



# YOGA SPORTS SCIENCE®

Level 1 - Training Course  
Yoga Sports Coaching

**Course Prospectus**

May 2012

## Contents

1. Title Page
2. Contents
3. Foreword
4. Introduction
5. When and Where is the Course?
6. Entry Requirements
7. Course Structure
9. The Modules
11. The Team
16. Online Learning
17. Career Opportunities
18. Accreditation, Fees & Booking

## Foreword

Welcome to Yoga Sports Science® (YSS) - we are very excited to present what we believe to be a breakthrough training programme for everyone connected with achieving sporting excellence. This unique, professional training course in Yoga Sports Science is the first comprehensive training course of its kind and has been developed over many years, working closely alongside athletes and their coaches. This is the result - innovative, ground breaking training which will facilitate a new generation of Yoga Sports Coaches.™

Yoga is a science and one of the original scientific systems used to study the nature of the body. It's been successfully used and referenced by many other disciplines for over 5,000 years. The fundamental system of yoga enhances the body's natural ability to perform to its highest level. Yoga was used in the past by warriors, providing them with the ultimate training method in preparation for the battle field. The nature of the battle field may have changed over the centuries, but throughout its history, yoga has always remained a practical pathway towards enhancing personal performance.

The demands of the 21st century are enormous and nowhere more so than for those involved in the world of sport. Demands are on the athlete to provide results and increase their performance levels, making the role of the sports coach more important than ever. To be effective, the coach must develop their own skills, whilst remaining enthusiastic and inspiring to those they work with. Finding new techniques to strengthen their tool kit can be a constant challenge for many coaches.

This course is unique because it adds to that tool kit in a way that bridges the gap between yoga and sport. It enables both the yoga teacher and health professional to contribute to the world of sport and for the sports coach to deliver the benefits of a performance system which successfully integrates into any traditional training method.

Whether you are from the world of yoga or of sport, this course offers you the professional skills required to support the athlete in their pursuit of performance excellence.

## Introduction

Our Level 1 training course is designed to empower the budding Yoga Sports Coach.™ It's an entry level enabling the student to gain knowledge and develop a deeper understanding of how to successfully integrate sports specific yoga techniques into sport. This course will help you grow in confidence as you develop your new skills set and our exciting learning environment will see you quickly establish yourself as part of a team that brings a balance back into traditional sports training.

### How does it work?

Yoga is a series of physical and mental disciplines that were originally used to prepare warriors for battle. The techniques have been developed from these authentic foundations to maximize the modern day athlete's potential, in both mind and body, so that they can win their battles in the sports arena. Yoga Sports Science works on the mind to improve concentration, determination, balance, stability and the ability to stay calm under pressure. It works on the body to create the structural foundation demanded by the modern athlete – optimizing the functionality of the body at all levels.

Before introducing yoga to the athlete, it's essential to have an understanding of the modern day approaches to sports science. It's important to carry out a biomechanical assessment of the athlete and understand their sport specific demands. We will teach you how. The key element to most sports is the ability to control movement, dynamically and statically and to perform under pressure with excellent technique. Once this is understood, then the appropriate yoga techniques can be used as an intervention.

### Case Study Research

As part of your training and development you will be expected to take on a case study with an athlete normally local to your area, which will involve volunteering some of your time to that athlete during your studies. This experience will greatly enhance and reinforce your learning. Yoga Sports Science® is the first organization to develop a research method to help demonstrate the benefits of yoga. This research method is the YSS Log Book and you will use it to gather your findings and submit an interpretation of your data as your final case study assignment.

### Support

You will receive constant support from both your YSS Tutors and the YSS team. Throughout your studies you will also be allocated a YSS Level 2 Mentor who we will try and match to be close to your area. Your Mentor will be a graduate of Yoga Sports Science® and will be able to support you on your journey to becoming a Yoga Sports Coach.™ We suggest that you either skype or meet with your Mentor to gain additional practical support with your studies. You are also required to attend regular yoga classes.

