

Outline of Supporting Champions Employability Courses

PERFORMANCE CAREERS

Career path interviews		
The number one mistake when thinking about careers	At the conclusion of this section you will be able to recognise the value in understanding the career paths for the breadth of inter-disciplinary teams	
Career route overviews	This section gives you an introduction to the various career routes that predominate in sports science support for high performance teams.	
Biomechanist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a biomechanist	
Nutritionist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a nutritionist	
Performance Analyst	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a performance analyst	
Performance lifestyle	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a performance lifestyle advisor	
Physiologist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a physiologist	
Physiotherapist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a physiotherapist	
Psychologist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a psychologist	
Strength and Conditioning	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a strength and conditioning coach	

KICKSTART PERFORMANCE SKILLS

Creating your future	Learning objective	Completed
Course orientation	You will be able to recognise the style, format and content of the Kickstart performance Skills course	
What type of career are your hoping for?	At the conclusion of this section you will be able to identify the type of career you are aspiring towards	
Understanding the reality of prospects in sports and performance	At the conclusion of this section you will be able to recognise the current status and work prospects for students in sport and exercise science	
What can you currently do?	At the conclusion of this section you will be able to recognise the gap between learning in a university setting and the world of work	
University compared sports and performance and the problem this course aims to solve	At the conclusion of this section you will be able to recognise the gap between learning in a university setting and the world of work	
Understanding work in sports performance		
Introduction to the demands of working in sports and performance	This video introduces the section on the demand of working in sports and performance environments	
Case Study: Five x Olympic Champion Sir Steve Redgrave	At the conclusion of this section you will be able to recognise the perspectives of elite athletes and propose responses to athlete needs	
Characteristics of work in sports and performance	At the conclusion of this section you will be able to contrast the difference in the world of high performance sport with university study	
Formats of working: Individual, partnerships and teams	At the conclusion of this section you will be able to contrast the different formats of working and what that requires of you.	
Taking stock and taking action	At the conclusion of this section you will be able to recognise the priorities of future clients and your focus in sports performance	
Developing context and a performance focus	At the conclusion of this section you will be able to apply performance determinants thinking to your own personal skills	
Case study: Lessons from the 2008 Beijing Olympics	At the conclusion of this section you will be able to recognise the skills that are most likely to be evaluated, tested and required to thrive in high performance	
Priority professional skills	At the conclusion of this section you will be able to recognise the importance of character and attitude, self-management, teamship	
Growing your abilities and developing experience		
Introduction to growing your abilities	At the conclusion of this section you will be able to recognise the four key areas for you to progress through to grow your professional skills	
The switch in philosophy for applied practice	At the conclusion of this section you will be able to apply a performance focused philosophy to working with people	

Growing your abilities, skills and applying your knowledge and experience in support of others	At the conclusion of this section you will be able to develop a structure and plan to grow your abilities	
Stage 1. Group together and discuss issues	At the conclusion of this section you will be able to organise group discussions on hot topics in sports, society, life and the world to develop your team interaction skills	
Stage 2. Developing know-how of applying knowledge	At the conclusion of this section you will be able to generate a case for you to prescribe advice	
Stage 3: Developing the skill of advising others	At the conclusion of this section you will be able to recognise the importance of and be able to practice personal sporting and exercise training and development goals	
Stage 4: Finding work experience	At the conclusion of this section you will be able to identify and develop opportunities to for work experience	
Starting well when engaging with people	At the conclusion of this section you will be able to prepare your initial conversations with proposed work experience clients	
Thriving in work and studies		
Introduction	At the conclusion of this section you will be able to recognise the need to enhance your skill in work and studies	
Reflective practice	At the conclusion of this section you will be able to perform reflective practice to review initial performance	
Reflective example	At the conclusion of this section you will be recognise the use of reflective practice in developing your performance	
Developing professionalism in work	At the conclusion of this section you will be able to identify key behaviours and perspectives to prioritise for your work performance	
Thriving in your studies	At the conclusion of this section you will be able to recognise key skills to increase studying performance	
Recap and final thoughts	At the conclusion of this section you will be able to organise personal performance plan to manage demand	

