

Optimising Fitness and Performance for Paddlesport (Part 2)

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, 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