

## Leadership in Running Fitness

The Leadership in Running Fitness qualification has been revamped to meet today's learner's needs, and utilising today's technologies.

The course is designed to prepare you to provide a safe and enjoyable running experience for young people aged 12+ and adults of any ability. The course covers risk assessment, warm-ups, cool downs, and how to lead fun running sessions for a mixed ability group of runners.

The course is made up of four on-line self-guided learning modules\*, remote feedback from a tutor of a supervised session\*<sup>1</sup> and a 90 minute virtual classroom session \*<sup>2</sup>

\*self-guided means that there is no tutor present and you work through the modules independently. The modules use a variety of learning activities including videos and interactive tasks. Please see the sample video of part of a module below.

\*<sup>1</sup> You will need to film yourself (complying with UK Athletics safeguarding requirements) leading two supervised running in fitness activities. You will be directed to upload these to our learning platform where a tutor will review them and offer you some developmental feedback.

\*<sup>2</sup> A virtual classroom is a teaching and learning environment, where participants can interact, communicate, engage with learning resources, view and discuss presentations, while working in groups all in an online setting.



**Module One:** Individual Centred Leading and the Role of the Leader. This module starts by looking at some of the different motivations for running, barriers to running and how to overcome them. It continues by exploring different types of runner and how to safely cater for them all.

**Module Two:** Running Fitness Session Content. This module covers the principles of warming up, running technique and cooling down. It also introduces the coaching process skills of how to lead activities safely, how to organise activities to maximise involvement, how to give clear instructions and demonstrations.

**Module Three:** Performance Factors, Energy Systems and their application. This module starts by looking at factors which influence a runner's performance, including the different components of fitness. It continues by looking at how training works and asking the learner to consider how they can use this knowledge to progress a group of runners while considering each runner's individual needs.

**Module Four:** The Role of the Leader in Injury Avoidance. This module looks at common running injuries, what causes injuries and the role a leader can play in injury avoidance.

**Remote Practice:** Participants are asked to film themselves leading a warm up activity and also part of the main session, whilst looking to implement the HOW2 skills covered within the 4 online modules. A course tutor will provide developmental feedback on the video content submitted.

**Virtual Classroom session:** This session allows the learner to reflect on the content covered in the four online modules, and share and discuss the feedback they have received on their leading practice, in a safe and supportive learning environment, with an experienced Leadership in Running Fitness tutor.