

Stand Up Paddleboard (SUP) Discipline Support Module Summary

This document provides a summary of the British Canoeing Stand Up Paddleboard (SUP) Discipline Support Module for course organisers and candidates.

Overview

The British Canoeing SUP Discipline Specific Support Module is designed to assist coaches who want to gain more knowledge about the specialist discipline of Stand Up Paddleboarding. The course introduces and explains the basic techniques and strategies for coaching on SUPs. The course is a mix of theory and practical activity to ensure everyone has time to try things out. The module seeks to support the continuing process of good coaching practice on the water, with the syllabi written to focus on coaches who are likely to be supporting the beginners.

Prerequisites

At the point of registration the following prerequisites are required;

- £17.50 Registration Fee for Home Nation Members
- A British Canoeing Coaching Qualification
- Age 16 years of age, or older

Audience

The module is aimed at coaches, who are interested in developing their knowledge to coach introductory SUP techniques.

Course Length

6 hours

Learning Outcomes

By the end of this module participants should be able to:

- Provide an insight into current SUP development including the role of British Canoeing, BSUPA, ASI and AALS.
- Introduce the different types of equipment including the issues of equipment design, size and modification to suit all individual requirements.
- Provide a background to the various disciplines within SUP and the specific techniques that apply to each.
- Provide a fun and informative way of using practical based coaching techniques to improve students understanding of SUP on Sheltered water, enabling the coach to build solid background for paddlers to progress into their chosen area of SUP.
- Provide coaches with SUP specific observation and analysis information.
- Reinforce the transferability of technique and skill between other paddlesport disciplines and SUP.

After the Course

After completing the module candidates receive a certificate of attendance from their Home Nation.

Further Reading

BCU Coaching Handbook

Franco Ferrero (ed.) 2006. ISBN: 0-9547061-6-1