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22.-24. February 2019

# **SPORTS COACHING AND SPORTS NUTRITION PROJECT**

*Offer relational tools, practical and easily applicable to athletes and staff, to increase self-awareness and the environment.*

This Course is officially recognised as an advanced training for the extension of lifesaving coaches licences (Level C/B) (16 UE)

**Sportschule der Bundeswehr, Dr. Rau Allee 32, 48231 Warendorf**

# SPORTS COACHING AND SPORTS NUTRITION PROJECT.

## GENERAL OBJECTIVE SPORTS COACHING:

*Offer relational tools, practical and easily applicable to athletes and staff, to increase self-awareness and the environment.*

## SPECIFIC OBJECTIVES aimed primarily at athletes:

- supporting athletes in the discovery of their resources, in the planning of the objectives and in the choice of the means to reach them
- "train" athletes to know and manage performance anxiety; to give the group the tools to live the training and the race in the name of conscious and effective action towards a goal;
- support the relationship with the reference
- coach by improving assertiveness and communication.

## SPECIFIC OBJECTIVES aimed mainly at coaches:

- support them in the relationship with the athlete, the group and the staff;
- offer tools for observing and collecting data with respect to the correlation between the methodology and the emotional state of the athlete and the group (as the methodological work impacts on the emotional aspect);
- provide problem solving indications with respect to relational situations of stall between coach/athlete,
- coach-team.

## INSTRUMENTS:

1. goal time line construction;
2. time line on awareness, understanding and management of performance anxiety;
3. team building;
3. use of the tool "what I do / what I feel and what I see/ what i fell";
4. problem solving team.

## GENERAL OBJECTIVE SPORTS NUTRITION:

- Provide athletes and technicians with informative and educational-educational support, through
- theoretical and practical tools, to acquire knowledge on proper nutrition in general and sports
- nutrition in particular.

## SPECIFIC OBJECTIVES aimed primarily at athletes:

- Know the basic principles for a balanced diet during training and competition periods
- Learn to cover the energy, protein, water, macro and micronutrient needs
- Structuring the food day in order to adequately support the intensity of training and to encourage
- rapid recovery

## SPECIFIC OBJECTIVES aimed mainly at coaches:

- To be able to guide athletes towards the application of the basic principles for a balanced diet during
- training and competition periods

## INSTRUMENTS:

- 1.Slide;
- 2.Hydration test;
- 3.Reference scientific documents.

## **PROGRAM:**

### **Friday, 22nd February**

16.00 / 18:00:

team building activity;

18.30 / 20:30:

construction and experimentation time line objectives.

### **Saturday, 23rd February**

9:00 / 12:00:

sports nutrition (nutrients, food quality, needs)

14.00 / 15:00:

explanation tests and tools related to hydration and correlation "training and emotions";

15: 00 / 16:30:

Testing:

- 1.30 h of high / medium intensity training, to be done either in the water or out of the water.
- Hydration test: pre and post exercise weighing + registration of water supplies for water balance assessment.
- "Training and emotions" correlation test: administration of the observation table for technicians and athletes for the development of emotional awareness in response to the intensity of the effort

17.00 / 18:00:

feedback.

### **Sunday, 24th February**

9.00 / 10.00:

anxiety timeline;

10.00 / 11.00:

food and feed integration;

11.00 / 12:00:

feedback and follow-up project.

### **Speakers:**

Biano Giorgia, Turin; Dr. Letizia Navarino, Turin