



1st4sport Level 2 in Coaching Indoor Rowing

(Information for Fitness Professionals)

The Level 2 in Indoor Rowing is the next step up from the Level 1 course and will transform you into an expert of indoor rowing. If you are ready progress your career even further and study advanced skills for indoor rowing then this is the course for you.

It is a vocationally related qualification that will provide you with an opportunity to study, and be assessed for, the practical and theoretical aspects of coaching indoor rowing to groups of adults and children in an appropriate environment.

The knowledge gained from this certificate will enable you to develop an understanding of safe, ethical and effective indoor rowing for sport coaching, as well as the ability to carry out crew class training.

What will it cover?

- How to use a rowing machine safely
- Using the rowing machine as a complete fitness tool
- Advanced technique and fault detection (essential for preventing injury)
- Crew Class Training (spinning on a rowing machine)
- Using the Indoor Rower for Exercise Referrals
- The full benefits of using an indoor rowing machine and how to achieve them
- Machine maintenance
- How to set up the machine for an individual
- Indoor rowing for participants with disabilities

Duration

The Level 2 course consists of 32 hours (4 days) of face-to-face tutoring and internal assessments. After completing the tutored part of the course, you will be required to take part in coaching practice and to keep a coaching diary for 6 sessions. Following this, you will be observed coaching in your normal environment by an independent assessor, (3 hours are allocated for this). You will also be asked to do some pre-course reading and self-analysis.

What Resources Will I Receive?

The resources are available to candidates through RowHow (the 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?**

You must hold a 1st4sport Level 1 Certificate in Coaching Indoor Rowing, a water rowing coaching certificate or be a Level 3 personal trainer with indoor rowing experience. You also need to hold a current emergency first aid certificate.

Will there be any support available?

Yes - mentoring will be available to you if required. The process of finding a mentor appropriate for you will be explained on the course.

Price

The price for the course is £360 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:

Sarah Beevers

Direct Tel: 0118 929 8358

Email: sarah.beevers@ispal.org.uk