LLP Leonardo Partnership
2010-1-FR1-LEO04-14355 1

DG Éducation et culture

# CADRE DE CONCEPTION DES CERTIFICATIONS D'ENCADREMENT DE LA VOILE (C3EV)

# QUALIFICATIONS FRAMEWORK DESIGN SAIL TRAINER

## *Final Colloquium*

Paris, June 29 2012

DG Éducation et culture

# PRESENTING

# PORTUGUESE 3RD LEVEL SAILING COACH CERTIFICATE

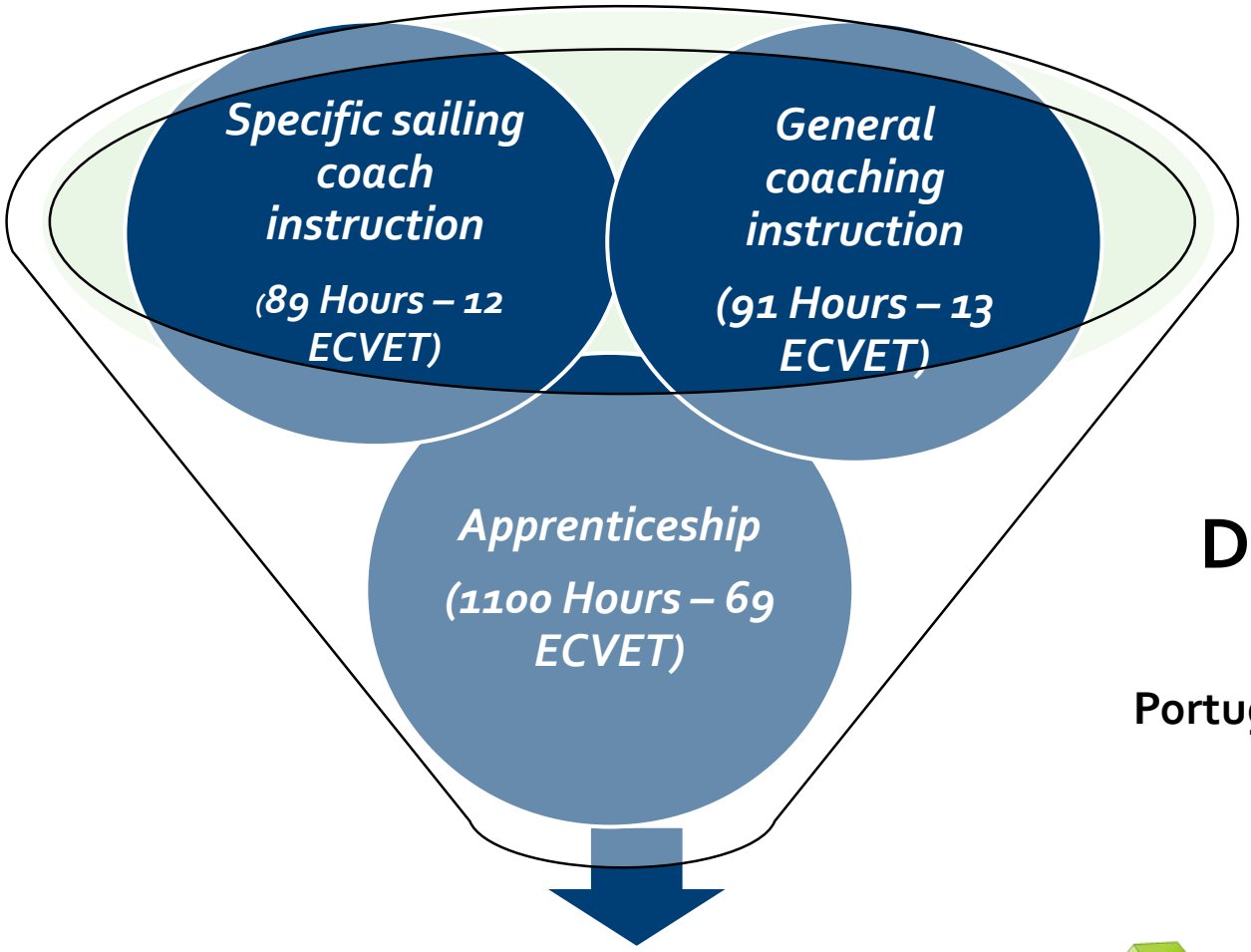
**Rui Reis, Federação Portuguesa de Vela**
**Portuguese Sailing Federation**