GRADUATE TO PERFORMANCE

Transition	Learning objective	Completed
Starting your transition	At the conclusion of this section you will be able to recognise your current situation, the reality at graduation and the most important area to put your efforts into	
Major work routes and options	At the conclusion of this section you will be able to recognise the current employment climate, including institutional, professional, private and gig options	
Myths, opportunities and challenges	At the conclusion of this section you will be able to identify common misconceptions and opportunities for you to progress	
Curating your portfolio		
Major mistakes at this stage	At the conclusion of this section you will be able to recognise the key areas to differentiate yourself from the rest of the graduate pool	
Create your CV backwards	At the conclusion of this section you will be able to apply a framework for your personal development ahead	
Upgrading your experience	At the conclusion of this section you will be able to generate a shortlist of focused work opportunities that will increase your employability	
Networking	At the conclusion of this section you will be able to identify key influencers in the target work sphere and how to establish a working relationship with them	
Unpaid internships	At the conclusion of this section you will be able to recognise the positives and negatives of unpaid internships and utilise a decision making matrix to establish whether they are right for you	
Applying for jobs		
Mindset for applying for jobs	At the conclusion of this section you will be able to recognise the success and failure rate, the necessity to reflect and adapt and persist	
Where to look for jobs	At the conclusion of this section you will be able to identify the primary places jobs are advertised and the differences between them	
Job advert diagnosis	At the conclusion of this section you will be able to recognise the explicit and implicit aspects of job description details and how it can inform your development	
Doing your homework	At the conclusion of this section you will be able to generate a plan of activity to research intended employers and sources of work to inform your approach	
Writing your CV	At the conclusion of this section you will be able to develop an effective CV	
Writing your letter, sections	At the conclusion of this section you will be able to generate a compelling application letter	
Online presence	At the conclusion of this section you will be able to review and enhance your online presence as a source of credibility and as a tool for your work applications	
Video pitch	At the conclusion of this section you will be able to structure and develop a video pitch for work	

Interviewing for jobs		
Mindset for interviews	At the conclusion of this section you will be able to recognise the priorities of the employer and the priorities for your attention	
Interview formats (inc virtual)	At the conclusion of this section you will be able to recognise the major types of interview format and how they vary	
LIVE: Pre-interview engagement	At the conclusion of this section you will be able to observe and refine your pre-interview engagement	
LIVE: Interview start	At the conclusion of this section you will be able to observe and practice the important initial impressions for an interview	
LIVE: Interview presentations	At the conclusion of this section you will be able to observe and practice the delivery of an interview presentation	
LIVE: Interview technical questions	At the conclusion of this section you will be able to observe and practice questions about underpinning knowledge	
LIVE: Interview performance questions	At the conclusion of this section you will be able to observe and practice questions about performance	
LIVE: Interview questions about teams and you	At the conclusion of this section you will be able to observe and practice questions about teamworking and self-awareness	
LIVE: Final questions	At the conclusion of this section you will be able to observe and refine the end of the interview to leave a lasting impression	
LIVE: Group interviews, practical test, problem solving tasks	At the conclusion of this section you will be able to observe and understand the dynamics in group interviews	
LIVE: Interview outcome and feedback	At the conclusion of this section you will be able to observe and refine your opportunity for feedback after an interview	
Critical skills for buy-in and engagement		
Hunger, humility, hubris	At the conclusion of this section you will be able to identify and develop key attributes to position yourself to effectively engage with people	
Rapport and body language	At the conclusion of this section you will be able to recognise and be able to practice developing rapport and positive body language as a form of communication	
Questioning, listening, summarising	At the conclusion of this section you will be able to recognise and be able to skills of questioning, listening and summarising as a means to develop buy-in	
Understanding and capturing the need	At the conclusion of this section you will be able to establish how to establish you client's needs	
Interdisciplinary skills	At the conclusion of this section you will be able to identify methods and dynamics important for effective team working	

SETTING UP YOUR CONSULTANCY

Lesson	Learning objective	Completed
Employed or self-employed	At the conclusion of this section you will be able to differentiate whether running your own business is a prospect for you	
Components of a business	At the conclusion of this section you will be able to recognise what constitutes a business and what underpins each of the elements.	
Establishing a business	At the conclusion of this section you will be able to distinguish between the types of business and understand the process of initiating a registration of your consultancy	
Essential investments	At the conclusion of this section you will be able to recognise the current employment climate, including institutional, professional, private and gig options	
Naming your business	At the conclusion of this section you will be able to recognise the major options for naming your business and the implications of different approaches	
Creating your offer	At the conclusion of this section you will be able to identify what you can offer to clients and how you can differentiate yourself	
Setting up your website	At the conclusion of this section you will be able to recognise the major website platforms, how to go about setting up the fundamentals of your site to ensure people understand your offer	
Selling, pricing and getting paid	At the conclusion of this section you will be able to develop a method of selling what you do, generate a suitable pricing for your support work and how you transact payment.	

