

Code	Lesson	Hours	Type	Outcome	Assessment
L1.1	Coaching Principles: philosophy, identity, values, beliefs, and leadership styles.	3	in-class workshops	The module introduces coaches to the foundational skills of coaching, such as ethics, coaching motivation, and athlete safety and wellness. It also teaches the key coaching concepts.	100% participation
L1.2	Biathlon governance, competition rules, and regulations, safety rules.	1	online workshops	The module introduces coaches to the IBU policies, competitions rules and regulations, safety shooting rules. After completing the module, the coach will be aware of his/her competitions' responsibilities and safety needs during the biathlon training session and competitions.	Test
L1.3	Biathlon specific and training equipment.	8	in-class workshops	After completing the module, the coach will be able to prepare the specific and training equipment for summer and winter training sessions (rifles, skis, roller skis, poles, bindings), adjust the biathlon rifle to the athlete, adjust skis and poles to the athletes (skate and classic technique), clean the rifle, and wax skies for different conditions.	Practical work. Assessed by course tutor (IBU Educator) during the practices
L1.4	Advanced shooting technique elements.	4	in-class workshops	The program develops the understanding of some important aspects of the prone and standing shooting technique. In more detail, the module gives insights into factors like triggering, aiming, holding ability, and breathing.	Test
L1.5	Training of advanced shooting technique elements with youth and junior athletes.	4	in-class workshops	The module will aim on the training processes for the shooting technique aspects covered in module L1.4.	Test
L1.6	Advanced skiing technique knowledge.	6	in-class workshops	After completing the module, the coach will know: the demands of classic and skating techniques. The coach understands the differences between the different skating techniques and how to analyze skiing technique factors.	100% participation
L1.7	Biomechanical aspects of shooting.	3	in-class workshops	The programme develops the understanding of the main biomechanical factors in biathlon shooting. In more detail, the module gives insights into biomechanical measurements, measuring systems, performance determining factors and scientific findings.	Test
L1.8	Advanced skiing technique methodology: training and exercising with young athletes.	10	in-class workshops	After completing the module, the coach will apply a teaching skiing technique process adapted to young athletes, use the wide range of skiing exercises, know how to detect and correct basic errors for fundamental movement skills in skiing technique, lead skiing and roller skiing activities in a safe, responsible manner, provide stage-appropriate feedback to develop essential skiing technique in young athletes.	Practical work. Technical error solving exercises. Assessed by course tutor (IBU Educator) during the practices
L1.9	Long-Term Biathlete's Development Model (LTBD)	2	in-class workshops	The module introduces coaches LTBD model. After completing the module, the coach will understand why and how to program for each development level and what to do at each development stage.	100% participation
L1.10	Growth and development physiology.	4	online workshops	By the end of the session, students will be better able to communicate and utilize knowledge and understanding of anatomical structures involved when exercising and how the physiological functions develop by growth, maturation and training from young to elite adult biathletes.	100% participation

