



HUNGARIAN UNIVERSITY  
OF SPORTS SCIENCE  
BUDAPEST



# CANOE-KAYAK SPRINT ONLINE COACHING COURSE LEVEL 3

BUDAPEST – HUNGARY – 2022

## COURSE STRUCTURE



The newly designed **Canoe-Kayak Sprint Online Coaching Course Level 3** with the cooperation of the International Canoe Federation has developed a 3 months distance learning education (on-line) program. This variation of educational platform helps the participants to follow the coaching programme with more flexibility, mainly from their own home environment. All international programmes run by the Hungarian University of Sport Science have been reconsidered due to the Covid-19 epidemic that effected on all travelling possibilities from one country to another. This development in the structure and the technical system makes it possible for the expected participants to get involved in a traditional classroom teaching & learning setting on a full-time base away from their residence.

The distance learning programme takes advantage of the highly developed information and computer technology (ICT) and applies the **MOODLE system** (Modular Object-Oriented Dynamic Learning Environment). This system gives the opportunity and method for coaches to study at their own pace without interrupting their busy agenda in his/her residence.

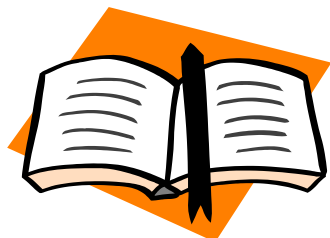
## COURSE OBJECTIVES

The **Canoe-Kayak Sprint Online Coaching Course Level 3** is designed to train and educate coaches from around the World. The programme attempts to promote and develop excellence in coaching canoe-kayak sprint sport. The **Canoe-Kayak Sprint Online Coaching Course Level 3** provides coaches with a systematic way to improve their knowledge, skills and competencies in theoretical, technical and practical aspects of coaching leading up to eligibility for taking responsibility over a team of coaches.

## COURSE CONTENT

The **Canoe-Kayak Sprint Online Coaching Course Level 3** content in detail is designed selected to meet the needs of coaches working with competitive athletes at national level as well as with advanced athletes of elite sport at international level.

## THEORETICAL MODULES



The curriculum of the theoretical modules of **Canoe-Kayak Sprint Online Coaching Course Level 3** deals with the art and science of coaching with relevant specifications to Canoe-Kayak sport.

The content of the theory modules includes the following subjects:

- Exercise Physiology
- Training Theory and Methodology
- Sport Psychology
- Sport Management
- Sport Pedagogy
- Biomechanics

## CANOE SPRINT SPECIFIC MODULES

These modules include classroom instruction, sport-specific presentations, and demonstration of practical activities **via Microsoft Teams platform**. The **Canoe-Kayak Sprint Online Coaching Course Level 3** apply coaching principles, skills, drills, training methods, strategy and tactics, detection and correction of errors.

The practical and technical parts of the **Canoe-Kayak Sprint Online Coaching Course Level 3** also contain home assignments and independent study. Participants required making guided notes about their observations at trainings, making essays for the related theoretical subjects, study from the videos and electronic materials and completing of the online tests.



The content of the specific modules includes the following subjects:

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| • Basic of Canoeing                  | • 200m specialities               |
| • Physiology and Nutrition           | • Teaching technique              |
| • Determining abilities for canoeing | • Strength—strength development   |
| • Endurance – Stamina                | • Speed and speed endurance       |
| • Performance analysis               | • Training for canoeing           |
| • Technique general                  | • Planning of training, periodism |
| • Technique of kayaking              | • Racing tactic                   |
| • Technique of canoeing              | • Coaching                        |
| • Team boat specialities             | • Talent Identification           |



## PROGRAMME SCHEDULE IN 2022

THEORETICAL MODULES	OCTOBER				NOVEMBER				DECEMBER			
Administrations (registrations)												
Exercise Physiology												
Training Theory and Methodology												
Sport Psychology												
Sport Management												
Sport Pedagogy												
Biomechanics												
CANOES SPRINT SPECIFIC MODULES	OCTOBER				NOVEMBER				DECEMBER			
Sport Theory												
Sport Technique												
Training Related Subjects												
Coaching Principles												
Teaching and coaching skills												
Coaching Programme Administration	OCTOBER				NOVEMBER				DECEMBER			
Programme start												
Programme end												

