



Subject: Annual report
Course: Canoe-Kayak Sprint Online Coaching Course – level 3 – Expert Coach
Period: May – July, 2021
Informatics technology: Microsoft Teams, Moodle

The **Canoe-Kayak Sprint Online 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 program 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 CONTENT

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

This course is taught and run exclusively in English. Participants are expected to demonstrate English language proficiency in both verbal and written skills. University professors, sports scientists, and experts from ICF, are invited to lecture during the program.

PROGRAMME SCHEDULE

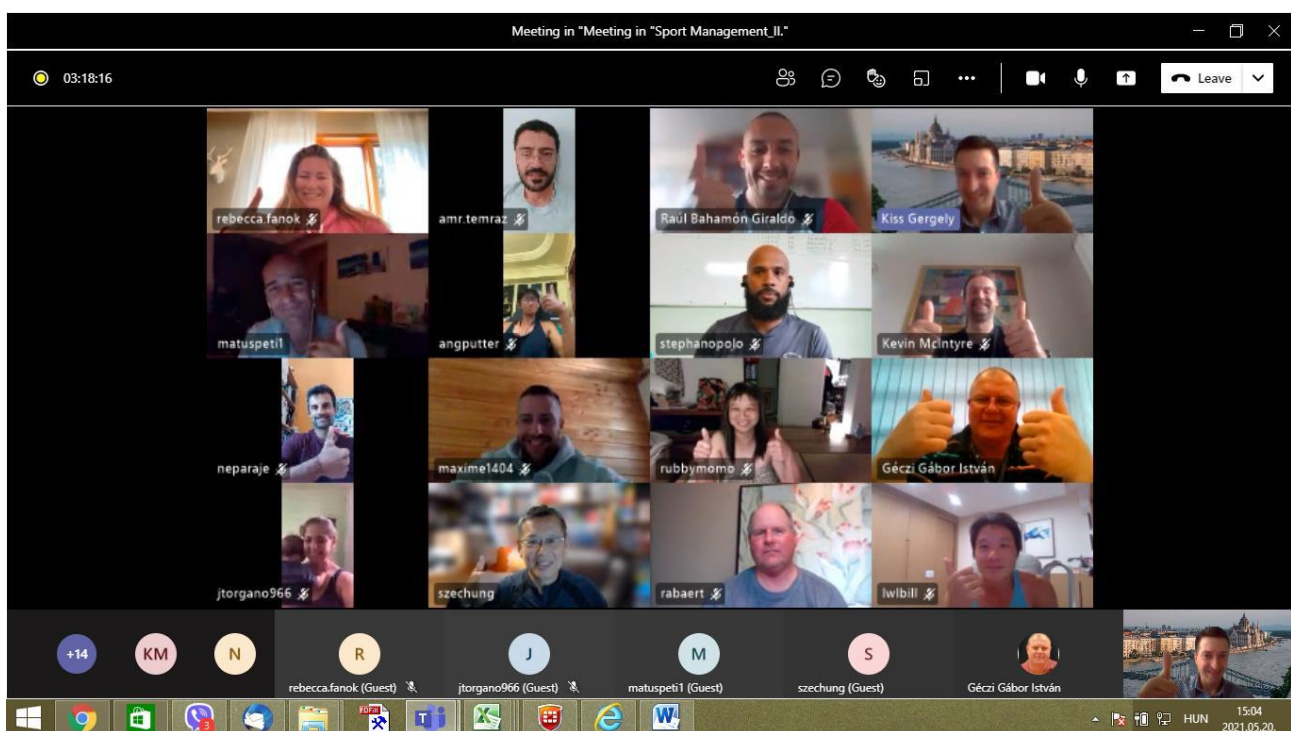
Theoretical Modules	MAY	JUNE	JULY
Administrations (registrations)	■		
Training Theory and Methodology		■	
Sport Psychology		■	
Sport Management		■	
Sport Pedagogy	■		
Biomechanics			■
Canoe Sprint Specific Modules	MAY	JUNE	JULY
Sport Theory	■		
Sport Technique		■	
Training Related Subjects		■	
Coaching Principles		■	
Teaching and coaching skills		■	■
Coaching Programme Administration	MAY	JUNE	JULY
Programme start	■		
Programme end			■



THEORETICAL MODULES

The curriculum of the theoretical modules of the online coaching course deals with the art and science of coaching with relevant specifications to Canoe-Kayak sport. The content of the theory modules included the following subjects:

- Training Theory and Methodology
- Sport Psychology
- Sport Management
- Sport Pedagogy
- Biomechanics



