

SYLLABUS OVERVIEW

Module	Competencies	Content	Learning Outcomes	Assessment Tasks	Duration & Delivery
Planning, Monitoring, Managing Athlete Training and Competition for Elite Performance	Plan and implement the integrated training year, monitor training, and include seasonal periodisation, incorporating stages and physical competencies for long term athlete development, for elite performance.	LTAD and periodisation Tactical Periodisation Pre-training/ competition activation Periodising recovery Travel and Periodisation Case study comparing 2 sports	Demonstrate a detailed knowledge of periodisation, integration of training components, integration of the sport specific and S&C training, strategies for dealing with interesting athletes, setting the culture and standards. Apply the principles of athlete monitoring in session, across training blocks and across the season/year. Understand the use of monitoring in effecting change in training programs, injury management and return to sport (programming and monitoring/testing readiness for each stage). Understand what current technologies are available to assist this process including the software, hardware, and browser-based cloud systems. Devise and apply recovery strategies (in various competition and training structures), Periodization of recovery, nutrition, peaking at the right time (one off competition, multi game seasons, multi round standalone competitions.	10min Presentation on the candidate's current philosophies on planning for elite performance to the attendees submitted prior to attending the course. Completion of major project 6 months post course.	1 hr lecture/ discussion 2.5 hr participant presentations
Coaching for Elite Level Performance	Critically review coaching practices and assess suitability to individuals, groups and teams at various levels of skill and performance capabilities.	Coaching - art or science? Four primary areas: Psychological state Implicit learning Explicit learning - instruction Explicit learning - feedback	Reflect on coaching behaviours and develop an action plan incorporating the 4 primary areas. Conduct a needs analysis of their coaching programs to determine human and physical resources. Develop and implement the performance level coaching program effectively.	10min Presentation on an exercise highlight to the attendees submitted prior to attending the course. Completion of major project 6 months post course.	1 hr lecture/ discussion 2.5 hr participant presentations

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Advanced Athlete Monitoring for Elite Level Performance	Assess, implement, and review monitoring assessments for a variety of sports and different levels of athletes.	Daily screening tools Qualitative measures Quantitative measures Interventions Integrating Training load variables	Gain an understanding of effective different daily screening measures and when to apply them. Suggest possible interventions in response to daily screening “red flags”. Understand and appreciate the interaction between wellness, training load (RPE, GPS), and screening data. Interpret results and adjust the daily training programming accordingly.	Completion of major project 6 months post course.	1 hr lecture/discussion
Strength for Elite Level Performance	Understand a broad range of specific strength periodisation models and their application to a variety of sports. Apply with appropriate resistance prescription, exercise choice considering several current trends in strength and conditioning. Interpret results and adjust acute and chronic programming accordingly.	Broad programming methods for strength and their suitability to the 3 types of sport/athletes. Resistance prescription based upon relevance to non-lifting sports. Inter-relationship between reps performed in a typical strength exercise Exercise choice Blood flow restriction methods Velocity training methods Different velocity profiles.	Demonstrate and understanding of the application or reality of using methods of strength periodisation and broad programming methods for peaking, seasonal and tournament sports/athletes. Describe resistance prescription based upon relevance to non-lifting sports in peaking, seasonal, and tournament sports/athletes. Evaluate training programs incorporating new research and trends for improving strength in sub-elite and elite sports. Apply current trends in strength training using a range of equipment and methods to improve strength capacities in sub-elite and elite athletes.	10min Presentation on the candidate’s current philosophies on strength training to the attendees submitted prior to attending the course. Completion of major project 6 months post course.	1 hr lecture/discussion 2.5 hr participant presentations

