

# DONEGAL SPORTS PARTNERSHIP



**Training & Education Programme**

# Foreword

On behalf of Donegal Sports Partnership I am delighted to provide Donegal's sporting public with a booklet of our growing programme of education and training workshops.

These workshops and training programmes are provided to support the delivery of sport and physical activity in County Donegal and to build the capacities and skills of the many people who volunteer to keep sport alive.

It is important in the current climate that we continue to encourage active participation in sport in as many ways as possible including developing new skills in sports leadership, providing good sportsmanship and further encouraging our young people to actively participate in sport.

Donegal has a vibrant and enthusiastic sporting network providing a wide range of sporting opportunities for all abilities to participate including participation, administration, coaching and mentoring. It is important that we continue to provide new opportunities through training and education to sustain that vibrancy and enthusiasm well into the future.

We sincerely hope that you or your club / organisation will benefit from the programmes provided.

***Myles Sweeney***  
***Coordinator***



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## Active Leadership Award

### Interested in organising sport in your community?

This initiative by the Irish Sports Council aims to provide trained, knowledgeable and enthusiastic community based physical activity leaders. The training will enable the leaders to apply their knowledge and skills to plan, organise and lead safe, enjoyable activity sessions with small groups and assist in the planning, organising and running of community sports days.



Certified by the Irish Sports Council this course is open to anyone over the age of 18 and seeking a generic multi-sport award. It combines a mixture of theory and practical based workshops covering topics such as:

- Leadership skills,
- Safety and injury prevention,
- Code of ethics,
- Planning and organising a Sport for All session and programme
- Programme administration

Upon assessment and completion, each candidate will be awarded an Active Leadership Award Certificate, certified by the Irish Sports Council.

<b>Duration</b>	10/12 hours
<b>Participant No's</b>	18 max (12 min)
<b>Cost</b>	Contact the DSP
<b>Age Limit</b>	18 years of age or over

## Buntús Start Training

The Buntús Start programme has been designed to support childcare practitioners and pre-school leaders in introducing young people to sport and physical activity. Buntús Start is an Irish Sports Council programme, rolled out by the Donegal Sports Partnership in partnership with the Health Service Executive West and Donegal County Childcare Committee.

Buntús Start is a comprehensive child centred physical activity programme for children aged 2 to 5 years of age. It supports their learning across many areas such as:

- Developing their fundamental motor skills manipulative skill, coordination and balancing skills.
- Develop a positive attitude to physical activity.

The three key components of the programme are training, resource cards and equipment which are designed to provide easy-to-understand and accessible support to pre-school leaders/staff to deliver a fun, but high quality introduction to active play to children.

<b>Duration</b>	6 Hours
<b>Participant No's</b>	18
<b>Venue</b>	Training Room & Hall for Practical Element
<b>Cost</b>	Contact the DSP



## Child Protection in Sport Awareness Workshop

Since March 2004 in Donegal over 1,500 people (99 courses) from 349 Clubs have attended the 'Child Protection in Sport Awareness Workshop'. As well as undertaking child protection training, all clubs and related organisations should adopt child protection policies and procedures as outlined in the *Code of Ethics and Good Practice for Children's Sport*. Each governing body and club should appoint a Children's Officer.

Donegal Sports Partnership recognises that a central goal for all those involved in sport for young people is to provide a safe, positive and nurturing environment where children can develop and enhance their physical and social skills. Promoting a child-centred environment should go hand in hand with identifying and eliminating practices that impact negatively on a young person's safe and enjoyable participation in sport.



The welfare and the protection of young people is the concern of all adults at all times, irrespective of their role within the organisation. Each club and organisation must accept this as part of their responsibility and duty to care for young people. The prevention and detection of child abuse depends on the collaborative effort of everyone concerned.

In order to achieve this, Donegal Sports Partnership and the Irish Sports Council is providing a 4-hour training module for leaders within sports club through the local sports partnerships and governing bodies of sport.

This 'Child Protection in Sport Awareness Workshop' is for Sports Leaders and Children's Officer's and will be of interest to all adults involved in the organisation of sport for young people. A certificate of attendance is awarded.

