



Coaching the Mind - Intermediate

The Course

This 6 hour course will introduce and expand on the psychological aspects of coaching paddlesport. This will help both the individual as a coach and also as a performer and give a valuable insight into this key aspect of paddlesport. It will be delivered in an understandable and practical way which should shed some light on this large subject area, and hopefully inspire the learner to want to learn more.

The first part of the course will briefly recap on the subject areas covered in the foundation module; arousal, concentration and imagery. You do not need to attend the foundation module prior to this course, however if interested in the above subject areas you may wish to attend the foundation module at some stage. Having looked at these three areas briefly we will add to this by looking at Self Talk and Pre-Performance Routines in our coaching and paddling. The other two major subject areas we will look at as part of the course are Individual Analysis and Motivation. The above topics will be delivered in a contextual way with practical examples and exercises throughout. This should give you plenty of knowledge to help the development of the psychological areas of your coaching.

Please bring your BCU log book (if you have one). Note: It is not essential to be a member of either of the Canoe Unions to undertake training. However, we recommend that all students join before attending: Tel: BCU on 0845 370 9500; or Tel: SCA on 0131 317 7314.

This course is aimed at any coach or paddler, and can be used as a required module for the UKCC Level 3 Award or as CPD.

If you require further information about the Intermediate Modules and the syllabus's please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk

Meals

Lunch, teas, coffees and afternoon tea/cake at 1645 are included in the course price.

Arrival & Departure Information

The course has a lot to cover, so please arrive at the Lodge promptly for a **0900hrs start** and the course will finish by 16.30hrs

What Equipment Will I Need?

As this is a classroom based course no outdoor clothing is required. You may find it useful to bring along a notebook and pen.