## *When and where is it*

We deliver our courses online, which is the fastest growing way of learning. It allows our students to enjoy their learning experience in the comfort of their own home and at times which suit their schedule. It also enables them to experience the continued support of the course team throughout their studies with regular group webinars, weekly contact, additional support from your peers and Mentor.

This course will help you grow in confidence as you develop your new skill set. Our exciting learning environment will see you quickly establish yourself as part of a growing team of professionals bringing a balance into traditional sports training.

This is what makes this training ground breaking, and with the valuable input of our teachers, who are experts in their fields, along with your valued contributions, you can be sure there will be lively discussion and debate. We deliver the sport specific yoga techniques to you through online video and also make it available to download onto your mobile, ensuring that you always have the relevant techniques to hand.

At YSS we have always understood the importance of progressive training when applying yoga to sport. We also believe this to be true about the way in which people learn. The online delivery of our courses aim to meet the needs of all types of learners.

## *Practical Sessions*

### **Level 2 Advanced Coaches and Mentors**

We have an established network of YSS graduates who have gone on to do further training with us and have developed their specialist skills and expertise. They are Level 2 YSS Advanced Coaches and Mentors. We assign a Level 2 Mentor closest to your area, where you and your Mentor can meet up and you can gain the benefit of their skills to help you in your case study research and also explore the YSS techniques and how to apply them to sport. Our Level 2 Mentors will also be running specialist workshops which you can attend. These workshops are designed to support the online curriculum. There is an additional cost to you for attending Level 2 workshops and 1-2-1 contact sessions.

### **Practical sessions with the YSS Team**

We will be running our annual 3 day workshop with the YSS team. This is not a required part of the Level 1 training, but an addition to the YSS curriculum. We will be running workshops in a variety of exciting areas from biomechanics and body readying, to exploring sports specific movement and the application of yoga. This provides a great opportunity for all of our students and graduates to come together and explore new techniques and further explore the direct application of yoga within sport. Details on this to be released soon.

Venue and dates: tbc

### *Is the course for me?*

You may be a yoga teacher, student of yoga, coach, ex athlete, physiotherapist, osteopath, sports massage therapist or fitness trainer with a desire to bring the value of yoga to sport. You may want to expand your skills set and deliver this professional qualification to a growing sports market, and this course will help you do that. However, it goes beyond this in that it will equip you with the skills you need to bring the lasting benefits of sports specific yoga to the individual athlete as part of your ongoing support to their development.

## Entry Requirements

### *How do I apply?*

The prerequisites for this course are that you will need to have either trained as a yoga teacher and received your teaching qualification with a recognized organization, or that you are a student and practitioner of yoga. If you are a coach, physiotherapist, ex athlete or fitness trainer, you will have received the equivalent qualifications/ coaching certificates, or demonstrated the relevant level of experience within your particular field of expertise and also attended yoga classes. We do assess each application individually, so if you're experience and qualifications are not listed above, please get in touch for clarification regarding your skills.

As well as experience and qualifications, it will be you're ability to be a team member which is also important - and a sustained, positive attitude is essential, as is your demonstration of professional practice at all times.

To apply to join our Level 1 Yoga Sports Coaching course, please either contact us via email:

[info@yogasportscience.com](mailto:info@yogasportscience.com) or apply online, visit: [www.yogasportscience.com](http://www.yogasportscience.com) and go to our Yoga Sports Coach page and click on the Level 1 button.

### *Standards and Expectations*

Our standards are exceptionally high and we work hard to protect our reputation. We do this through assessing each applicant carefully before we offer a place on the course. Each Yoga Sports Coach™ has unique attributes of their own and have been selected because they have a passion to deliver the performance benefits of yoga to athletes. They also have expressed a desire to work as part of a team which is leading the way in bringing the benefits of yoga to sport.

