

Optimising Fitness and Performance for Paddlesport (Part 1)

TITLE

Optimising Fitness and Performance for Paddlesport (Part 1)

AUDIENCE

The module is aimed at BCU Level 2 and 3 Coaches, parents, and paddlers who are interested in optimising fitness and performance in paddlesport

TIME

6 hours

The module uses a workbook theme providing participants with space to complete tasks, information to take away and notes pages. The module uses a variety of methods of interaction that include; discussions, activity, demonstrations, small tasks and is an active learning environment.

BACKGROUND

This module is designed to introduce methods and concepts that are aimed at learning how to optimise efficiency and effectiveness when preparing for a performance. The module follows on from the BCU Foundation Modules; 'Fitness for Paddlesports' and 'Performance Planning for Paddlesport Coaches'. It explores physiological concepts and how they apply to paddlesport, the relationship between how our body creates energy for exercise and diet, and looking at how this may change for different population groups (child to the elite). Participants will cover methods of profiling and look at how all of the above are linked and can be put into planning. Finally, there are some take away tasks to put the new knowledge into action giving plenty of food for thought!

LEARNING OUTCOMES

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

- Describe the different energy systems used by the body during exercise
- Recognise energy systems used during various activities
- Describe the principles of nutrition, and it's relationship to performance (before, during, and after different types of activity)
- Perform and devise individual paddler profiles

FURTHER READING

BCU Coaching Handbook (especially chapters 2, 18, 20 and 21)
Franco Ferrero (ed.) 2006
Pesda Press

Adventure Sport Physiology
Nick Draper and Chris Hodgson (2008)
John Wiley and Sons

Optimising Fitness and Performance for Paddlesport (Part 2)

TITLE

Optimising Fitness and Performance for Paddlesport (Part 2)

AUDIENCE

The module is aimed at BCU Level 2 and 3 Coaches, parents, and paddlers who are interested in optimising fitness and performance in paddlesport, and who have previously completed Optimising Fitness and Performance for Paddlesport (Part 1).

TIME

6 hours

The module uses a workbook theme providing participants with space to complete tasks, information to take away and notes pages. The module uses a variety of methods of interaction that include; discussions, activity, demonstrations, small tasks and is an active learning environment.

Optimising Fitness and Performance for Paddlesport (Part 1) should be done before part 2, and a gap between modules factored in. We recommend a gap of about 1 month, although we recognise that this is not always possible.

BACKGROUND

Part 1 primarily looked at optimising performance through nutrition, part 2 focuses on activity and the person doing the activity, linking how we create energy for exercise with activity. This module begins with learning about our body and understanding how it works introducing the concept of proprioception, it then moves on to analysing the different methods of conditioning looking at relevant examples. Warm ups, cool downs, and stretching are all discussed, explained and critiqued as to when to use and not use. Scenarios of common injuries are given and guidelines as to how to manage them and more importantly the prevention of them. All of these concepts are then discussed as to how they fit into a medium or yearly plan to meet various goals.

LEARNING OUTCOMES

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

- Describe to improve performance through various types of conditioning
- Choose appropriate conditioning exercise to improve performance
- Recognise how to prevent and manage injuries
- Link conditioning and injury prevention/management with paddler profiling
- Give examples of where to access more information on each of the areas

FURTHER READING

BCU Coaching Handbook (especially chapters 2, 18, 20 and 21)
Franco Ferrero (ed.) 2006
Pesda Press

Adventure Sport Physiology
Nick Draper and Chris Hodgson (2008)
John Wiley and Sons

Coaching the Mind

TITLE

Coaching the Mind

AUDIENCE

The module is aimed at BCU Level 2 and 3 Coaches, parents, and paddlers who are interested in using psychology to improve performance in paddlesport. It is recommended that participants have either completed the BCU Foundation Module Coaching the Mind, or have previous experience/knowledge of basic sport psychology including mental skills training, concentration, imagery, and arousal.

TIME

6 hours

The module uses a variety of methods of interaction that include; discussions, activity, demonstrations, small tasks and is an active learning environment.

BACKGROUND

The module begins with a quick recap of the topics covered in the Coaching the Mind Foundation Module, it then moves on to explore attentional focus, imagery, and arousal. Individual analysis methods, the use of self-talk and pre-performance routines are discussed, and explained. While performance profiling tools and the use of goal setting are also covered. The module finishes by exploring motivational factors, motivational climate and attributions.

LEARNING OUTCOMES

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

- Reflect & develop upon understanding of performance and arousal
- Discuss application of control strategies such as attentional focus and imagery
- Explore factors and influences of personal motivation and how coaches can influence the motivational climate
- Investigate how personal thought can influence behaviour
- Discuss applications & limitations of performance enhancement techniques including self talk and pre performance routines
- Discuss methods and purpose of 'getting to know' your performers
- Explore strategies of performer development including goal setting and performance profiling

FURTHER READING

BCU Coaching Handbook (Chapter 3)
Franco Ferrero (ed.) 2006
Pesda Press

Foundations of Sport and Exercise Psychology
Weinburg, R.S. and Gould, D. (2003)
IL: Human Kinetics

Paddle-Ability Intermediate Module

Title:

Paddle-Ability Intermediate Module

Audience

This module is aimed at Level 1+ coaches and volunteers who are currently, or are interested in, working with disabled paddlers.

Time

6 hours

BACKGROUND / AIMS

This module builds on the background knowledge obtained in the Foundation Module and provides coaches with further knowledge to enable them to better coach people with disabilities. The module includes teaching styles, aspects of the environment and Health and Safety that a coach needs to be aware of to deliver effective sessions to people with disabilities.

The aim of the module is to alter coaches' perceptions about people with disabilities and their own attitude towards this sector of the population. Coaches should consider how they may obtain the best out of people with disabilities through a combination of their knowledge of the sport, adaptive equipment and the needs of disabled people.

LEARNING OUTCOMES:

- Describe the likely requirements of differing groups of people with disabilities
- Describe the different communication / delivery styles that are appropriate for different disability groups
- Describe, select and make minor modifications to the different equipment that is available to maximise the abilities of people with various disabilities
- List the Health and Safety issues when working with people with disabilities, particularly in relation to manual handling and rescues