



LEVEL 3 COACHING CERTIFICATION for the HIGH PERFORMANCE COACH

INTRODUCTION

MODULE 1. SAFETY

MODULE 2. HOW TO BE A SUCCESSFUL COACH

MODULE 3. LEARNING AND TEACHING

MODULE 4. BIOMECHANICS

MODULE 5. ADVANCED ROWING TECHNIQUE

MODULE 6. ADVANCED RIGGING

MODULE 7. ROWING PHYSIOLOGY

MODULE 8. TRAINING METHODOLOGY

MODULE 9. RACING

MODULE 10. ADVANCED SELECTION

MODULE 11. HOW TO BE SUCCESSFUL PROGRAM DIRECTOR OF THE ROWING CLUB

BIOS