As such all successful applicants become ambassadors and team members of Yoga Sports Science®

## Course Structure

The course is delivered over eight months and is comprised of five modules. Each module is made up of units and each unit represents a week.

More detailed information on the course curriculum can be made available on request.

<b>COURSE DATES: LEVEL 1 - MAY 2012 and MODULE TITLES</b>	
<b>Pre-Course Prep</b>	<b>Preparatory content available prior to course start date</b>
<b>Course Start Date:</b> 26th May 2012	<b>Introductory Week</b>
<b>Module 1: 7 Units</b> 2nd June - 28th July	<b>Anatomy of the Athlete - the Foundation Principles of YSS</b>
<b>Module 2: 6 Units</b> 4th Aug - 22nd Sept	<b>Anatomy of the Athlete - Individual Biomechanics &amp; YSS Techniques</b>
<b>Module 3: 6 Units</b> 29th Sept - 10th Nov	<b>Case Study Research - Further Athlete Development &amp; YSS Techniques</b>
<b>Module 4: 4 Units</b> 10th Nov - 8th Dec	<b>Case Study Research Continued - YSS Dynamic Techniques</b>
<b>Module 5: 8 Units</b> 8th Dec - 23rd Feb 2013	<b>Your Research - Interpreting Your Data and Results</b>



### *The course structure requires you to:*



be able to actively support your athlete during your student selected case study.



be able to spend a minimum of six hours a week on self initiated and independent study.



have easy access to a computer with a good internet connection.



engage regularly online with your fellow classmates and tutors.



attend the course webinars online and engage regularly with the course content through the online forums.



conduct your self professionally at all times. This includes when working with your case athlete, their coach, parents, support team etc. Our students are also required to maintain a professional attitude within the online communication with their fellow classmates and tutors.



not to pass on any students emails or personal data to a third party. Student emails and phone numbers can be exchanged, but only on the agreement of the student.



not to give anyone your student iD number or login details to access the online classroom. We are able to see who is accessing the site and take this matter very seriously. It is also not permitted to share any of the Yoga Sports Science® course material with a third party, it is a breach of copyright law.

**NB:** If at any time a student has been seen to breach the above terms and those set out in the course handbook, they will be immediately asked to leave the course.

## The Modules

The course is based around five Modules and each Module represents the stage and progression of your development as a Yoga Sports Coach.™

Outlined below is a brief overview of the content within Modules 1, 2, 3, 4 & 5. Each of the following categories are delivered in stages throughout the entire course.