On completion of the training Sports Leaders will be able to:

- Create a child-centred environment within the sports club
- List categories of abuse and some indicators associated with abuse.
- Make appropriate response to suspected child abuse or welfare concerns

<b>Duration</b>	4 hours
<b>Participant No's</b>	18 max (12 min)
<b>Cost</b>	€15 (Individual) €200 (Club)
<b>Age Limit</b>	18 years of age or over



## Club Children's Officer (CO) Workshop

This course is aimed at Club Children's Officers to help them to carry out the functions of their roles in the club. This information will support the CO in the implementation of Best Practice in the Club.

A key element of the Code of Ethics and Good Practice for Children's Sport which was developed by the Irish Sports Council and the Sports Council for Northern Ireland underpins the areas relating to the delivery of sport and physical activity programmes for children in Ireland. Participants must have completed the Basic Awareness course prior to attending this workshop.

The Club Children's Officer Workshop is the follow-on programme from the 4 hour Basic Awareness course and expands on the material delivered in the Basic Awareness Course.

It aims to support the work of the Children's Officer in implementing best practise within the Club. The role of the Children's Officer is to promote awareness of the Code of Ethics and Good Practice for Children's Sport within all personnel of the Club, and among young members and their parents/guardians. Participants must have completed the Basic Awareness course prior to attending this workshop.

<b>Duration</b>	6 hours
<b>Participant No's</b>	18 max (12 min)
<b>Cost</b>	€25 per person
<b>Age Limit</b>	18 years of age or over

## FitWalk Clinics



### The overall aim of the FitWalk Programme is to promote physical fitness through walking.

Recent surveys suggest that '*physical fitness*' is a key motivator for walkers. Unfortunately, many walkers gain very little in terms of physical fitness. This is because we need to walk at a higher level of intensity in order to optimise heart/lung benefits and fat-burning benefits. That does not necessarily mean walking faster sometimes it's just a matter of adjusting your walking technique!

Attendance at a FitWalk Clinic will teach you how to squeeze every ounce of fitness from your walks. In particular, the clinic will:

- Identify how to optimise *aerobic fitness* and *fat burning* benefits of a walk
- Show you how to use gadgets such as Heart Rate Monitors to best effect
- Explain how you can improve flexibility as part of a walking session
- Teach you the key techniques of *StrideWalking*, *PowerWalking* & *NordicWalking*.

The FitWalk Clinic's are facilitated by a qualified tutor. The clinic is a mixture of theory and practical sessions (so ensure you wear suitable clothing). Participants should be in good health and have a reasonable level of fitness.

<b>Duration</b>	3 hours
<b>Participant No's</b>	16 max (12 min)
<b>Cost</b>	€15 per person
<b>Age Limit</b>	18 years of age or over

## FleetFeet & FittleSticks Programmes

**NEW** – two exciting new programmes currently being developed in conjunction with this programme.

### **FleetFeet Programme:**

learn about the components of physical fitness, key benefits of walking, use of step counters and heart monitors. Learn the techniques of StrideWalking and PowerWalking.

### **FittleSticks Programme:**

This indoor programme gives the participant an understanding of the components of physical fitness. Benefits of using Nordic Poles for exercise routines enhance joint mobility, muscular strength and aerobic fitness.



## Fundamental Sports & Physical Education Programme

The Fundamental Sports & Physical Education Programme has been designed to support teachers in introducing young people to sport and physical activity. Donegal Sports Partnership in conjunction with the Adult Education Centre, Donegal Town has been approved by the Department of Education & Science Summer Programme Scheme, to deliver this programme since 2003.

The programme includes:

- Modules on Gymnastics, Outdoor Adventure Activities, Buntús Refresher and Inclusive Games with demonstrations on specific disability sports, such as, Boccia and New Age Kurling. Introductory programmes in Badminton, Tag Rugby and Touch Rugby. These programmes are delivered by National Governing Bodies of Sport (NGB's) Development Officers and qualified Tutors.
- It focuses on the fundamentals of the various sports and will also include a module on the disability awareness relevant to physical activity and sport. Sessions on how to organise and deliver an inclusive sports programme in a limited setting.