APPLIED PRO PRACTITIONER: NUTRITION

Lesson	Learning objective
Introduction to the course and creating professional impact	At the conclusion of this lesson you will recognise responsibilities, risks, precautions and opportunities as an performance nutritionist
Nutrients Part 1	At the conclusion of this lesson, you will be able to determine and differentiate what athletes are consuming, what their nutrition needs are and what changes to dietary intake might need to occur to support training and performance goals
Nutrients Part 2	
Performing a needs analysis for an athlete	At the conclusion of this lesson, you will be able to identify athlete needs, prioritise and periodise strategies across a season and ensure coaches are able to support nutrition interventions
Considerations when working in team sports	At the conclusion of this lesson, you will be able to identify individual requirements within teams, develop and deliver world class food plans within a catering multi-disciplinary team at a training base and on-the-road
Supplementation in elite sport	At the conclusion of this lesson, you will be able to recognise what safe supplementation is, be able to identify and utilise WADA, UKAD, Informed Sport & GlobalDRO frameworks and be able to develop supplement strategies for your client
Hydration - Expert Update from Dr Lewis James	At the conclusion of this section, you will be up to date with the most recent research in the field of sports hydration and be able to identify (and test) the hydration requirements of athletes
Weight making and anthropometry - Louise Bloor	At the conclusion of this lesson, you will be able to understand the challenges faced by an athlete in a weight classification sport and body composition changes and be able to identify and implement key strategies for successful preparation and performance
Collecting and using meaningful data in the field	At the conclusion of this lesson, you will be able to recognise the benefits of undertaking continuous objective observation, how to prepare and treat data to provide meaningful insight, prescription and opportunities for wider communication
Integrating your practice with exemplar case study	At the conclusion of this lesson you will be able to observe best practice in a case study that integrates a selection of the knowledge, methods and interventions used in the programme

APPLIED PRO PRACTITIONER: PERFORMANCE ANALYSIS

Lesson	Learning objective
Course introduction, key roles, ethics and impact.	At the conclusion of this lesson you will recognise key responsibilities, ethical considerations and risks as an applied performance analyst, and be able to utilise frameworks to optimize opportunities for impact.
Defining performance questions	At the conclusion of this lesson you will recognise the characteristics of high quality performance questions, and be able to contrast different methods of generating these questions.
Data architecture	At the conclusion of this lesson you will recognise how to collect and organise data effectively, setting yourself up to be able to successfully and efficiently answer performance questions.
Data analysis	At the conclusion of this lesson you will be able to contrast different methods of analysing performance data and identify an appropriate approach for different types of performance questions.
Data visualisation	At the conclusion of this lesson you will recognise best practice in data visualisation and be able to apply principles of effective data visualisation for conveying key performance information.
Data interpretation	At the conclusion of this lesson you will be able to recognise the role of uncertainty in interpreting data, and make meaningful inferences and recommendations from data in support of performance decisions.
How to analyse performance within an athlete	At the conclusion of this lesson you will be able to present performance data that reflect progress of an individual athlete, and make recommendations to improve an athlete's performance.
How to analyse performance between athletes	At the conclusion of this lesson you will be able to present performance data that reflect progress of individual athletes against relevant benchmarks, and make assessments regarding an individual athlete's likelihood of achieving performance goals.
How to analyse performance at a team, sport, or national level	At the conclusion of this lesson you will be able to present performance data that display insights into the performance level of a team, sport, or nation, and make recommendations to support strategic performance decisions.
Assembling a case study and personal profile	At the conclusion of this lesson you will be able to formulate an end-to-end case study for your portfolio that displays an evidence-informed approach to defining and answering key performance questions.

APPLIED PRO PRACTITIONER: PHYSIOLOGY

Lesson	Learning objective
Course introduction, role, impact, ethics, safety, focus	At the conclusion of this lesson you will recognise responsibilities, risks, precautions and opportunities as an applied physiologist and be able to utilise frameworks to manage professional roles.
Determinants of performance	At the conclusion of this lesson you will be able to contrast different methods to characterise event determinants and apply statistical methods to a performance data set.
Working with training methods	At the conclusion of this lesson you will be able to recognise the major training methodologies and be able to appraise the response to training types for individual athletes and teams.
Working with adaptation and recovery	At the conclusion of this lesson you will be able to describe the process of physiological adaptation and recognise how interventions can amplify and dampen response to training.
Peaking and on-the-day performance	At the conclusion of this lesson you will be able to recognise models of peaking and design competition interventions to improve performance.
Special considerations - injury, overtraining, sleep	At the conclusion of this lesson you will be able to recognise and navigate high priority conditions that can affect athlete performance and be able to identify the most successful interventions to assist performance.
How to analyse training	At the conclusion of this lesson you will be able to organise and scrutinise training data, and make training prescriptions for individual athletes and team from your information.
How to profile an athlete with standard lab and field physiological testing	At the conclusion of this lesson you will be able to recognise best practice for the delivery of a physiological test and formulate your own test protocol.
Using power, critical power and critical speed. Guest tutor Jamie Pringle	At the conclusion of this lesson you will be able to process power and speed data using the critical power and speed models.
Reporting to the athlete, coach and creating a case study	At the conclusion of this lesson you will be able to observe best practice for athlete and coach reporting and formulate a case study.