L1.11	Technical, tactical, physical, physiological, and psychological elements of biathlon performance.	2	in-class workshops	The module introduces coaches to fundamental biathlon skills demands of biathlon performance like tactical, physical, physiological, and psychological aspects. The coach will know how to manage these issues within a team.	100 % participation
L1.12	Physiological determinants of biathlon performance.	4	online workshops	By the end of the session, students will be able to communicate and utilize their knowledge and understanding of the fundamental physiological determinants of biathlon performance throughout the phases of development in order to help athletes improve their training and performance.	Test
L1.13	Endurance training in biathlon.	4	in-class workshops	The program aims to present the basic mechanisms of adaption to endurance training and describes logical planning of endurance methods for the basic stages. This program will serve as a basis for understanding the range of endurance adaptation.	100% participation
L1.14	Strength training in biathlon.	6	in-class workshops	The program aims to present the main principles of strength training theory and describe logical planning of movement-based program design for the basic stages. This program will serve as a basis for understanding the range of strength qualities and demonstrate how to build, teach, and demonstrate a quality strength program for youth and junior biathletes.	100% participation
L1.15	Agility training in biathlon.	3	in-class workshops	The program aims to present the basics of agility and the theory of agility training for the basic stages. This program will serve as a basis for understanding the range of agility and change-of-direction qualities.	100% participation
L1.16	Training planning, leading and evaluating coaching plans and sessions.	8	2h online workshops 6h in-class workshops	The programme develops in-depth understanding and application of principles and general methods for training planning in biathlon with specific focus on one microcycle during different stages of a season.	training plan
L1.17	Diagnostics in biathlon.	4	in-class workshops	After completing the module, the coach will be able to identify the athletic abilities required in biathlon, evaluate athletes' skills and interpret data to prescribe training. After completing the module, the coach will be able to identify the athletic abilities required in biathlon, evaluate athletes' skills and interpret data to prescribe training.	diagnostic plan
L1.18	Nutrition basics for young athletes.	6	in-class workshops	The program develops an understanding of dietary needs and the role of single nutrients in exercise performance. In more detail, the program aims to provide the special dietary needs of athletes, individuals with special diets. Furthermore, it includes specifics on the timing of nutrient intake and how wrong timing and/or intake can affect the performance and health of an athlete.	Test
L1.19	Recovery and prevention.	4	in-class workshops	The module delivers an overview of athlete health protection. Biathlon-specific musculoskeletal disorders in junior and senior athletes are presented to market the need for prevention and recovery in biathlon. The provided explanatory models are designed to increase the awareness for unhealthy and healthy patterns in athletes' eco-system.	100% participation
L1.20	Antidoping and integrity matters.	2	online workshops	The module aims to teach the basics of antidoping issues such as the legal framework for antidoping, WADA prohibited list, sample collection process. Further, the coaches/athlete support personal role & responsibilities in connection with antidoping issues will be discussed.	100 % participation WADA ADeL certificate
L1.21	Psychology in biathlon - introduction and first application.	6	in-class workshops	The module aims at giving a general introduction to psychology in sport and developing an understanding of the related areas of cognition, emotions, motivation, volition, personality, and self. A special focus will be on motivation and goal setting in biathlon. Furthermore, the module gives insights into the theoretical background of self-regulation and related sport psychological techniques such as imagery and self-talk for the application in both skiing and shooting.	100% participation

L1.22	New technologies in sport.	7	in-class company workshops	<p>The module introduces coaches new technologies used in sport, especially in winter sports. After completing the module, the coach will be able to use different technologies in her/his daily training process.</p> <p>The module introduces coaches new technologies used in sport, especially in winter sports. After completing the module, the coach will be able to use different technologies in her/his daily training process.</p>	100 % participation
L1.23	Communication & Leadership.	4	in-class workshops	After completing the module, the coach will be able to promote a positive image of the sport and model it to athletes and those supporting their performance, to deliver clear messages and explanations when communicating with athletes and their supporters, and to identify opportunities to interact with all athletes and use feedback to improve and correct performance and behaviour.	100 % participation
L1.24	Ethics and welfare in biathlon.	2	online workshops	The module equips coaches to handle challenging ethical situations with confidence and surety. It helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in biathlon.	100 % participation
L1.25	Sustainability in biathlon.	1	online workshops	The module introduces coaches IBU sustainability policy and strategy and raises awareness of the impact of everyday behaviours on our environment.	100% participation
L1.26	The business of sport.	2	in-class workshops	After completing the module, the coach will be equipped with the best practices youth's activities organised by NFs and IBU, be able to organise biathlon camps for youth and juniors, organize tests, manage administrative aspects of the camps and competitions related to the biathlon specific needs and oversee logistics.	Assessed by course tutor (IBU Educator) during the practices
Theory		110 hours			
L1.27	Practice with IBU Educator at the biathlon venue.	45	Training sessions and workshops		
L1.28	Practice in a local club, in the national federation or in the IBU IOC Camps.	45			
Practice		90 hours			
Total Hours First Level Course		200 hours			