<b>Duration</b>	5 days
<b>Participant No's</b>	50
<b>Venue</b>	Training Room & Hall for Practical Element
<b>Cost</b>	Contact the DSP

## Lucozade Sport Programme



This sports education programme, sponsored by Lucozade Sport, offers clubs and sporting organisations an opportunity to access free education for their athletes, players and coaches in the area of sports science, hydration, nutrition and programme planning etc.

Lucozade Sport, Ireland's leading sport's drink is dedicated to improving sporting performance through science and education. The programme is coordinated nationally by Coaching Ireland and delivered by qualified tutors.

The topics can be modified to suit your sport and the age group/experience of your target audience. Lucozade sponsor the total cost of the workshops but clubs may choose to charge a nominal entry fee if they wish, with all proceedings going to your club. This is an ideal and easy fund-raising opportunity, and a valuable educational experience.

**Phase 1:** One hour per topic allowing for adequate time for information given followed by 15 minutes for questions and answers. Topics: Fuel & Fluid for Sport, Nutrition for Sport, The Female Athlete, Get Fit for Sport and Planning for Success.

**Phase 2:** Two hours per topic allowing for adequate time for information given followed by 15 minutes for questions and answers. Topics: Lifestyle - Getting the balance right, Circuit Training - Development of Strength & Conditioning, Nutrition - Feeding Performance, Making Weight - Tipping the scales for success and .. Hydration - You are what you drink

**Additional Requirements:** Presentations require - Flip chart, pad & markers (used for feedback and interaction with the audience). Overhead projector and Screen Handouts will also be provided.

<b>Venue</b>	Training Room & Hall for practical element
<b>Participant No's</b>	20 minimum
<b>Cost</b>	FREE
<b>Age Limit</b>	15 years of age or over



## Sports First Aid Course (Basic)

The Sports First Aid course has been designed to improve the quality of first aid available in the sport and exercise environment. Increase awareness of the importance of sports first aid among leader's, coaches, teachers and all volunteers involved in sport and exercise. Make sport safer for everyone and help to ensure that any injuries are dealt with appropriately when they first occur and until arrival of health care professional.

Training is provided by qualified staff from Donegal Occupational First Aid Services and is delivered on a local and central basis as demand requires. Course materials will be provided and a Basic Certificate will be issued on completion of the training.

**Course Content:** The course covers basic first aid with an emphasis on sporting injuries including:

- Primary Survey (Examination of patient AcBC)
- External Haemorrhage
- Internal Haemorrhage
- Treatment of Haemorrhage
- Nose Bleeding
- Concussion
- Compression
- Heart Attack
- Choking
- Fractures
- Sprains and Strains
- Asthma
- Introduction to CPR and Defibrillation procedures

<b>Duration</b>	7 hours
<b>Participant No's</b>	12 max
<b>Cost</b>	€35 (Individual) €350 (Club)
<b>Age Limit</b>	16 years of age or over

## Walking Leader Training

Coordinated nationally by the Irish Heart Foundation and supported locally by Donegal Sports Partnership the Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in the community or workplace.

The course will commence at 7.30pm on Friday and finish on Sunday afternoon. You will also receive your own pedometer.

### Course Content

- Current recommendations for health enhancing physical activity for adults, and how they relate to walking.
- The main elements of a health-enhancing walking session.
- Prescribing walking programmes suitable for people of different fitness levels.
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues
- Planning walking sessions and programmes
- Developing a Slí na Sláinte route
- How to start your own Slí walking group
- Practical Walking Sessions
- 4 week Walking Challenge Programme



## Walking Leader Training

**4 Week Walking Challenge (Course Follow up):** Once participants complete the Walking Leader Course they will be set a challenge of leading a 4 week walking programme within their community to put their training to work. Participants will be given a 4 Week Walk Challenge Log Book. On return of this log book to the Slí na Slainte Office detailing the completed 4 Week Walk Challenge, the participants will receive their certificate of completion of the Walking Leader Training course. The training costs are subsidised by the Irish Heart Foundation.

Donegal Sports Partnership will be available to offer support and advice to the participants of each training course throughout their 4 week challenge and meet with the group on completion of their challenge.

