

## **Discipline Support Module Summary – Marathon Racing**

This document provides a summary of the British Canoeing Awarding Body Marathon Racing Discipline Support Module for course organisers and candidates.

### **Overview**

The British Canoeing Awarding Body Marathon Racing Discipline Support Module is designed to assist coaches who want to gain more knowledge about the specialist discipline of Marathon Racing. The course introduces and explains the basic techniques and coaching strategies. The module seeks to support good coaching practice in all appropriate environments, with the syllabi written to focus on coaches who are likely to be supporting athletes in their early development.

### **Audience**

The module is aimed at coaches who are interested in developing their knowledge to coach introductory techniques. Paddling skills are not required.

### **Prerequisites**

At the point of registration the following prerequisites are required:

- £17.50 Registration Fee for Delivery Centre Members;
- A British Canoeing Awarding Body Coaching Qualification;
- Aged 16 years of age, or older.

### **Course Length**

6 hours.

### **Delivery**

The course includes both practical and theory sessions. Classroom sessions will be supplemented by demonstrations, group activities, videos and worksheet resources.

Coaches will work towards understanding core marathon racing skills, whilst building specific coaching tools to aid the delivery of fun and productive sessions. The course is designed to be delivered indoors and/or outdoors.

## **Learning Outcomes**

Upon completion of this module candidates will:

- Understand the role of the British Canoeing Marathon Racing Committee, International Canoe Federation and competition framework;
- Understand equipment design and its application to Marathon Racing;
- Understand the basic physical and mechanical properties of selected muscles;
- Be able to discuss and analyse selected movements and their application to Marathon Racing;
- Be able to perform analysis of movement patterns and problem solving;
- Be able to deliver practical activities to enhance students' learning and understanding of movement;
- Demonstrate student-centred learning and application of knowledge.

## **After the Course**

After completing the module, candidates receive a certificate of attendance.

## **Further Reading**

BCU Coaching Handbook. Chapter 20, Racing. Franco Ferrero (ed.) 2006. ISBN: 0-9547061-6-1.

BCU Racing Module Handbook.