



Finland
Kuortane
OLYMPIC TRAINING CENTER



Schweizerische Eidgenossenschaft
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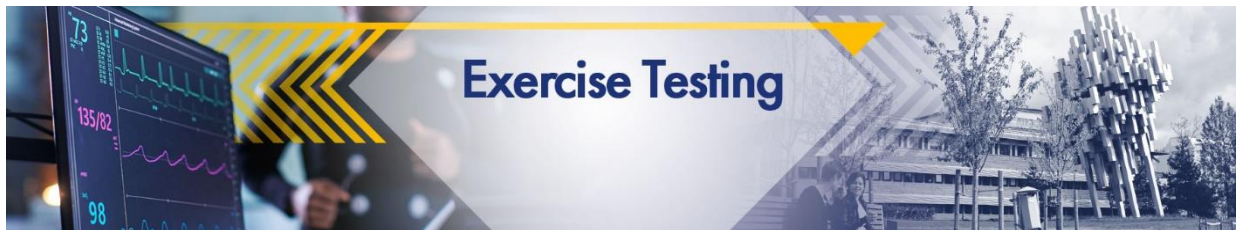
Elite Strength & Conditioning Course 2023/24

The structure of the Course

The Elite Strength & Conditioning Course consists of four modules, testing, training planning, training load and self & team management. The modules take place on site at four different Sport Performance Centres in Europe. More specifically the participating organizations are France-INSEP, Finland-Kuortane, Switzerland-Magglingen and Sweden- Bosön. Each partner builds a module relevant to the topic by integrating pedagogical methods such as peer learning and flipped classroom with hands-on practical sessions.

Module 1, 19-22 of September 2023

Testing – Sweden, Bosön



The module includes basic test methodology with focus on sport-specific tests for monitoring performance. The most important tests for the evaluation of aerobic and anaerobic capacity will be presented and analysed highlighting both their differences and similarities. Furthermore, the process of selecting the appropriate tests in various occasions and its important parts such as objectivity, ethical considerations and experimental design will be addressed during the module. Data collection and data interpretation through an objective approach as well as data presentation are also included in the module. Special focus will be given to the implementation of test results in training planning and periodization in both strength and endurance sports.

Skills and competences acquired during the module:

- Objectivity in testing and explain test results.
- Evaluate and apply basic physical testing methods based on standardization, ethical aspects, reliability, and validity.
- Choose with a critical approach the appropriate test method in various occasions and implement the test results in training planning.
- Attend scientific conferences on testing and implementation of test results.
- Exchange with scientific experts in testing and implementation of test results.

Module responsible:

- Cardinale Daniele, Head of Sport Physiology & Performance Laboratory, Swedish Sports Confederation (SWE)
- Theos Apostolos, Department of Elite Sports Support, Swedish Sports Confederation & Section of Sports Medicine, Umeå University (SWE)

Module 2, 27-30 of November 2023**Training planning – Finland, Kuortane**

Programming the strength and conditioning training in different sports with concurrent training. The Course creates opportunities for discussion and sharing knowledge. You will also learn of the necessity of athlete development follow up for gathering information about the efficiency of the training completed and optimizing individualization.

Each sport develops the training methods and terminology from sports specific point of view. This approach gives you a chance to differentiate strength and conditioning training between team and individual sports with different cultures of playing and coaching. Gender approach in strength and conditioning refers mostly to general differences of loading men and women. You will have a chance to reflect on the individual variations among the male or female athletes as well as bring scientific knowledge to the discussions.

Skills and competences acquired during the module:

- Work with a team of strength and conditioning coaches to identify solutions to a professional issue concerning training planning of physical training.
- Collectively develop a document to present scientifically supported solutions to a professional issue concerning individualization of training planning.
- Attend scientific conferences on planning of physical training.
- Exchange with scientific experts in planning of physical training.
- Exchange with coaches and strength and conditioning coaches on individualization of physical training.

Module responsible:

- Immonen Jussi, E-learning developer, Kuortane OTC (FIN)
- Sippola Niina, Head of Testing, Kuortane OTC (FIN)

Module 3, 1-4 of February 2024

Training load – France, INSEP



The module organized by INSEP aims to provide you with high quality and up-to-date knowledge on training load. In addition, it will raise your awareness on the importance of using scientific knowledge to find practical solutions. This module will, in order to tackle “Training Load”, which is one of the key factors regulating training planning, focus on the exchange of good practices among participants and in co-developing sessions supported by experts. In a view to adapt to the requests and questions of the trainees, a pool of resource-people able to bring their expertise anytime during the training session will be created. This team will help you in the resolution of the case studies. They are all experts in their field (elite coaches, elite strength and conditioning coaches, researchers, doctors, e.g.) and connected to the topic of the module. Their role will be to: a) Support the groups in their work on case-studies, b) Interventions during the collective sessions, c) Organize conferences, d) Support the trainees in their personal reflection.

Skills and competences acquired during the module:

- Work with a team of strength and conditioning coaches to identify solutions to a professional issue concerning training load management.
- Collectively develop a document to present scientifically supported solutions to a professional issue concerning training load management.
- Attend scientific conferences on training load management.
- Exchange with scientific experts in training load management.
- Exchange with coaches and strength and conditioning coaches of French national teams on training load management.

Module responsible:

- Koral Jérôme, Researcher, INSEP Master degree manager, INSEP (FRA)
- PERRUS, Léonore, European Project Manager, INSEP (FRA)

Modul 4, 15–18 of April 2024

Self & Team Management – Switzerland, Magglingen



The position of you as a strength & conditioning coach is special as you are only responsible for a certain part of the development of athletic performance. The coach is part of a team of specialists with separate roles and responsibilities. The coach receives instructions from the head coach, from data specialists and the medical department gives various guidelines for the design of the training. But the origin of the analysis of the role of the strength & conditioning coach within a team, lies with that individual. These aspects will be examined more precisely in this last module.

Skills and competences acquired during the module:

- Receive an analysis of the personality and a potential analysis as a basis for your further coaching activities.
- Analyse your personal coaching behaviour (including communication).
- Analyse your personal resource management.
- Learn about methods & means to optimize self-management.
- Know the diverse types of communication and being apply to it sensibly.
- Analyse your role as strength & conditioning coach within a team.
- Analyse your team skills.
- Learn how to create a climate of motivation within a group.
- Understand methods & means to clarify roles & tasks within a team.
- Hear about strategies of successful coaches.

Module responsible:

- Linder Benedikt, Head of S&C Education for Coaches, SFISM (SUI)

Organizing Committee 2023/24

CARDINALE Daniele, Head of Sport Physiology & Performance Laboratory Swedish Sports Confederation (SWE)

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