### Important dates

Programme start: **October 10, 2022**

Programme end: **December 12, 2022**

## UNIVERSITY PROFILE

Hungarian University of Sport Science is the largest, the most comprehensive and the oldest centre for education and training in sport in Hungary with 95 years of history, originally established as the Royal College of Physical Education. There are 6 levels of sport education (from certificate level to PhD, EQF levels 3-8) offered in all possible fields: PE teacher, adapted PE teacher, health teacher, health promoter, coaching, sport management, recreation, as well as human kinesiology. All summer Olympic sports and several other, all together 47 are listed in the educational programme. TF has 2800 students (11 of them are Olympic Gold Medallist and 78 Olympic Champions graduated already), 110 full time and 100 part time faculty on a fully enclosed campus with 16 sports facilities and two other estates (for water-based sports and track & field, tennis, soccer), 8 research laboratories serving teaching, research and the preparation of athletes.

The University is among those education centres where the **International Olympic Committee, Olympic Solidarity** cooperates in coach education programmes with. On a national level the University has a **sports policy forming role** in close cooperation with all stakeholders of sport and physical activity.

## LANGUAGE OF INSTRUCTION

The **Canoe-Kayak Sprint Online Coaching Course Level 3** programme is taught and run exclusively in English. Participants are expected to demonstrate English language proficiency in both verbal and written skills. It is the responsibility of the applicant and his/her National Federation to guarantee the applicant's English language proficiency. TE reserves the right to invite and conduct interview via Skype or Video Conference system in English in selected cases.

## TEACHING STAFF AND EXAMINATIONS



University professors, sports scientists, and experts from ICF, are invited to lecture at **Canoe-Kayak Sprint Online Coaching Course Level 3**.

All participants are to meet the requirements of the **Canoe-Kayak Sprint Online Coaching Course Level 3** programme. This will be examined by completing a comprehensive written examination of each subject, practical exam of demonstration of coaching skill (through uploaded videos) as well as a technical analysis and submitting a portfolio. All

of the above mentioned will be arranged via the online platform.

Graduates of the programme receive the **"Canoe-Kayak Sprint Coach Certificate Level 3"**. This Coaching Certificate is registered and **endorsed by the International Canoe Federation** and issued by the Hungarian University of Sport Science.

## PRE-CONDITIONS FOR APPLICATION

- Working experience as coach in Canoe-Kayak sport at national level.
- Recommendation from the National Sports Federation endorsed by the **International Canoe Federation**.
- Availability and prove of secondary school leaving certificate.
- Sufficient knowledge of English language.
- Access for internet system for the modules managed through the MOODLE system.
- Sufficient electronic devices that secure the quality of the webinars and video transactions.



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## PARTICIPATION FEE

**EURO 1,750** The fee includes the following elements and services:

- Registration to the Coaching Programme
- Access to course material through MOODLE system
- Access to course webinars and consultations through Microsoft Teams system
- Examinations and Coaching programme records
- Canoe-Kayak Sprint Coaching Certificate - Level 3

## APPLICATION AND DEADLINE

Applicants must apply in writing, by submitting the completed Application Form attached to this document to the address below.

Application and payment deadline: **September 30, 2022**

**Payments have to be received only by bank transfer using the following references:**

Beneficiary / Payable to:	Magyar Testnevelési és Sporttudományi Egyetem – Hungarian University of Sports Science
Name of the Bank:	Magyar Államkincstár - Hungarian State Treasury
Address of the bank:	1054 Budapest, Hold u. 4.
Account No:	10032000-00334679-00000000
SWIFT Code:	HUSTHUHB
IBAN:	HU63-10032000-00334679-0000 0000
Note:	Canoe-Kayak Programme

## ADDRESS

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E-mail: [szabo.andras@tf.hu](mailto:szabo.andras@tf.hu)

**Attachment: application form**