



12 WEEK COACHES ACADEMY COURSE SYLLABUS

Instructor Contact Information

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Office Hours: By appointment. Please email to schedule.

Description

The CHFP 12-week Coaches Academy is a program for new and experienced coaches to become highly skilled and confident in coaching athletes performing the snatch, the clean, and the jerk and to advance their athletes' development for competition.

Coaches further their professional development and knowledge base by acquiring a skilled eye over time to identify technique flaws and develop an arsenal of tools to provide appropriate corrective exercises and cues to their athletes.

The first six weeks is comprised of lecture, position work and technique workshops for various error remediation exercises.

The final six weeks is comprised of "live coaching" under observation. Utilizing volunteer athletes, academy participants will work with 2-3 different athletes each session which allows them to "troubleshoot" errors in technique among a diverse group of athletes.



Course Schedule: Weeks 1-6

Week	Topic	Assignments
Week 1	Snatch Lecture & Coach Workshop Identify common errors through the extension phase of the snatch and teach error remediation.	Pre-work: Review snatch common errors and remediation recommendations to effectively participate. Homework: reflection assignment
Week 2	Snatch Lecture & Coach Workshop Identify common errors through the recovery phase of the snatch and teach error remediation.	Pre-work: Review snatch common errors and remediation recommendations to effectively participate. Homework: reflection assignment
Week 3	Clean Lecture & Coach Workshop Identify common errors through the extension phase of the clean and teach error remediation.	Pre-work: Review clean common errors and remediation recommendations to effectively participate. Homework: reflection assignment
Week 4	Clean Lecture & Coach Workshop Identify common errors through the recovery phase of the clean and teach error remediation.	Pre-work: Review clean common errors and remediation recommendations to effectively participate. Homework: reflection assignment
Week 5	Jerk Lecture & Coach Workshop Identify common errors through the drive phase of the jerk and teach error remediation.	Pre-work: Review jerk common errors and remediation recommendations to effectively participate. Homework: reflection assignment
Week 6	Jerk Lecture & Coach Workshop Identify common errors through the recovery phase of the jerk and teach error remediation.	Pre-work: Review jerk common errors and remediation recommendations to effectively participate. Homework: reflection assignment

Course Schedule: Weeks 7-12

Week	Topic	Assignments
Week 7	<p>Live Coaching Under Observation</p> <p>Volunteer athletes will snatch</p> <p>Apply the learned coaching skills in a live coaching session with volunteer athletes</p>	<p>Pre-work: Review snatch common errors and remediation recommendations to effectively participate.</p> <p>Homework: reflection assignment</p>
Week 8	<p>Live Coaching Under Observation</p> <p>Volunteer athletes will snatch</p> <p>Apply the learned coaching skills in a live coaching session with volunteer athletes</p>	<p>Pre-work: Review snatch common errors and remediation recommendations to effectively participate.</p> <p>Homework: reflection assignment</p>
Week 9	<p>Live Coaching Under Observation</p> <p>Volunteer athletes will clean</p> <p>Apply the learned coaching skills in a live coaching session with volunteer athletes</p>	<p>Pre-work: Review clean common errors and remediation recommendations to effectively participate.</p> <p>Homework: reflection assignment</p>
Week 10	<p>Live Coaching Under Observation</p> <p>Volunteer athletes will clean</p> <p>Apply the learned coaching skills in a live coaching session with volunteer athletes</p>	<p>Pre-work: Review clean common errors and remediation recommendations to effectively participate.</p> <p>Homework: reflection assignment</p>
Week 11	<p>Live Coaching Under Observation</p> <p>Volunteer athletes will jerk</p> <p>Apply the learned coaching skills in a live coaching session with volunteer athletes</p>	<p>Pre-work: Review jerk common errors and remediation recommendations to effectively participate.</p> <p>Homework: reflection assignment</p>
Week 12	<p>Live Coaching Under Observation</p> <p>Volunteer athletes will jerk</p> <p>Apply the learned coaching skills in a live coaching session with volunteer athletes</p>	<p>Pre-work: Review jerk common errors and remediation recommendations to effectively participate.</p> <p>Homework: reflection assignment</p>

Teaching Methods

This in-person course is split between 6 weeks of coaches only lecture and workshops sessions and 6 weeks of live coaching under observation by the lead instructor with volunteer athletes. The workshop sessions will include lectures, videos and opportunities to workshop the new exercises you'll be teaching the athletes to remediate errors in their technique.

Teaching Media

The PowerPoint presentations, videos and practice quizzes will all be available online to prepare you for and in support to the classroom learning. Supplementary handouts will be used to practice error identification and error remediation suggestions.

Measurement and Evaluation of Student Achievement

Student achievement will be evaluated by means of attendance, quizzes and a final course exam.

Show up on time. Participate in at least 10 full classes to pass the course and to be eligible for CEU's.

Attendance: 50%

Submission of post-class reflections: 10%

Quizzes: 10%

Exam: 30%