

Leadership in Running Fitness



Hyde Park, 4.9.05. 'Hydro Active' women's challenge 5km. photo by Mark Shearman.

The Leadership in Running Fitness qualification has been revamped to meet today's learners needs, using today's technologies.

The course is designed to prepare you to provide a safe and enjoyable running experience for young people aged 12+ and adults of any ability. The course covers risk assessment, warm-ups, cool downs, and how to lead fun running sessions for a mixed ability group of runners.

The course is made up of four on-line self-guided learning modules* and a practical half day.

**self-guided means that there is no tutor present and you work through the modules independently. The modules use a variety of learning activities including videos and interactive tasks.*

Module One: Individual Centred Leading and the Role of the Leader. This module starts by looking at some of the different motivations for running, barriers to running and how to overcome them. It continues by exploring different types of runner and how to safely cater for them all.

Module Two: Running Fitness Session Content. This module covers the principles of warming up, running technique and cooling down. It also introduces the coaching process skills of how to lead activities safely, how to organise activities to maximise involvement, how to give clear instructions and demonstrations.

Module Three: Performance Factors, Energy Systems and their application. This module starts by looking at factors which influence a runner's performance, including the different components of fitness. It continues by looking at how training works and asking the learner to consider how they can use this knowledge to progress a group of runners while considering each runner's individual needs.

Module Four: The Role of the Leader in Injury Avoidance. This module looks at common running injuries, what causes injuries and the role a leader can play in injury avoidance.

Practical Half Day: This session allows the learner to put into practice and develop some of the knowledge and skills covered throughout the modules in a safe and supportive learning environment with an experienced Leader in Running Fitness tutor.