Sport Management class with Prof. habil Gábor Gécz

CANOE SPRINT SPECIFIC MODULES

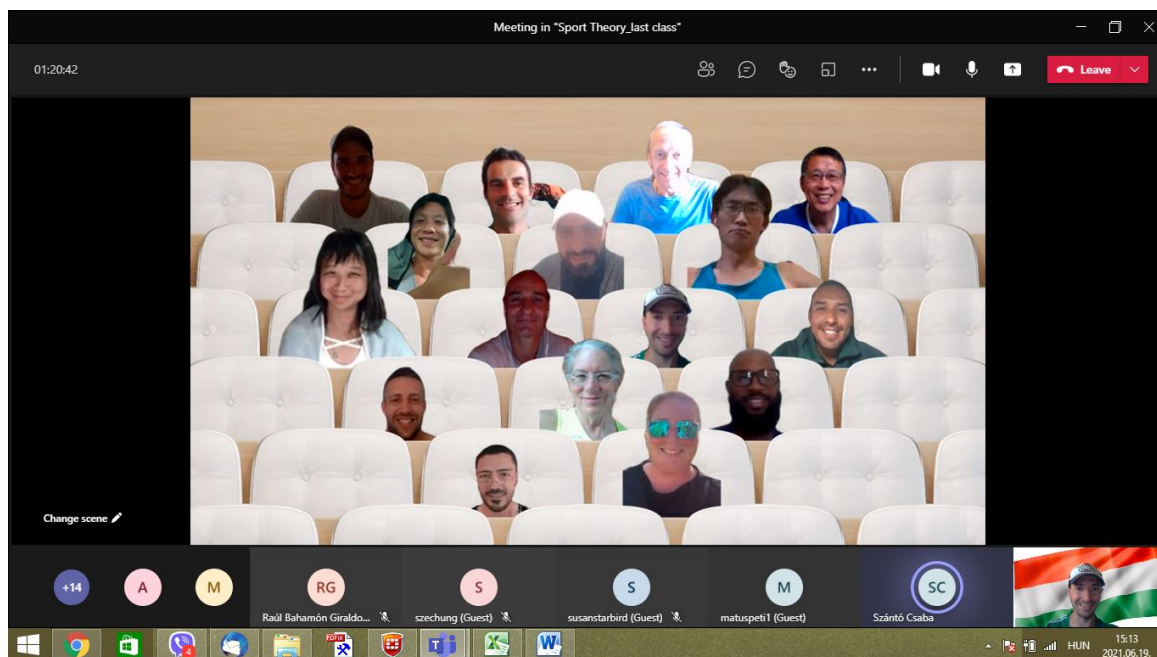
These modules included classroom instruction, sport-specific presentations, via Microsoft Teams platform. Through the lectures coaches could apply coaching principles, skills, drills, training methods, strategy and tactics, detection and correction of errors.

The practical and technical parts of the programme also contained home assignments and independent study. Participants required making guided notes about their observations at trainings, making essays for the related theoretical subjects, study from the videos and electronic materials and completing of the online tests.



The content of the specific modules included the following subjects:

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



Sport Theory class with Mr. Csaba Szántó – ICF expert

All subjects have been ended with completing comprehensive written examinations, tests, assignments. All of the mentioned was arranged via the E-learning platform of the University.

Graduates of the programme received 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.

UNIVERSITY OF PHYSICAL EDUCATION
In cooperation with the International Canoe Federation





LIST OF PARTICIPANTS

CANOE-KAYAK SPRINT COACHING COURSE - <u>ONLINE</u> BUDAPEST – HUNGARY MAY - JULY 2021			
No.	Name	Gender	Country
1	Susan Starbird	F	USA
2	Wai Chung Sze	M	Macau
3	Hoi Ian Mou	F	Macau
4	El Aidi Issam	M	Morocco
5	Bensaid Youssef	M	Morocco
6	Rebekka McNamara	F	Canada
7	Robert Baert	M	Canada
8	Kevin McIntyre	M	Canada
9	Lee Wei Liang Bill	M	Singapore
10	Lucas Guang Yi Teo	M	Singapore
11	Neftalí Paraje Diaz	M	Spain
12	Maxime Hugues N. Richard	M	Belgium
13	Raul Bahamon	M	Colombia
14	Peter Matus	M	Hong Kong
15	Ron Benjano	M	Israel
16	Amr Temraz	M	Egypt
17	Stephano Polo	M	Trinidad&Tobago
18	Jessica Torgano	F	Brazil

There were 18 coaches from 13 different countries, who successfully completed the program and received their certificate in July, 2021. The general average of their grades was 97%.

In summary we hope that the programme met with the expectations of the coaches and they can adopt the gained information to their daily professional work. Based on the feedbacks given by the students for the electronic course evaluation we all will work to develop some of the elements of the program and continue with the next edition in October.