

Nutrition for Coaches

Saturday 20th February 2010

10am-1pm

and Saturday 20th March 2010

10am-1pm

This course will be divided into two half day sessions which will introduce the role of diet and nutrition in supporting sporting performance. You will be introduced to the theory behind two key areas of sports nutrition:

The importance of nutritional recovery for the athlete in training (Carbohydrates Saturday 20th February 2010 10am-1pm)

Recovery snacks for the training athlete carbohydrate loading and meal planning.

The role of hydration in sporting performance (Fluids Saturday 20th March 2010 10am-1pm)

Hydration options such as sports drinks for before, during and after training will also be covered.

In addition to the theoretical concepts, the sessions will provide the opportunity to focus on the practical advice to support sporting performance. Additionally, challenges involved in feeding athletes will also be discussed.

This short course is ideal for coaches, parents of young athletes and indeed athletes who themselves are interested in the role that nutrition can play in supporting training and sporting performance. The session will be delivered by sports nutritionists experienced at working with world class athletes in a number of sports.

Ann Kennedy has extensive lecturing experience and has worked as a dietitian in the National Health Service before specialising in the field of sports nutrition. She has provided sports nutrition consultancy to a number of Great Britain's Olympic and Paralympic squads including The British Equestrian Teams, British Swimming, GB and England Badminton squads, England Netball Association.

Award: St Mary's University College Certificate of Attendance

Price: £45 per session – Book both together for a discounted rate of £85

Coach Education Week

January 11th – 15th 2010

Athletics Level 1

England Athletics

Monday, 9am-5pm

Price: £85 / £95

Football Level 1

The FA

Monday-Thursday, 9am-5pm

Price: £150 / £165

Basketball Level 1

England Basketball

Wednesday-Friday, 9am-4pm

Price: £120 / £135

Gymnastics FVB Level 1

British Gymnastics

Tuesday & Wednesday, 9am-5pm

Price: £250 / £275

Professional Short Course Unit
School of Human Sciences

St Mary's University College
Waldegrave Road, Twickenham TW1 4SX

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Coaching Athletics Level 1

Mon 11th January 2010

9.00am-5.00pm

Course Tutor: England Athletics

Prerequisite: None

Minimum age: 16

A one day introduction to coaching skills which qualifies and insures coaches to assist a Level 2 or above athletics coach.

Award: England Athletics Coaching Level 1

Price: £85 St Mary's Student/Staff

£95 External

Football Level 1

Mon 11th Jan – Thu 14th Jan

9.00am-5.00pm each day

Course Tutor: Stuart Noakes

Prerequisite: None

Minimum age: 16

This course will provide an introduction to the organisation and delivery of safe and enjoyable coaching sessions for young players. It is ideally suited to those working with groups of young players and/or teams. Candidates will be encouraged to participate practically to maximise their opportunities for learning.

Award: Level 1 Certificate in Coaching Football

Price: £150 St Mary's Student/Staff

£165 External

Basketball Level 1

Wed 13th – Fri 15th Jan

9.00am-5.00pm each day

Course Tutor: Jack Majewski

Prerequisite: None

Minimum age: 16

This is the basic level of coaching qualification, which gives an outline knowledge of basketball, and enables the holder to introduce basketball to individuals, groups (male, female, adults or children) and people with particular needs; and to assist a Level 2 Coach (or above). Examples are: Parents of performers, Sports centre staff, Teachers, Youth workers, Players or ex-players, Adult Volunteers and Students The holder is not covered by Basketball's insurance for working unsupervised and must work under the supervision of a minimum of a Level 2 Coach Award holder.

Award: England Basketball UKCC Level 1

Assistant Coach

Price: £120 St Mary's Student/Staff

£135 External

Gymnastics Floor Vault & Beam Level 1

Tues 12th Jan – Wed 13th Jan

9.00am-5.00pm each day

Course Tutor: Liz Awde

Prerequisite: None

Minimum age: 16

This course introduces floor, vault and beam activities for an assistant gymnastics coach. Standard stretching exercises as well as flexibility and conditioning skills are also covered. The course involves an introduction day on 6th Dec 2009 and is completed by passing the assessment day on 22nd Mar 2010. Coaches will need to be mentored by a senior coach within their club in the lead up to the assessment date.

Award: British Gymnastics Level 1 UKCC

Assistant Coach for Floor Vault & Beam

Price: £250 St Mary's Student/Staff

£275 External

St Mary's
University College
Twickenham
London



Continuing Professional Development

Workshops for Coaches 2010



Strength and Conditioning for Coaches

Sunday 17th January 2010

9.30am-4.30pm

The course will enable coaches to include strength and conditioning sessions into their training programmes. The course includes: The purpose of a strength & conditioning session and integrating it into an existing training programme

Warm ups

Movement control and conditioning circuits

Coaching weight room exercises

Assessment and monitoring

Nick Cooper is a strength and conditioning coach for UK Athletics. As part of his role he is responsible for the strength programmes of a number of high performance athletes based in West London, including Paralympic and World Junior medallists and members of the Beijing Olympic team.

