**VTES013 Applied expert training in science of sport coaching and fitness testing**

**Aim**

Advance and apply practical expertise in coaching and testing. After completing the course, students will be able to:

• work in development and educational roles in exercise and sport organisations

• plan, carry out and assess educational events

**Content**

Planning, execution and evaluation of a sports coaching and testing education or development event

**Mode of study**

Seminar 12 hours (obligatory)

Expert tasks in coaching organisations

**Assessment**

Active participation in the seminar

Planning, independent execution and reporting of the expert task

Grading 0 - 5 (report 100 %)

**ECTS credits 5 op**

**Required previous studies**

VTES001 Advanced course in science of sport coaching and fitness testing

Timing 1st fall

Department Department of Biology of Physical Activity

**VTES013 Valmennus- ja testausopin asiantuntijuustehtävät**

**Osaamistavoitteet**

Syventää ja soveltaa valmentamisen ja testaamisen liikuntabiologista osaamista käytännön asiantuntijuustehtävissä. Opintojakson jälkeen opiskelija osaa

• toimia kehitys- ja koulutustehtävissä liikunnan ja urheilun organisaatioissa

• suunnitella, toteuttaa ja arvioida koulutustapahtumia

**Sisältö**

Urheiluvalmennukseen ja testaukseen liittyvän koulutustapahtuman tai kehitystehtävän suunnittelu, toteutus ja arviointi

**Opetus- ja työmuodot**

Seminaari 12 tuntia (pakollisia)

Asiantuntijuustehtävät valmennusorganisaatioissa

**Suoritustapa**

Aktiivinen osallistuminen seminaareihin

Asiantuntijuustehtävän suunnittelu, itsenäinen toteutus ja raportointi

Arviointi 0 - 5 (raportti 100 %)

**Laajuus 5 op**

**Edeltävät opinnot**

VTES001 Valmennus- ja testausopin syventävä kurssi

Ajoitus 4. vuosi kl.

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| --- | --- | --- | --- |
|  | Grincevicius Stanislovas |  |  |
|  | Juntunen Laura |  |  |
|  | Keckman Salla |  |  |
|  | Köykkä Miika |  |  |
|  | Mane Shashank |  |  |
|  | Pohjanvirta Ville |  |  |
|  | Pätsi Veli-Matti |  |  |
|  | Rissanen Joonas |  |  |
|  | Räntilä Aapo |  |  |
|  | Salmela Vesa Juhani |  |  |
|  | Salokannel Meri |  |  |
|  | Savolainen Eero |  |  |
|  | Viberg Tuulia |  |  |
|  | Virtanen Roosa |  |  |
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16.1.2017; Introduction

MD students will have own session; possible places in Finland XX.1.2017

23.1.2017 12:15-14:00; Placement (Finnish students)

Future seminars: presentations

Examples:

* Sport clubs -> sport institutes -> sport federations
* Topics: sport coaching, fitness testing, research, teaching, sport leadership
* Research and development projects in sport organization
* Educational projects in sport organization
* Coaching in training camp(s); specific research / education project included
  + Data collection and analyses, theoretical and/or practical intervention, follow-up/evaluation
* Coaching development/education in sport clubs
  + Observation, theoretical and/or practical intervention, follow-up
* Development of fitness testing in specific sport
* Competition and technique analyses, tracking of loading and recovery, technological development etc.
* Workplace health promotion activities

**Report evaluation guidelines:**

* Timetable and summary of the work
  + - Explain what was done, when and where; who was the supervisor (MSc, PhD)
    - Workload in relation to the 5 credits
    - In line with the course goals:
      * + Planning, execution and evaluation of a sports coaching and testing education or development event
        + work in development and educational roles in sport organization(s)
* Own goals and achievement of them
* Actual material prepared during the course (academic argumentation = references)
* Self-assessment of the task performed
  + - reflect on learning experiences during the work
    - discus how the task was related to your previous studies
    - evaluation of improvements in know-how
    - evaluation of possible discrepancies (positive or negative) in cognitive and hands-on skills
    - what are your specific developing challenges in gaining of expertise
    - discussion of your own role as a member of the working team / the expert community
    - meaning of this course on your career
    - what will you do differently
* Summary of the feedback from the supervisor
* Summary of the feedback from the audience
* Summary of the feedback discussion with the partners
* Benefit of your work to the audience
* How the task/project should be improved in the future
* How VTES013 course should be improved in the future
* Other discussion you see necessary to be taken into account in evaluation
* Grade yourself 1-5. Explain why?

