following subjects: 5 core subjects of 12 x 60 min classes each:

- Training Theory and Methodology (Prof Dr Zsolt Radak)
- Sport Psychology (Dr Noemi Gyomber)
- Sport Nutrition (Virag Jenes-Kis, Flora Szakszon)
- Sport Pedagogy (Agnes Csordas-Makszin)
- Sport Injuries (Dr Zsolt Komka)

Armed with Sprint Canoeing sport specific classes of 20 x 120 mins:

- Spring Canoeing Sport – specific module (Csaba Szanto)

These modules include classroom instruction, sport-specific presentations, and demonstration of practical activities **via Microsoft Teams platform**. The **Sprint Canoeing Online Level 3 Coaching Course** apply coaching principles, skills, drills, training methods, analysis and error correction.

The practical and technical parts of the **Sprint Canoeing Online Level 3 Coaching Course** also contain home assignments and independent study. Participants are required to make guided notes about their observations at trainings, write essays for the related theoretical subjects, study from the videos and electronic materials and to complete online tests.





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The content of the specific modules includes the following subjects:

- Basic of Canoeing 200m specialities
- Teaching technique
- Strength—strength development
- Speed and speed endurance
- Training for canoeing
- Planning of training, periodism
- Racing tactic
- Coaching
- Talent Identification
- Physiology and Nutrition
- Determining abilities for canoeing
- Endurance – Stamina
- Performance analysis
- Technique general
- Technique of kayaking
- Technique of canoeing
- Team boat specialities

## PROGRAM SCHEDULE

All classes will be held online on the Microsoft Teams platform. Each subject will be taught for two weeks, trial tests are available for unlimited practice on the second week. At the end of each the two-week period exams will be open for 48 hours during the weekend **for one attempt**.

We will provide the proper program schedule and exact dates of the course subjects and canoe sprint practical online classes as soon as the application period finishes.

## IMPORTANT DATES

Program start: **18 September, 2023**

Program end: **26 November, 2023**

## CAMPUS

The HUSS campus is currently undergoing a major reconstruction and development in order to provide our students a modern learning environment with world-class sporting facilities.





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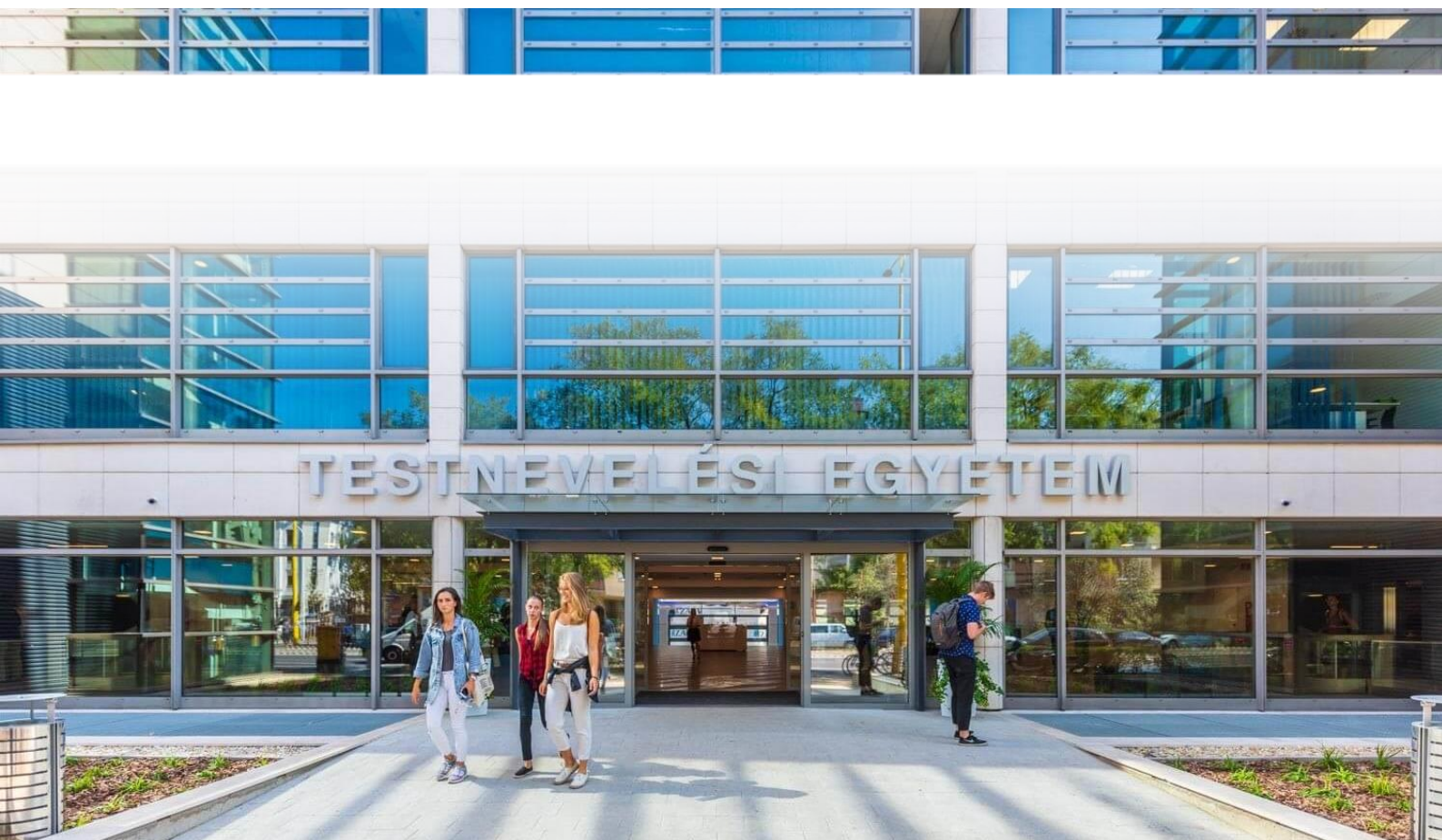
## LEGACY

