



1st4sport Level 1 in Coaching Indoor Rowing

(Information for Fitness Professionals)

This course will show you how to maximise the use of the indoor rower and ensure your clients are using it to its full capacity. In taking a course you will become more confident in instructing and your approach to coaching indoor rowing as well as enhancing your career with a new indoor rowing professional qualification, including 16 REP's points.

What will it cover?

- How to use a rowing machine safely
- Technique and how to teach the correct technique necessary to use it to its full capacity
- The full benefits of using an indoor rowing machine and how it can be used as a complete fitness tool
- Fault detection (essential for preventing injury)
- The necessary skills to offer group indoor rowing classes
- Machine maintenance
- How to set up the machine for an individual
- Adaptive indoor rowing and equipment (rowing for participants with disabilities)

Duration

The Level 1 course consists of 15 hours (2 days) of face-to-face tutoring and internal assessments. After completing the tutored part of the course, you will be required sit a one hour independent written paper.

What Resources Will I Receive?

The resources are available to candidates through RowHow (British Rowing's online education website) which will enable you to access the most up to date information in your own time.

Can Anybody Attend This Course?

Yes – anybody who wants to improve their knowledge and skills for coaching indoor rowing.

Will there be any support available?

Yes - the course tutor will be available for the duration of the course and will be contactable afterwards if you have any further queries.

Price

The price for the course is £230 per person (plus a £10 RowHow Subscription if you are not already a British Rowing member or RowHow subscriber). If you would like to register on one of our courses or would like more information please contact:

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