

## Level One Cycling Award

### About

The Level One Coaching Award is the second level of the Cycling Ireland Coaching Pathway. The award will give you all of the knowledge and information you need to coach the cyclist at the developmental stages of the cyclist pathway (Learning to Cycle, Spin and Race and Training to Train). This award qualifies you to independently prepare for, deliver and review pre-prepared coaching sessions to groups of adults or children.

### The Programme

This is a two and a half day course, covering a wide variety of subjects aimed at further developing the coach and expanding their knowledge of the sport in the area of technical rules and regulations, bike position and equipment, cycling physiology and training principles, hygiene, diet and psychology.

### Course Content

- Learning Principles
- Planning Progressive Sessions
- Risk Assessment
- Skill Breakdown
- Communication
- Mental Preparation and Needs Analysis
- Recovery and Stretching
- Capacities of the Cyclist at Stages 2 and 3
- Mental Fitness
- SMARTER Principles
- Principles of Conditioning
- Preparing for Competition
- Nutrition

### Eligibility

- Participants on the Level 1 course must first complete the Foundation course.

### Cost

The course cost is €180

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