APPLIED PRO PRACTITIONER: PSYCHOLOGY

Lesson	Learning objective
Course Introduction and the 'actual' role of an applied psychologist	At the conclusion of this less you will recongise some of the specific as to how applied psychologist work in the real world considering how NGBs expect you to deliver, working at different 'levels' and the oppourtunities the role provides.
Needs analysis, formulation & evaluation	At the conclusion of this lesson you will be able to; implement a clear model to help support formulations; identify how this connects to current ways of conducting needs analysis; and evaluate interventions effectively.
Developing practicing philosophy	At the conclusion of this lesson you will be able to identify the differences between ontology and epistemology; recognise the importance of having a congruent philosophy; and distinguish how to evolve professional philosophy without it impacting work with clients.
Working with adolescents	At the conclusion of this lesson you will be able to explain some of the key aspects of adolescent development; identify how to work more effectively with adolescents; examine what this means for session delivery.
Working effectively with coaches and teams	At the conclusion of this lesson you will be able to identify the importance of contracting; recognise the role of a psychologist within interdisciplinary teams; formulate methods to effectively facilitate discussions about the application of psychology for athlete health and performance.
Managing ethical dilemmas	At the conclusion of this lesson you will be able to; interpret and utilise specific codes of conducts; recognise, define and compare different ethical dilemmas and how different practitioners approach them.
Supporting athletes mental health	At the conclusion of this lesson you will be able to work effectively with medical doctors and clinical psychologists; evaluate the appropriateness of mental health screening; and identify how to provide broader wellbeing support and identity development.
Providing effective support at competition	At the conclusion of this lesson you will be able to recognise how to play the 'helicopter role' at competition; be able to deliver brief contact interventions; and recognise the importance of and implement self-care when away with teams.
Teaching athletes mental skills	At the conclusion of this lesson you will be able to explore specific, common mental skills and be able to reflect upon different case studies where mental skills training has been effectively applied.
Integrating your practice with exemplar case study	At the conclusion of this lesson you will be able to observe best practice in a case study that integrates a selection of the knowledge, methods and interventions used in the programme.

APPLIED PRO PRACTITIONER: STRENGTH & CONDITIONING

Lesson	Learning objective
The modern applied S&C coach	At the conclusion of this lesson you will be able to identify the disciplines, skills and action required to master the profession and develop a plan to develop skills in each of these elements.
The fundamentals of physical preparation	At the conclusion of this lesson you will be able to describe fundamental concepts of physical preparation and the cornerstones that underpin programme design and training adaptations.
Programme design principles	At the conclusion of this lesson you will be able to apply the fundamental principles of physical preparation to training programme design. You will develop the capacity to modulate training variables to meet the demands of specific training phases for the specific needs of the athlete.
Dynamic planning and periodisation	At the end of this lesson you will understand how to develop a structured, yet flexible programme that divides training into manageable phases to optimise performance.
Recovery and regeneration	At the conclusion of this lesson you will be able to describe the fundamental principles of recovery and regeneration and how different types of fatigue can impact on training. You will also have the knowledge to develop individualised recovery and regeneration interventions.
The coaching relationship	At the conclusion of this lesson you will develop an understanding of the key attributes of successful coaches, how to build effective relationships with your athletes, how to communicate information and adapt your coaching style to optimise understanding and engagement.
Using performance environments to support training and performance	At the conclusion of this lesson you will understand how to create effective performance training environments based on the resources available to you. You will be able to recognise and prioritise the key elements required to create a performance environment.
Creating engaging programmes	At the conclusion of this lesson you will be able to identify the most successful interventions that can be adopted to create training programmes that engage the athlete and lead to improved training adherence.
Delivering effective coaching sessions	At the conclusion of this lesson you will gain an understanding of other people and yourself. You will learn how to read and manage the coaching environment and influencing social factors enabling you to deploy the right communication and influence tactics at the right time.
Working with human performance technology	At the conclusion of this lesson you will recognise best practice for integration of human performance technology in your coaching practice. You will understand how to use technology to gather and interpret data and provide accessible science based solutions.