

IBU Academy - Coach Education - Syllabus Basic Course

Code	Lesson	Hours	Type	Outcome	Assessment
B.1	The role of Coach. What makes a good coach?	2	In-class workshops	This module encompasses such topics as creating a positive environment, a coaching perspective (physical, mental, emotional, intellectual, cultural), values, and coach-to-community relationships.	100% participation
B.2	Biathlon governance, competition rules, regulations, and safety rules.	1	Read online before course via Learning Suite	The module introduces coaches to the IBU competitions rules, regulations, and 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.	Test
B.3	Basic biathlon skills and knowledge - technical, physical, and tactical elements.	1	Pre-recorded lesson: watch before course via Learning Suite	The module introduces coaches to fundamental biathlon skills and physical demands related to the long-term athletes' development.	100% participation
B.4	Biathlon equipment: Basic knowledge on skiing material, rifles and waxing.	6	In-class workshops	After completing the module, the coach has basic knowledge on the biathlon equipment needed for skiing (skis, poles, shoes, binding, skirollers), shooting (rifle equipment, adaption to the athlete) and waxing (weather conditions, basic waxing procedures).	Assessed by course tutor (IBU Educator)
B.5	Basic shooting technique knowledge: Prone and standing position.	4	In-class workshops	After completing the module, the coach will be able to explain the basic prone and standing shooting positions demands and fundamental principles of shooting.	Test
B.6	Basic skiing technique knowledge.	2	In-class workshops	After completing the module, the coach will know the demands of skating (and classic) techniques and understand the differences between all skating techniques.	Test
B.7	Basic shooting methodology - training with beginners and young athletes.	4	In-class workshops	After completing the module, the coach will be able to teach the main principles regarding shooting positions, know how to detect basic errors and give adequate feedback to athletes.	Assessed by course tutor (IBU Educator)
B.8	Basic skiing technique methodology - training with beginners and young athletes.	8	In-class workshops	After completing the module, the coach will be able to apply a teaching skiing technique process adapted to beginners and young athletes, 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 and provide stage-appropriate feedback to develop essential skiing technique in beginners.	Assessed by course tutor (IBU Educator)
B.9	Anatomical structures and physiological functions	2	Online workshops	The program develops a basic understanding of anatomical structures and physiological responses to exercise. The program aims to present the main anatomical structures involved when exercising and the physiological responses to typical exercises performed by biathletes. This will serve as a basis for understanding the growth, maturation, and development of physiological functioning in upcoming modules.	100% participation
B.10	Training science: Factors included in the training development (progression, individualisation, variation, specificity)	2	Online workshops	The program develops a basic understanding of principles and general methods for training planning in biathlon. The program aims to present the factors included in training development, such as progression, individualization, variation, and specificity as well as factors affecting the training planning.	100% participation
B.11	Training Planning: Theoretical basics, constructing workouts for beginners.	3	Online workshops	The program develops further understanding and knowledge of principles and general methods for training planning in biathlon with a specific focus on a single training session in different training qualities.	Assessed by course tutor (IBU Educator)
B.12	Motor skills training: Basic knowledge on endurance, strength and agility.	7	Pre-recorded lesson: watch before course via Learning Suite	After completing the module, the coach will be able to apply basic training types, endurance, strength, and agility exercises appropriate to the athletes' respective stage of development to build a foundation for special biathlon training.	Assessed by course tutor (IBU Educator)
B.13	The business of sport - how to organise biathlon camps, tests, and local biathlon competitions.	3	1h Read online before course via Learning Suite 2h In-class workshops	After completing the module, the coach will be equipped with the best practices kid's activities organised by NFs, will be able to organize biathlon camps for young athletes, will be able to organize a local biathlon competition with laser or air rifles, and will manage administrative aspects of the camps and competitions related to the biathlon specific needs and oversee logistics.	Assessed by course tutor (IBU Educator)
Theory		45			
B.14.	Practice with IBU Educator at the biathlon venue.	15		Training sessions and workshops	
B.15.	Practice in a local club, in the national federation or in the IBU IOC Camps.	30		Training sessions and workshops	
Practice		45			
Total Hours Basic Course		90			