Award: St Mary's University College Certificate of Attendance

Price: £85

First Aid for Sport

Saturday 16th January 2010 or Sunday 7th March 2010

10am-5pm

Sports First Aid Emergency Action

Safe best practice and management of an incident

Initial assessment of a casualty

Unconsciousness, cause and treatment

Bleeding (internal/external) and shock

Recognising and dealing with a casualty who is choking

Performing cardio-pulmonary resuscitation

Incident Management

Roles and responsibilities

Sports First Aid kit – contents

Limb injury

Head, neck and spine injury

Heat and cold, stings and anaphylaxis

Medical incidents: asthma, diabetes, etc

Award: Emergency First Aid in the Workplace Certificate, valid for 3 years

Price: £85

Sport Psychology

Saturday 27th March 2010

9.30am-4.30pm

This workshop will introduce coaches to a range of key psychological skills that influence sporting performance. Psychological skills that will be covered in the morning session are: Enhancing confidence, controlling anxiety, optimising concentration and developing self-awareness.

Through discussion with the attending coaches at the end of the morning session at least one of the above skills will be covered in more detail in the afternoon session. This will enable those attending to take something away from the day that they can work on with the performers they coach.

Tim Holder PhD (BASES Accredited)

Reader in Applied Sport Psychology has worked for 20 years as an applied sport psychologist and has worked with National Governing Bodies of sport and elite performers in Table Tennis, Swimming, Amateur Boxing, Sailing and Squash and has worked with individual performers from a range of sports including hockey, real tennis, athletics, judo, netball, ice skating, golf, football, tennis and horse racing.

Stacy Winter (BASES Accredited)

Lecturer in Sport Psychology and works as an Applied Practitioner. Has provided Sport Psychology support to both Professional Clubs and Amateur Sporting Organisations. Currently working as a Sport Psychology consultant in Rugby League. Has worked with both coaches and performers from a range of sports including athletics, cricket, rugby, gymnastics and fencing.

Award: St Mary's University College Certificate of Attendance

Price: £85

Level 1 and 2 Trampoline Coach Award for Teachers

Sunday 24/1/10, 31/1/10 and 7/2/10

9am-5pm

The Trampolining for teachers award is a qualification for teachers allowing them to teach trampolining in schools. This 3-day course is only open to qualified PE teachers, teachers who already hold a BG qualification (such as gymnastics coach to ensure that the common core module knowledge is covered) and to qualifying students (PGCE, GTP or SCITT). A DfES number is required at registration. Completion of the award is recognised by LEAs and Governing Bodies as a qualification to teach the relevant skills in schools. Please note that you are not required to be a member of British Gymnastics to take this course. The syllabus includes;

Safety:

Safe handling of trampolines

Safe coaching practices

Biomechanics:

Basic biomechanical principles related to trampoline skills

Progressive Practices:

Warm up practices on and off the trampoline

Basic kipping techniques for seat, back, hands & knees, and front landings

Shaped jumps including tuck, pike, straight and twists

Combinations of basic landings

(seat to front, etc)

More advanced skills including twists into and out of the basic landing positions

Progressive practices for front and back somersaults

Shaped somersaults

Routine Construction

Judging Routines

All courses are delivered by BG qualified and approved Tutors, and include the governing body's extensive resource pack.

Award: Level 1 and Level 2 Trampoline Coach, Teachers Award

Price: £300

Coaching Children and Teenagers

Sunday 28th February 2010

9.30am-4.30pm

The course will have an underlying focus on the safe development of the athlete, and 'how' to integrate the course content into coaching will be discussed throughout. Included in the course are:

Child development

– physical and psychological changes

Long term athlete development and the fundamentals

Skill acquisition tips for effective learning

Behaviour management strategies

This course is run by Katie Richards who is currently employed as a Sports Coaching Science lecturer at St Mary's University College. Katie also works as a National Squad Coach within Aerobic Gymnastics and is training to become a Sport Psychologist. She has been involved in coaching children and teenagers for 10 years, working with pre-school age children, up to elite senior athletes.

Award: St Mary's University College Certificate of Attendance

Price: £85

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Application Form

St Mary's University College
Continuing Professional Development

Mr Mrs Miss Ms

Surname:

First Name(s):

Address:

Home Tel:

Daytime Tel:

Post Code:

Email:

Nationality:

Date of Birth:

Full payment must accompany application

Payment Method:

Cash (*do not post; delivery by hand only*)

Cheque* payable to St Mary's University College.
* Sterling cheques only. Other currencies liable to bank charges payable by you.

Credit Card (*please tick type of card*) Debit Card MasterCard VISA Switch/Delta
Payments by credit card are liable to 1.5% or £1.50 handling charge (whichever is the greatest)

Card Number: 3 digit Security No:

Issue Date: ____/ ____/ ____ Expiry Date: ____/ ____/ ____ Issue No. (Switch/Delta): _____

Cardholder's Name: _____ Cardholder's Signature: _____

Please indicate which course you wish to attend (tick relevant box):

Strength & Conditioning for Coaches First Aid for Coaches Coaching Children & Teenagers

Nutrition for Coaches Carbohydrates Fluids Sport Psychology

Trampoline Coach Award for Teachers NGB Award _____ Level _____

Coach Education Week

Athletics Level 1 Football Level 1 Basketball Level 1 Rugby Ready

Gymnastics FVB Level 1 Junior Coach Training

For terms and conditions see <http://www.smuc.ac.uk/study-here/short-courses/terms-conditions.htm>

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