Utilising current academic principles and research delivered by sport-industry active academics, the I-SPA will provide a comprehensive and high quality introduction to this exciting and increasingly in demand sport role. I-SPA is suitable for active sport coach practitioners, sport educators and sport coach students who have an interest in understanding and utilising current academic and applied principles within Sport Performance Analysis.

Who should attend the course/who is the course for?

The course is particularly relevant for Level 3 (Further Education) and Level 4-5 (University Undergraduate) Sport Coaching students; Level 1-2 National Governing Body of Sport coaches (especially Football, Hockey, Rugby, Basketball etc.) and teachers who facilitate Key stage 4/5 GCSE PE / A-Level / BTEC & HND sport and PE curriculums.

Delivery

No wasted time, travel or accommodation costs! 100% of the I-SPA syllabus is provided through a virtual learning environment (online system).

Content

The course's nine sessions will cover:

1. An introduction and overview which will ask coaches to reflect on their own coaching philosophy and their initial perceptions of the benefits and drawbacks of performance analysis.
2. The principles of observation, analysis and feedback in an embedded and objective way.
3. Examples of current use and perception of the field amongst practitioners.
4. Case studies: a range of examples from all sports with a general performance analysis focus.
5. Performance analysis technologies, setting and choosing Key Performance Indicators (KPIs).
6. Notational analysis data: how is it presented, feedback methods and considerations?
7. Online interactive session: Q and A session with tutors.
8. Implementing the analysis: how do we influence coaching and training to influence performance.
9. Summary of module: Post-module self-reflection: what have I learned? Theories of reflection will be discussed and applied to help in this process.
Key learning outcomes and aims
Course participants will learn:
1. What is Performance Analysis and how it is utilised in a sporting context.
2. What information is provided by Performance Analysis and how it is interpreted.
3. The application of Performance Analysis to the coaching process and the implications for training and competition.
The course can provide the logical progression to an accredited course for those wishing to further develop their knowledge, application and potential to achieve a career as a sport performance analyst.

Fee
£215.00 exc.VAT

Entry Requirements
There are no entry requirements. However, we would recommend suitability as shared in the course outline.

Duration
A 3 month period is provided to complete the course content.

Learning Environment and Assessment
This course location is virtual. There is no need to attend University campus. Aside being very flexible, this format also enables you to progress at your pace and accommodate any other commitments.

Facilitators
I-SPA is developed by Dr Angela Hibbs and Marc Briggs.
Dr Angela Hibbs is a Senior Lecturer in Sports Biomechanics and Performance Analysis within the Department of Sport, Exercise and Rehabilitation at Northumbria University. Angela has over 12 years of experience working alongside international elite sportsmen and women, as well as 5 years of academic teaching experience. Angela has worked with multiple professional sports teams, individuals and Institutes of Sports both in the UK and Australia. This has involved providing sports biomechanics support as well as performance analysis information in training environments and national and international competitions.

Marc Briggs is a Lecturer in Sport Coaching within the Department of Sport, Exercise and Rehabilitation. His primary responsibilities include teaching in the fields of Sport Coaching, with further teaching and research interests lying primarily within performance analysis, sports physiology, sports nutrition and the application of sports science to coaching. Marc contributes to teaching at all undergraduate and postgraduate levels delivering lectures, seminars and practicals across a wide range of modules including performance analysis and coaching science.

Testimonials
“Taking the online Performance Analysis course at Northumbria University has been of major benefit to my own coaching development and that of my rugby team and has seen us making significant gains in performance. The course itself is well structured and the webpage is easy to use and well laid out. Tutors are supportive and answer questions promptly. As a coach of both rugby and basketball I would recommend this to coaches in any sport.”

Andy Wilkinson
Lead Coach, Northumberland Rugby Union Under 18s Girls Squad

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