### Modules 1 & 2:

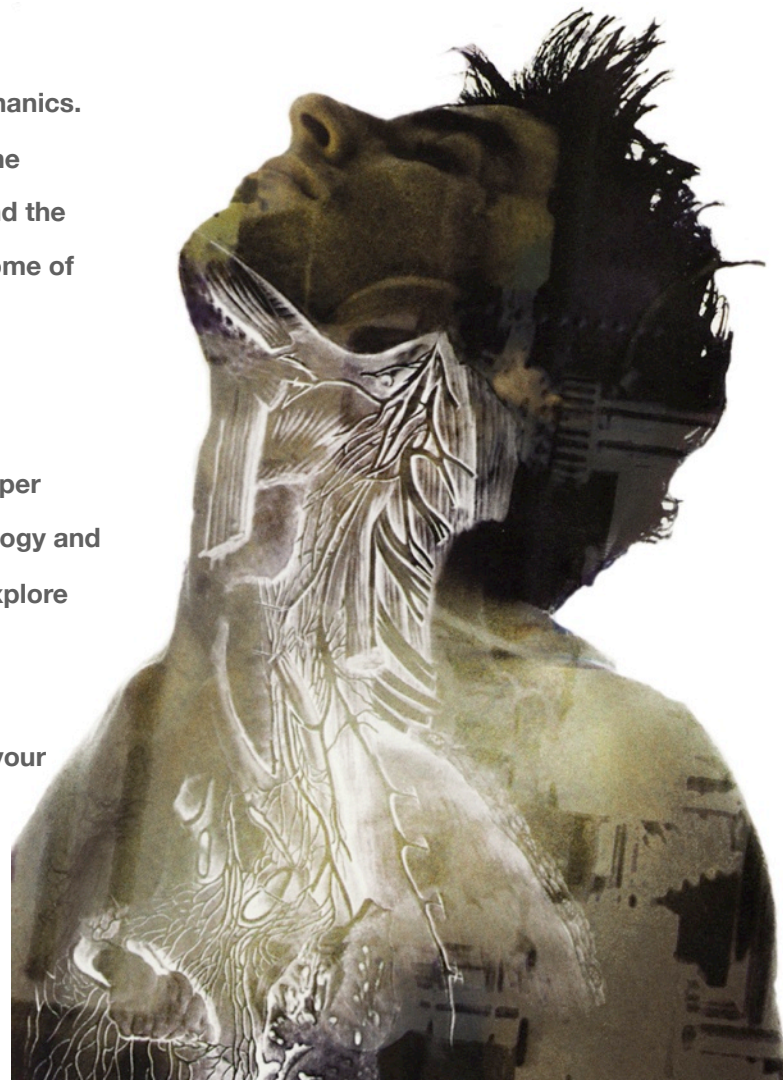
## Anatomy of the Athlete

In Module 1 you will be introduced to the fundamental structure of the body's systems, anatomy and biomechanics. Within this Module you will begin to explore some of the components required when working with an athlete and the role of the Yoga Sports Coach. You will also explore some of the foundation techniques of Yoga Sports Science.®

In Module 2 you will further explore skeletal and musculoskeletal biomechanics. You will develop a deeper understanding of the mechanics of movement, physiology and biomechanical assessment procedure. You begin to explore the sports specific demands of the athlete.

You will have begun to consider your case study with your athlete and started to explore working with the YSS research tool, the YSS Log Book.

Modules 1 & 2 are designed to prepare you for when you begin working with your case study athlete.



## Module 3:

### Case Study with Athlete

In Module 3 you start working with your case study athlete. You will also be acquiring further knowledge of the YSS techniques and how to apply them to the athlete. You will be learning how to lesson plan in line with periodised training. This enables you to begin building a picture of your athletes needs and requirements as you move towards creating an appropriate sports specific yoga programme tailored to supporting their development.

Module 3 explores making adjustments to the athlete and the nature of mind. We look at how and where yoga fits into the long term developments of the athlete. We continue to explore the use of the YSS Log Book and begin to gather your findings as data.



## Module 4:

### Sports Specific Yoga - Dynamic Techniques

Throughout this Module you will continue to apply the 'Tool Kit' of sport specific yoga techniques. You will explore the key components of fitness, along with how to provide remote coaching techniques to the athlete.

This Module continues to explore the professional practice of the Yoga Sports Coach and continue interpreting your data in the YSS Log Book.



## Module 5:

### Your Research

In this final Module you will collate all of your data and present your findings as your course assignment. The results of your research can be used to help you at the start of your career as a Yoga Sports Coach and shows that you have actively engaged in a research project. The outcome of your research is aimed at evidencing how you added value to your case study athlete.

Professional practice remains a constant theme throughout all our Modules. You will continue to cover the essential aspects of professional practice, methodology, delivery, management, communication, motivation and what it takes to work within a team. We also prepare you for your future career as a Yoga Sports Coach.™

In order to successfully graduate you will have completed all of the Modules, assessments and your case study assignment.



### Course Curriculum - Level 1 Yoga Sports Coaching

A copy of the course curriculum is available on request.

#### Modular Credit Level

Each Module has a credit system. The course work for each unit must be completed in order to pass each Module.

