

# IBU ACADEMY - COACH EDUCATION - COURSE OVERVIEW

	Basic Course		1st Level Course		2nd Level Course		3rd Level Course	
<b>Target Group</b>	<ul style="list-style-type: none"> <li>•Coaches with basic biathlon knowledge</li> <li>•Former Athletes</li> <li>•PE Teachers</li> <li>•Entry Course for C, D, E nations</li> </ul>		<ul style="list-style-type: none"> <li>•Athletes (min. 3 years senior level)</li> <li>•Coaches (min. 3 years experience)</li> <li>•Basic course certificate or equivalent</li> </ul>		<ul style="list-style-type: none"> <li>•University education or similar</li> <li>•Junior national coaches or higher</li> <li>•First level course certificate or equivalent</li> </ul>		<ul style="list-style-type: none"> <li>•Head coaches (international)</li> <li>•Sports university degree or higher</li> <li>•Second level course certificate or equivalent</li> </ul>	
<b>LTAD Level</b>	•Learning to train (12-15 years)		•Training to Train (16-18 years)		•Training to compete (19-21 years)		•Training to win (22 > years)	
<b>Coach Level</b>	•Club Coach		•Regional Coach		•National Coach		•International Coach	
<b>Knowledge Level</b>	•Basic		•Intermediate		•Advanced		•Optimized	
<b>Content</b>	<b>Skiing Technique</b> <b>Coaches Soft Skills</b> <b>Training Science</b> <b>Motor Skills</b> <b>Training</b>	<b>Shooting Physiology</b> <b>Business of Sport</b> <b>Equipment</b>	<b>Skiing Technique</b> <b>Coaches Soft Skills</b> <b>Training Science</b> <b>Motor Skills</b> <b>Training</b> <b>Biathlon Integrity</b> <b>Recovery/Prevention</b>	<b>Shooting Physiology</b> <b>Business of Sport</b> <b>Equipment</b> <b>Nutrition</b> <b>Psychology</b> <b>Sustainability</b>	<b>Skiing Technique</b> <b>Coaches Soft Skills</b> <b>Training Science</b> <b>Motor Skills</b> <b>Training</b> <b>Biathlon Integrity</b> <b>Recovery/Prevention</b>	<b>Shooting Physiology</b> <b>Business of Sport</b> <b>Equipment</b> <b>Nutrition</b> <b>Psychology</b>	<b>Skiing Technique</b> <b>Coaches Soft Skills</b> <b>Training Science</b> <b>Motor Skills</b> <b>Training</b> <b>Recovery/Prevention</b>	<b>Shooting Physiology</b> <b>Equipment</b> <b>Nutrition</b> <b>Psychology</b>
<b>Duration</b>	<b>Total: 90 hours</b> Online lectures: 15 hours In-class lectures and workshops: 26 hours Practical lessons: 19 hours Practice at club/NF: 30 hours		<b>Total: 186 hours</b> Online lectures: 23 hours In-class lectures and workshops: 67,5 hours Practical lessons: 50,5 hours Practice at club/NF: 45 hours		<b>Total: 146 hours</b> Online lectures: 15 hours In-class lectures and workshops: 68 hours Practical lessons: 48 hours Mentorship: 15 hours		<b>Total: 120 hours</b> Online lectures: 9 hours In-class lectures and workshops: 71 hours Practical lessons: 10 hours Mentorship: 30 hours	
<b>Outcomes</b>	<ul style="list-style-type: none"> <li>• <b>Basic biathlon knowledge in theory and practice</b></li> <li>• <b>Conducting of basic biathlon coaching sessions</b></li> <li>• <b>Safe management of youth biathletes and beginners</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Planning, delivery, review, and evaluation of training sessions</b></li> <li>• <b>Construction of training plans for different kinds of sessions</b></li> <li>• <b>Safe management of group activities in youth and junior level</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Construction and delivery of annual training &amp; competition plans</b></li> <li>• <b>Management of groups in junior &amp; early senior level</b></li> <li>• <b>Advanced knowledge of selected specialist areas</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>Long-term development planning</b></li> <li>• <b>Optimized knowledge of several specialist areas</b></li> <li>• <b>Development of other coaches</b></li> <li>• <b>Broad, current, and integrated knowledge</b></li> <li>• <b>Leadership competence</b></li> </ul>	
<b>Course Days</b>	1 x 6 days (April)		3 x 6 days (May, October, March)		3 x 5 days (September, April, June)		3 x 4 days (October, May, July)	



# IBU ACADEMY - COACH EDUCATION - COURSE STRUCTURE

Modules	Basic Level (h)	First Level (h)	Second Level (h)	Third Level (h)	Total Hours
Applied Training Science	10	13	15	16	54
Shooting	8	10	13	8	39
Skiing	5	8	9	4	26
Biathlon Performance	2	6	6	12	26
Coach Soft Skills	2	8	7	9	26
Equipment	6	13	4	2	25
Recovery and Prevention	0	4	8	8	20
Exercise Physiology	2	5	6	6	19
Psychology	0	6	4	8	18
Nutrition	0	6	6	4	16
Business of Sport	6	6	1	2	15
Integrity	0	4	4	1	9
Sustainability	0	1,5	0	0	1,5
<b>Theory total</b>	<b>41</b>	<b>90,5</b>	<b>83</b>	<b>80</b>	<b>294,5</b>
Practice during courses	19	50,5	48	10	127,5
Practice in clubs/NF/IBU-IOC Camp	30	45	0	0	75
Mentorship	0	0	15	30	45
<b>Practice total</b>	<b>49</b>	<b>95,5</b>	<b>63</b>	<b>40</b>	<b>247,5</b>
<b>Total hours of Education</b>	<b>90</b>	<b>186</b>	<b>146</b>	<b>120</b>	<b>542</b>

