

## Strength and Conditioning

### Level / Time

This module is scheduled to be a full day course and as such runs for 6 hours.

### Introduction

This module is designed to introduce the basic movements of strength and conditioning. It is designed to support coaches from all disciplines of paddlesport and is to be used by British Canoeing coaches in support of paddlesport coaching. Following full participation in this workshop attendees should feel confident that they can run safe and effective sessions designed to give paddlers a really solid foundation in strength and conditioning.

### Learning Outcomes

On completion of this workshop participants should be able to do the following:

- Have an understanding of what is meant by the term 'strength and conditioning' and be able to respond to others concerns regarding the safety of this activity for young athletes.
- Understand how a full body approach to strength and conditioning is likely to be of greatest benefit to paddlers.
- Understand the potential benefits of resistance training for the young/beginner paddler.
- Understand and be able to coach good form in a range of fundamental strength and conditioning movements.
- Be able to organize these exercises into an effective session.
- Be able to promote an effective and safe coaching environment.
- Understand where the information contained in this workshop fits into the bigger picture of a paddler's overall development.

### Notes

Whilst this module provides information about activities that often happen in a gym setting it is not an industry-recognised fitness instructing qualification. It is hoped that participants will move on to the British Canoeing Level 2 Strength and Conditioning course (currently under development) which is to include an industry recognised qualification.