



Subject: Annual report
Course: Canoe-Kayak Sprint Online Coaching Course – level 3 – Expert Coach
Period: October – December, 2020
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

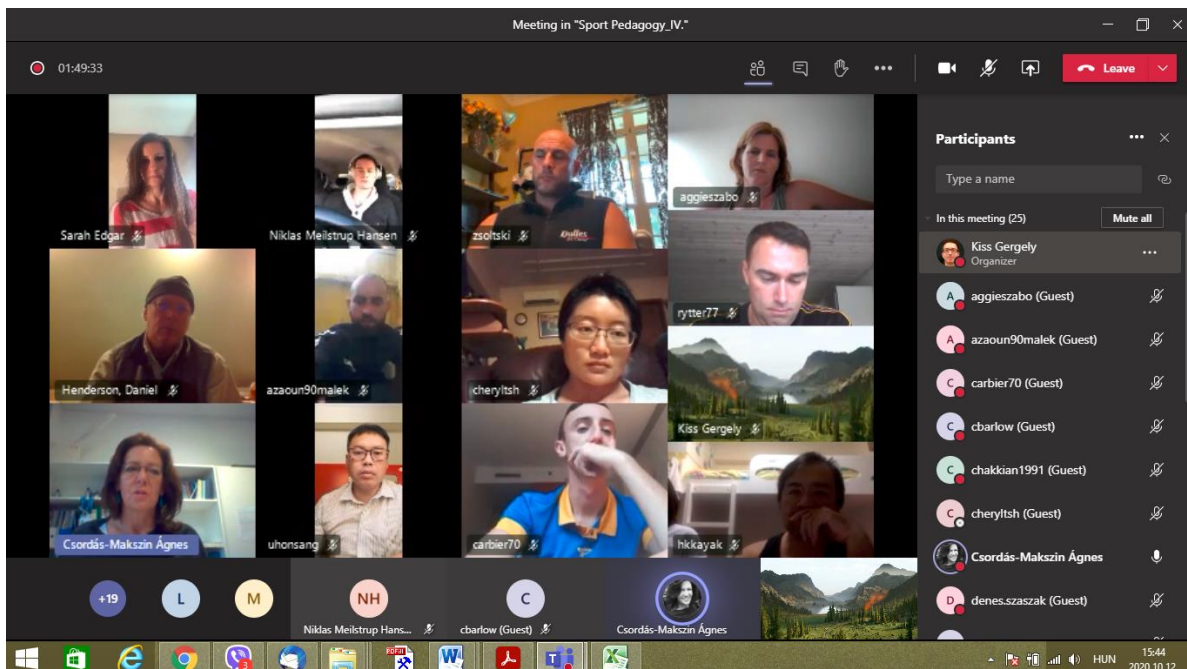
Theoretical Modules	September	October	November	December
Administrations (registrations)	■ ■ ■ ■			
Exercise Physiology			■ ■	
Training Theory and Methodology			■ ■	
Sport Psychology				■
Sport Management		■ ■ ■ ■		
Sport Pedagogy		■ ■ ■ ■		
Canoe Sprint Specific Modules	September	October	November	December
Sport Theory		■ ■ ■ ■		
Sport Technique		■ ■ ■ ■		
Training Related Subjects			■ ■ ■ ■	
Coaching Principles			■ ■ ■ ■	
Teaching and coaching skills				■ ■ ■ ■
Coaching Programme Administration	September	October	November	December
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
- Sport Physiology



Sport Pedagogy class with Mrs. Ágnes Csordás-Makszin

CANOE SPRINT SPECIFIC MODULES

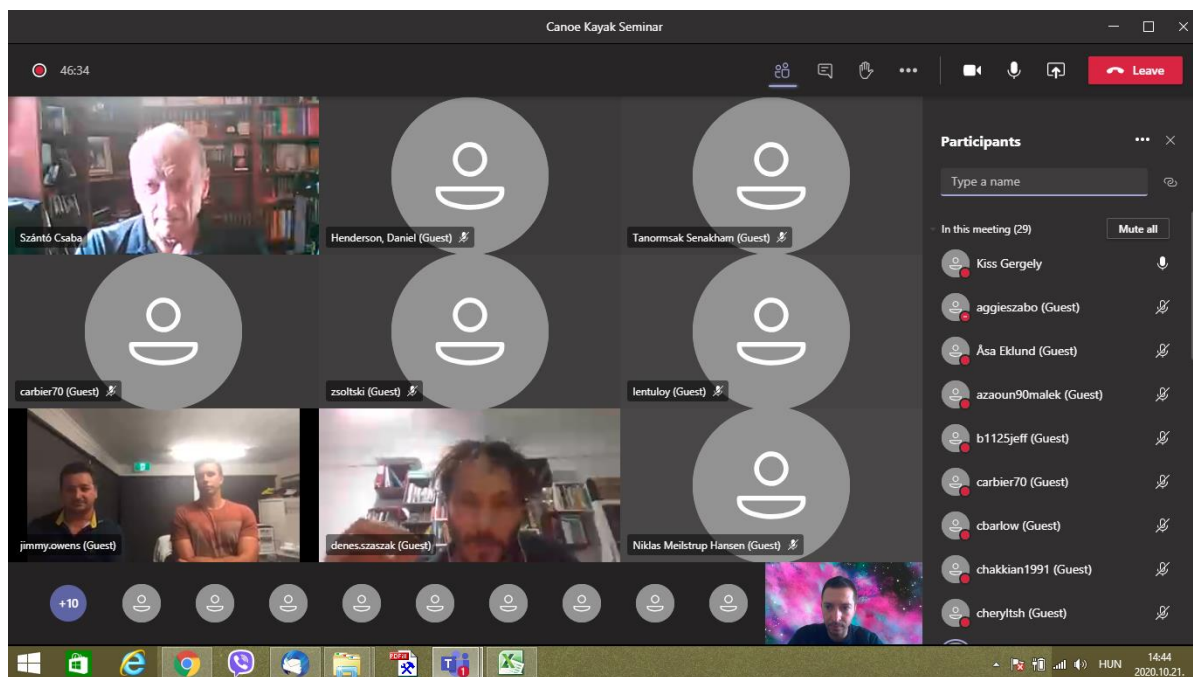
These modules included classroom instruction, sport-specific presentations, via Microsoft Teams platform. Through the lectures coaches could apply coaching principles, skills, drills, training methods, strategy and tactics, detection and correction of errors.