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Current Trends in Speed Development for elite level performance	Apply key concepts in resistance training for speed outcomes. Assess performance factors of various speed philosophies.	Current Concepts in Resistance Training for Speed Outcomes Isometrics Resilient hamstrings Integrative strength - coordination	Outline key concepts in resistance training for speed outcomes in running based performance. Critically assess performance factors and appropriateness of various speed philosophies across sports. Develop a dynamic awareness of hamstring resilience in speed training and performance.	10min Presentation on the candidate's current philosophies on speed training to the attendees submitted prior to attending the course. Completion of major project 6 months post course.	1 hr lecture/discussion 2.5 hr participant presentations
Energy systems training for elite level performance	Understand and implement multiple tools to accurately assess the energy systems needs of elite sport. Plan and implement appropriate energy systems training to improve a wide range of capacities for national, international, and professional level athletes.	Quantifying Energy Systems requirements and sports specificity. Appropriate assessment tools used in developing and refining conditioning programs Relationship between stressors and performance Methods of determining Anaerobic speed reserve (ASR) and relevance to MAS Training modalities – thoughts and considerations Game based conditioning	Critically evaluate the relevant performance metrics available for a given sport. Understand the relationship between training stressors and optimal performance. Outline the advantages and disadvantages of using MAS or ASR with specific athletes. Design and apply sports specific energy system training strategies incorporating game-based conditioning considerations.	10min Presentation on the candidate's current philosophies on speed training to the attendees submitted prior to attending the course. Completion of major project 6 months post course.	1 hr lecture/discussion 2.5 hr participant presentations

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Leadership management in High Performance (HP) Sport – Leading and managing self (personal leadership).	Understand and develop a greater awareness of Emotional Intelligence and the role it plays in leadership & management.	HP structures. Differences between leadership and management. Defining and categorising emotional intelligence (EI). Using EI in leadership and management. Need for empathy.	Understanding leadership in the Australian high-performance sports system – individual, club, sport (NSO, SSO) and system. Understanding management and leadership and how as a S&C Coach you might move between the two. Understanding what EI is and why is it important when leading and managing? Using the EI Model as a tool for understanding self and others. Strategies for preparing to take on a leadership or management role in HP sport.	Active participation in the workshop. Completion of major project 6 months post course.	2 hr lecture/ discussion/ practical
Leadership and management in HP Sport – Leading and managing others (Team/ Program).	Develop an understanding of the skills needed for partnering with others in the pursuit of high-performance relationships.	Personality profiling – understanding yourself and others. Preparing for leadership roles. Strategies for aspiring leaders and seasoned managers.	Developing an understanding of - Who am I as a leader & manager – using the Myers Briggs Type Indicator (MBTI). Individually completing the MBTI questionnaire. Using MBTI as a tool for understanding self (as a S&C Coach in HP sport) and our relationships with others in our teams and HP environments.	Completion of pre-course profiling questionnaire. Active participation in the workshop. Completion of major project 6 months post course.	3 hr lecture/ discussion/ practical
Leadership and management in HP Sport – Leading and managing systems (Club/ sport leadership),	Develop an understanding of Leadership behaviours and the strategies to impact HP environments.	Characteristics of HP teams. Lencioni's 5 functions of a team Conflict in HP Teams TKI conflict model Advocacy and inquiry in managing conflict Challenging conversations	Applications of the EI model and MBTI to our HP teams and environments. Explore trust and conflict as the foundation of a high performing team using Lencioni's five functions of a team. Explore what conflict is and understand your preferred style of dealing with conflict using the Thomas-Kilmann model (TKI). Develop an increased understanding of how to deal with conflict and have difficult or challenging conversations.	Active participation in the workshop. Completion of major project 6 months post course.	4 hr lecture/ discussion/ practical

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Business growth and personal development.	Gain a greater understanding in developing your professional profile and business applications.	Job applications and interviews Resume development Job descriptions Contract Negotiations Employee/sub-contract Professional development Budgets Developing alternate financial streams Websites and social media	Develop key skills in preparation of job application and interviews Comprehend the essential elements of a contract and contract negotiations Outline the importance of having a career goal/plan Negotiate and interact effectively with the different personality styles within an organisation structure Develop a greater understanding of the impact of social media has on sport in general.	Active participation in the workshop. Completion of major project 6 months post course.	1 hr lecture/discussion