<b>Duration</b>	1 weekend (starts Friday at 7pm)
<b>Participant No's</b>	12 max
<b>Cost</b>	€100 (Residential) - €50 (Non-residential)
<b>Age Limit</b>	18 years of age or over



## Introduction to Strength and Conditioning for Coaches

The practical nature of strength and conditioning with its supporting scientific theory provide an exciting and varied area of study. The module, both theoretical and practical, provides an introduction to the knowledge, skills and abilities required by strength and conditioning coaches. Among the areas to be covered on this module will include:

### **Fitness Testing and Evaluation**

- Principles of test selection and administration
- Administration, scoring, and interpretation of selected tests

### **Exercise Techniques**

- Stretching and warm-up
- Resistance Training
- Plyometric Training
- Speed Training

### **Applying Exercise Prescription Principles**

- Training variation: periodization

<b>Module Code</b>	T.B.A.
<b>Duration</b>	10.00am-5.00pm
<b>Credit Points</b>	5
<b>Cost</b>	€40

### **Donegal Sports Partnership to deliver University of Ulster, Jordanstown accredited courses for Coaches in County Donegal**

Donegal Sports Partnership in conjunction with the Ulster Sports Academy of the University of Ulster are coordinating a programme of short courses which will take place in selected venues in Donegal.

The courses are aimed at sports coaches who are actively involved in coaching at all levels and will focus on the practical integration of these coaching elements to mainstream sports coaching. The programme will be delivered by expert tutors with all modules fully certified by the University of Ulster, Jordanstown.

## Sport Psychology for Coaches

Through a combination of lectures and practical's, the course uses both sport and mainstream psychology to increase the understanding of human behaviour in a sport setting. Examining the contribution of the mental aspect in sport including; motivation, anxiety and stress, attention and concentration, mental imagery and working with teams. Participants will also be directed to supplementary reading material and handouts.

Lectures delivered within this module will cover specific areas such as;

- Sport Psychology for Coaches
- Introduction and history to sport psychology
- How can coaches benefit from psychology?
- Sport psychology from theory to practice
- Psychological Intervention - empowering athletes
- Social influence in sport – building teams
- Understanding motivation – goal setting
- Building Confidence
- Arousal, and anxiety in sport – controlling emotions
- Visual perceptual expertise – novice versus expert
- Concentration – focusing skills

<b>Module Code</b>	PPD111
<b>Credit Points</b>	10
<b>Duration</b>	20 hours training
<b>Cost</b>	€70



## Introduction to Applied Performance Analysis

Effective coaching and service support requires an understanding of performance analysis which can help improve all levels of performance. This course will develop an understanding of the basic performance analysis and recording systems. It will also develop a capacity to recognise and measure key performance indicators and present data in an appropriate and assessable manner.

Practical exercises will include:

1. Designing a notational analysis tool
2. Using notational analysis in a real-time environment
3. Interpreting and presenting analysis data
4. Structuring feedback interventions

Lectures delivered within this module will cover specific areas such as:

- Performance Analysis – principles, theory and best practice
- Performance Impact – Feedback in coaching
- Identifying and defining performance indicators
- Notational analysis – structuring analysis tools
- Video analysis – Technical and Tactical tools
- Data analysis and presentation
- Assessing coaching needs, planning interventions
- Managing the analysis process

<b>Module Code</b>	PPD128
<b>Credit Points</b>	10
<b>Duration</b>	20 Hours Training
<b>Cost</b>	€70

## Disability Awareness through Sport Training

This 2-hour workshop designed in partnership by Donegal and Sligo Sports Partnerships. This session aims to provide sports clubs, volunteers, disability organisations, teachers, club personnel and sports development officer's information on how to make their sessions/organisations more inclusive of people of all abilities. Participants address topics such as disability types, barriers to & benefits of participation, language & terminology, etiquette and running inclusive sessions. All participants will receive a certificate of attendance issued by Donegal Sports Partnership.

The basic Disability Awareness through Sport course can be tailored to suit the target group with extra focus on the elements most relevant to that group. The course has previously been delivered to schools (as a 6 week transition year programme), clubs, disability organisations, third level students, leisure providers and sports development officers.