The Hungarian University of Sports Science (HUSS) features the **preservation of traditions and continuous adaptation** at the same time, in line with the criteria of the given age. Although a lot has changed over the years, its traditions live on, filled with new spirit while opening the windows of the University to the world. HUSS and its faculty, athletes and alumni are well-known globally for achievements in various areas of the sport profession, and our educators and trainers are respected all around the world.

The Hungarian University of Sports Science is the largest, the most comprehensive and the oldest centre for education and training in sport in Hungary with 98 years of history, originally established as the Royal College of Physical Education in 1925.

If one not only wishes to be a great **physical education teacher, physiotherapist, coach, sport manager, recreation, human kinesiology or health science expert**, but also wishes to pursue a **scientific career**, the Hungarian University of Sports Science is an ideal choice. This is the only university in Hungary where a **PhD degree in sport science** can be obtained, and HUSS serves as a career incubation space as well as a life-long professional support for our students and alumni.

The coaches of a number of Olympic, World and European champions have completed their studies at the University or its predecessors. Amongst our Honorary Doctors, there are outstanding representatives from international sport diplomacy and sport science. The University is among those education centres where the **International Olympic Committee, Olympic Solidarity** cooperates in coach education program with. On a national level the University has a **sports policy forming role** in close cooperation with all stakeholders of sport and physical activity.





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## LANGUAGE OF INSTRUCTION

The **Sprint Canoeing Online Level 3 Coaching Course** program is taught and run exclusively in English. Participants are expected to communicate at a reasonable level (minimum B2). It is the responsibility of the applicant to demonstrate their language proficiency in both verbal and written forms as to be able to comprehend learning materials and actively participate in the classes and programs.

B2 level equivalent scores of internationally accepted language exams: IELTS:

5.5-6.0

TOEFL: 72-94

Cambridge English Scale: 160-179



It is the responsibility of the applicant and his/her National Federation to guarantee the applicant's English language proficiency. HUSS reserves the right to invite and conduct interviews via Skype or Video Conference system in English in selected cases.

## TEACHING STAFF AND EXAMINATIONS

University professors, sports scientists, and experts from ICF, are invited to lecture at **Sprint Canoeing Online Level 3 Coaching Course**.

HUSS prides itself on its century old traditions and emphasizes innovation in the areas of sports and health sciences. HUSS and its faculty, athletes and alumni are known globally for their achievements in various areas of Olympic and non-Olympic sports and sports science. Our educators have supported our students as athletes in countless European and world games, even to become Olympic champions.





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All participants are to meet the requirements of the **Sprint Canoeing Online Level 3 Coaching Course**. This will be examined by completing a comprehensive written examination of each subject, a practical exam of demonstration of coaching skills (through uploaded videos) as well as a technical analysis and submitting a portfolio. All of the above mentioned will be arranged via the online platform.

Graduates of the program receive the "**Sprint Canoeing Level 3 Coaching Course**" certificate. This Coaching Certificate is registered and **endorsed by the International Canoe Federation** and issued by the Hungarian University of Sports Science.

## PRE-CONDITIONS FOR APPLICATION

- 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.
- Sufficient knowledge of English language.
- Access for internet system for the modules managed through the MOODLE system.
- Sufficient electronic devices that secure the quality of the webinars and video transactions.





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## PARTICIPATION FEE

**EURO 1,750**

The fee includes the following elements and services:

- Registration to the Coaching Program
- Access to course material through MOODLE system
- Access to course webinars and consultations through Microsoft Teams system
- Examinations and Coaching program records
- Sprint Canoeing Coaching Certificate - Level 3

## 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:

**1 September, 2023**

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

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

## ADDRESS

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