*C3 EV-Final Colloquium* Paris, June 29, 2012

# *For acesso it is required:*



- High school diploma
- 18 years of age or more
- At least 2 years as a 2nd level sailing coach
- Motor boat license issued by the maritime authority




*3rd Level Sailing Coach Certificate*

***POR 3rd level***

*EQF level* **: 6**

**(1280 Hours – 94 ECVET)**

# Delivery Authority:

**Portuguese Sailing Federation (FPV)**

**and**

**Portuguese Institute of Sports and Youth (IPDJ)**

Responsible for issuing legal coach certification

# Level 3 Sailing Coach

**Apprenticeship – 1100 hrs.**

## General Coaching – I.P.D.J. Total: 91 Hrs.

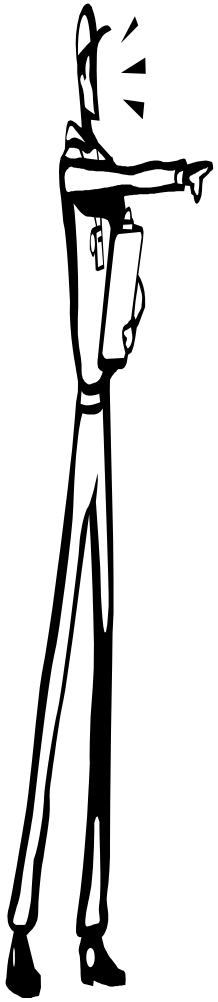
| Subjects | Hrs. |
|---|---|
| Sports Psychology | 10H |
| Sports Pedagogy | 10H |
| Theory and methodology of training | 20H |
| Exercise physiology | 10H |
| Anti-Doping | 3H |
| Analysis of sports performance | 8H |
| Sports Management | 10H |
| Multidisciplinarity and sports Training | 12H |
| Optionals | 8H |

## Specific Sailing Coaching – F.P.V. Total: 89 Hrs.

| Subjects | Hrs. |
|---|---|
| Micromoteorology: Tactical and strategic preparation | 10H |
| Tactics and strategy | 10H |
| Planning of training process | 6H |
| Assessment and monitoring of the physichal capacities of the sailor | 8H |
| Boat preparation: Advanced sailboat theory and tuning | 12H |
| Major competitions preparation | 12H |

| Practical | Hrs. |
|---|---|
| Seminars | 21H |

# *3rd LEVEL SAILING COACH – POR*



- Responsible for coordination, supervision and evaluation of equal or inferior level coaches
- Prepared for high performance sailing coaching
- Conceives, implements and adapts high performance training programs
- Oriented to use his/her knowledge in high performance training activity in an affiliated club or in F.P.V. olympic project
- Works with full autonomy and responsibility at every sailing level activity
- Able to manage a sailing school
- Has technical competences both in teaching and coaching for the high level of sailing

# 3rd LEVEL SAILING COACH – POR

**It's a MAJOR RESPONSABILITY for a level 3 Sailing coach to remember that….**

**…<u>there are National Regulations</u>:** government law for coaching certification and general nautical government law. This coach will also respect the guidelines for Portuguese sailing Olympic project.

**…<u>there is available documentation that can help coaches to keep studying and improve</u>:** *manuals, elaborated by experts and published by FPV and IPDJ; Technical F.P.V. and I.P.D.J. manuals; training course's lessons and specific bibliography.*

**…<u>the legal coach certification, issued by IPDJ, has the maximum duration of 5 years.</u>** To renew this certificate, the coach must attend a minimum of 20 Hrs./year of formal continuing education




# Thank you for your attention