

## Optimising Fitness and Performance for Paddlesport (Part 1)

### Audience

The module is aimed at British Canoeing 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 British Canoeing 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