

IBU Academy - Coach Education - Course Structure

Modules	Total Hours	Basic Level (h)	First Level (h)	Second Level (h)	Third Level (h)
Shooting	49	8	11	14	12
Skiing	51	11	16	12	12
Equipment	23	6	15	2	4
Psychology	18	0	6	4	8
Antidoping	4	0	2	2	0
Recovery and Prevention	18	0	4	6	8
Nutrition	16	0	6	4	6
Biathlon Performance	20	0	6	4	10
Motor Skills Training	35	7	13	10	5
Physiology	24	2	8	4	10
Coaches Skills	43	2	12	10	19
Rules and Competition Organisation	10	4	3	3	0
Training Science	44	5	8	15	16
Theory total	355	45	110	90	110
Workshops during courses	120	15	45	60	0
Practice in clubs/NF/IBU-IOC Camp	75	30	45	0	0
Mentorship	60	0	0	30	30
Practice total	255	45	90	90	30
Total hours of Education	610	90	200	180	140