



PROGRAMME
ASA Level 1 + 2 ATHLETICS COACHING COURSE
20 - 22 November 2020

Registration: 08:30 – 09:20

Lecturers: Theory – Hugo Badenhorst /Jaun Strydom
 Sprints / Hurdles – Jaun Strydom
 Jumps – Hugo Badenhorst
 Throws – Marna v d Merwe
 Middle/ long distances Ilze - Wicksell

DAY 1: Friday 20 November 2020

10:05 - 10:50 Philosophy (1) Hugo Badenhorst
 11:00 – 11:30 Physiology / Anatomy (2) Jaun Strydom

Divide into Groups 11:40 - 13:30

A Group	B Group	C Group	D Group
Sprints / Hurdles	Middle Distance	High Jump	Shot Put

LUNCH 13:30 - 14:00

General lectures 14:00 – 14:45 Biomechanics (3) Juan Strydom

BREAK 14:45 – 15:30 Growth and Development (4)
 15:30 – 15:45

Divide into Groups: 15:45 - 17:00

A Group	B Group	C Group	D Group
Sprints / Hurdles	Middle Distance	Long & Triple Jump	Discus & Hammer

LEVEL 2 17:00 – 19:00

DAY 2: Saturday 21 November 2020

General lectures 09:30 – 10:15 Training Theory + skills (5+ 6) Hugo Badenhorst
 10:15 – 11:00 Psychology in Sport (7) Hugo Badenhorst

BREAK 11:00 – 11:20

Divide into Groups: 11:20 - 13:00

A Group	B Group	C Group	D Group
Sprints / Hurdles	Middle Distance	Long & Triple Jump	Discus & Hammer

LUNCH 13:00 - 13:30

General Lectures 13:30 – 14:10 Nutrition (8) Hugo Badenhorst

BREAK 14:10 – 14:50 Sport Injuries (9) Jaun Strydom
 14:50 -15:10

Divide into Groups: 15:15 - 17:00

A Group	B Group	C Group	D Group
Sprints / Hurdles	Middle Distance	Pole Vault	Javelin Throw

DAY 3: Sunday 22 November 2020

General Lecture 09:30 –10:30 Periodization Hugo Badenhorst

Divide into Groups 10:40 – 11:40 (LEVEL 2 ALSO)

A Group	B Group	C Group	D Group
Training program	Training program	Training program	Training program

11:45 – 12:45 Practical Evaluation ALL Levels **13:30 – 16:00 ONLINE EXAMINATION**

ATTENDANCE REGISTER WILL BE SIGNED DURING EVERY SESSION
Attendance is compulsory. Non - attendees will not be able to write exams.