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:

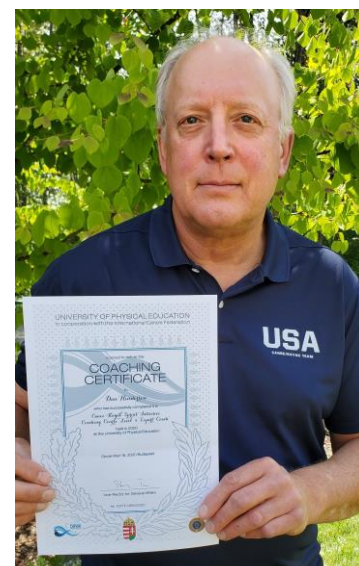
- Basic of Canoeing
- Physiology and Nutrition
- Determining abilities for canoeing
- Endurance – Stamina
- Performance analysis
- Technique general
- Technique of kayaking
- Technique of canoeing
- Team boat specialities
- 200m specialities
- Teaching technique
- Strength—strength development
- Speed 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.





LIST OF PARTICIPANTS

There were 36 coaches from 15 different countries, who successfully completed the program and received their certificate in December, 2020. The general average of their grades was 99%.

We had several coaches in this programme who had professional background previously. Some of them are National Champion and there was one student who won the Olympic Game in London. He was David Smith who is working as an assistant coach. His coach, Jimmy Owens also attended the programme and for our request they shared their experience with the group from the coach and an athlete point of view.

CANOE-KAYAK SPRINT COACHING COURSE - ONLINE BUDAPEST – HUNGARY 2020			
No.	Name	Gender	Country
1	Abdelmalek Azouni	M	Algeria
2	David Smith	M	Australia
3	David Foureur	M	Australia
4	Jake Michael	M	Australia
5	Shaun Caven	M	Australia
6	Laurence Fletcher	M	Australia
7	Jimmy Owens	M	Australia
8	Julian Carbier	M	France
9	Agnes Szabo	F	Singapore
10	Gyorgy Lentuloy	M	Singapore
11	Denes Szaszak	M	Singapore
12	Cheryl Tay Sihui	F	Singapore
13	Hon Sang U	M	Macau
14	Pavle Jovanov	M	Serbia
15	Piyaphan Phaophat	M	Thailand
16	Chanrit Chakkhian	M	Thailand
17	Tanormsak Senakham	M	Thailand
18	Peema Teerawattanapan	M	Thailand
19	Daniel Earl Henderson	M	USA
20	Zsolt Szadovszki	M	USA
21	Chris Barlow	M	USA
22	Alyson Morse	F	USA
23	Aaron Huston	M	USA
24	Reka Abraham	F	USA
25	Ramakrishna Puli	M	India
26	Farooq Ahmad Bhat	M	India
27	Asa Eklund	F	Sweden
28	Tsz Chung Cheung	M	Hong Kong, China
29	Ho Yin Raymond Lo	M	Hong Kong, China
30	Ka Chung Michael Chiu	M	Hong Kong, China
31	Ying Yeung Sin	M	Hong Kong, China
32	Sarah Edgar	F	Great Britain
33	Niklas Hansen	M	Denmark
34	David Rytter Larsen	M	Denmark
35	Shelley Oates-Wilding	F	Hawaii
36	Sebastian Cuatrin	M	Switzerland

The first online canoe-kayak coaching course showed the necessity of using different educational technology. The popularity towards this kind of course structure is growing and we have to accommodate to the needs of the different sport federations. The University of Physical Education is proud to the special cooperation with ICF and believes that the continuity of this partnership give possibility for several canoe-kayak coaches to reach their aim.