



IAAF CECS Level I

DAY	08:00-09:00	09:15-10:00	10:30-11:15	11:30-12:15	LUNCH	14:00-14:45	15:15-16:00	16:15-17:00	
1	Opening Ceremonies	Coaching Philosophy	Growth & Development	Intro Functional Anatomy		KA/ TID / Youth „Double Career“	Kid's Athletics Events Running / Jumping / Throwing		
2	Warm up / NMS Speed	Introduction Biomechanics	Introduction Physiology	Skill Teaching Dev. Te Skills		Fundamentals I Running	Adaptation Training Principles	Test & Develop Flexibility	
3	Sprints.1	Sprint Starts.1	Sprint.2 Sprint Start.2	A Planned Approach.1		Skills of Coaching Communication	Sprints.3	Sprints Starts.3	
4	Hurdles.1	Relays.1	Hurdles.2 Relays.2	A Planned Approach.2		Fundamentals II Jumps	Hurdles.3	Relays.3	
5	Long Jump.1	Triple Jump.1	Long Jump.2 Triple Jump.2	A Planned Approach.3		Developing a Healthy Diet	Long Jump.3	Triple Jump.3	
6	High Jump.1	Pole Vault.1	High Jump.2 Pole Vault.2	A Planned Approach.4		Fundamentals III Throws	High Jump.3	Pole Vault.3	
7	REST DAY								
8	Shot Put.1	Discus.1	Shot Put.2 Discus.2	A Planned Approach.5		Developing Mental Skill	Shot Put.3	Discus.3	
9	Javelin.1	Hammer.1	Javelin.2 Hammer.2	A Planned Approach.6		Injury & Injury Prevention	Javelin.3	Hammer.3	
10	MLD/Steeple.1	Race Walking.1	MLD/Steeple.2 Race Walking.2	A Planned Approach.7		Test & Develop Strength	MLD/Steeple.3	Race Walking.3	
11	Combined Events.1	Training with Free Weights	Combined Events.2	Combined Events.3		Study Time			
12	Practical Assessment					Written Exam 90'	Final Evaluation of Course	Debriefing	Closing Ceremonies

General Theory
 Event Specific Theory
 Planning
 Practical - Intro of Events
 Practical Coaching – Practice by Coaches