<b>Duration</b>	2 Hours (6.30-8.30pm)
<b>Venue</b>	Training/Meeting Room
<b>Participant No's</b>	12 min - 18 max
<b>Cost</b>	€15



## Coaching People with Disabilities

As part of Coaching Ireland's Continued Professional Development this course targets existing coaches and encourages them to consider how they can apply their coaching knowledge, skills and competence to coaching participants with disabilities. The workshop consists of both a theory and practical element. Participants will receive certification from Coaching Ireland.

### Outcomes:

To enable the coach to:

1. Apply their coaching skills when coaching participant with disabilities
2. Consider the participant pathway in their sport for participants with different disability types
3. Identify rules and how the sport is modified to allow opportunities for participants with disabilities
4. Consider the coaching process and coach participants with disabilities in the sport, focusing on the communication and skill adaptation
5. Following the module, gain more experience in coaching participants with disabilities

<b>Duration</b>	4 Hours
<b>Venue</b>	Training Room & Hall for Practical Element
<b>Participant No's</b>	12 min - 18 max
<b>Cost</b>	€20



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## Inclusive Games Training

This 2 hour course designed by Donegal Sports Partnership is a practical session that comprises of the delivery of a range of inclusive fun games which encourage development of the fundamental skills. In addition to offering participants an introduction to the disability sports of boccia and new age kurling.

This course is also available as an in-service session for primary school teachers combining a refresher of a number of the Buntús games with the inclusive games session described above.

All participants will receive a certificate of attendance from Donegal Sports Partnership.

<b>Duration</b>	2 Hours
<b>Venue</b>	Hall for Practical Element
<b>Participant No's</b>	12 min - 18 max
<b>Cost</b>	Depends on Group



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## Sport for Everyone Training

This 3 hour workshop designed by Donegal Sports Partnership this training has both theoretical and practical components and targets the practical inclusion of all abilities in sport and recreational physical activity. The theory element addresses topics such as inclusion of different disability types, barriers to and benefits of participation, communication and running inclusive sessions. Practically participants will focus on sports specific skills, adaptations to rules, equipment and the environment. The course can be adapted to suit the target audience; previous participants include teachers, sports development officer, students, disability organisations and those involved in the provision of sport and recreational physical activity for people with disabilities.

All participants will receive a certificate of attendance from Donegal Sports Partnership.

<b>Duration</b>	4 Hours
<b>Venue</b>	Training Room & Hall for Practical Element
<b>Participant No's</b>	12 min - 18 max
<b>Cost</b>	€20



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## Sports Leadership - Level 1 Awards Scheme



Donegal Sports Partnership has been recognised through its Community Relations Through Sport Programme as an accredited centre for the delivery of the **Sports Leadership Award (Level 1) certified by Sports Leaders, UK**. This is a nationally recognised qualification that enables successful candidates to lead small groups in simple sport and recreational activities whilst under the direct supervision of their tutor. The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification with no entrance requirements or final examinations to sit.

Sports Leaders UK awards and qualifications use the medium of sport to help people to learn to lead. They learn the essential skills of leadership: communication, organisation and motivation, but in addition to this they grow in confidence and self belief. The personal journeys that people undertake whilst learning to lead stand them in good stead for their future careers and life itself.

The IFI, under its Community Based Economic & Social Regeneration Programme, awarded funding last year towards this two-year programme, which will work within the border communities of Donegal, West Tyrone and Derry. The project will engage 150 young people between the ages of 14-18, from all religious backgrounds, in a programme of capacity and confidence-building, improvement of self esteem, with the aim of creating a more vibrant and inclusive community. Community Relations through Sport proposes to address social exclusion, racism and sectarianism through the medium of sport and physical activity.

To date 50 people from groups in Inver, Donegal Town, Letterkenny and Raphoe have completed the Sports Leaders Level 1 Award.

We will be recruiting new candidates for this award in 2011 and we would be looking for people or groups aged between 14-25 years of age who have an interest in sports and who are keen to develop as sports coaches and leaders.



INTERNATIONAL FUND FOR IRELAND



# Acknowledgements

This programme would not be possible without the support of a number of organisations such as the Irish Sports Council, Coaching Ireland, the North West Coaching and Club Development Network, the Sports Academy of the University of Ulster Jordanstown, Sports Leaders UK, Irish Heart Foundation. We sincerely hope that you or your club / organisation will benefit from the programmes provided.



# Sports

# Training & Education

# Donegal

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