Module 1 = 20 credits

Module 2 = 20 credits

Module 3 = 20 credits

Module 4 = 20 credits

Module 5 = 40 credits

**Total course credits = 120**

## The Team



### Hayley Winter -

*Founder & Director - Yoga Sports Science®*

*BA (Hons), BWY Dip, MSc Sports & Exercise Biomechanics*

Hayley is the Founder and Director of Yoga Sports Science.® She has been studying, practicing and teaching yoga for over 20 years and was introduced to working with athletes over 10 years ago. During that time Hayley has worked closely with coaches and their athletes to develop sports specific yoga and performance techniques. She has delivered her Yoga Sports Science® (YSS) techniques to coaches on behalf of the English Football Association and has had the YSS training course approved by the FA. Hayley has also worked with some of the UK's leading Sports Performance Directors, delivering her programmes directly to their athletes.



### Tim Newenham -

*BSc Sports Science & Management, PGCE*

*Competed Internationally in Athletics and Bobsleigh.*

*British Olympic Association accredited Strength and Conditioning Coach,*

*Lead Coach England Athletics Commonwealth Games 2010,*

*Performance Advisor to Yoga Sports Science®*

Tim's extensive knowledge and expertise brings a valuable contribution to this course. He is one of the UK's most respected coaches and over the years has been instrumental in the performance development of many of Britain's top athletes. His coaching career includes five years as GB National Javelin Coach, five years as Strength and Conditioning Coach/Sports Science support to Tim Henman, then going on to work with the winning Le Mans motor racing team. Tim has been involved with the English Institute of Sport (EIS) from its inception to the Beijing Olympics debriefs. He was the EIS Eastern Regional Manager for seven years and then Regional Manager for London, working closely with the British Olympic Association (BOA) and National Governing Bodies of Sports (NGB's). Tim is currently Performance Director for Olympic Shooting and the National Coach Mentor for Javelin. He continues to work directly with sportsmen and women optimizing their performance. Through his consultancy business Tim offers advice and support to athletes and their support teams.

## The Team



### **Maggie Bunting -**

*Academic and Research Mentor to Yoga Sports Science®*

*Masters in Clinical Education*

Maggie is a lecturer in medical education at the School of Medicine, Health Policy and Practice at the University of East Anglia. Her expertise in clinical education underpins the academic and research components to Yoga Sports Science. Maggie has a Masters in Clinical Education and has a keen interest in developing appropriate teaching and advisory methods to support students in their professional development.

She is able to provide valuable support and guidance to those students who may have limited experience in completing written academic work, or who need assistance in developing research protocols. Maggie's role as academic mentor provides students on the course with the constructive, supportive and positive feedback they need to develop and gain confidence in their academic skills.



### **Leon Taylor -**

*Olympic Silver Medalist Athens 2004 - Diving*

*Mentor to Olympic Athletes*

*BBC presenter, author and Yoga Teacher*

*Performance Advisor to Yoga Sports Science®*

Having trained at an elite level; participated in 3 Olympic games and trained 6 hours a day, 6 days a week for the past 22 years, Leon is able to offer invaluable insights from the athletes' perspective. As a practitioner and a teacher of yoga, Leon also understands how yoga can not only be easily integrated into an athletes' training schedule, but also prevent injury and increase the performance advantage.

Leon is a passionate communicator, an expert in his field and an inspiration to budding Yoga Sports Coaches and athletes alike.

## The Team



### **Deirdra Barr -**

*Level 1 Yoga Sports Coach™*

*Qualified NLP Sports Practitioner and Hypnotherapist*

*REPS Level 3, Graduate of YSS*

*YSS Tutor - Student support*

Deirdra has been practising yoga and studying its science for over 14 years. Her specialisms are yoga for relaxation and yoga for sports. She is a L3 CYQ yoga teacher and RYT 200 qualified and provides additional support and guidance to new Level 1 students.

In addition to yoga, she is a qualified trainer, experienced mentor and coach working within the fields of stress and conflict management. Deirdra is L3 Register of Exercise Professional (REPS) qualified in GP Exercise Referral, Obesity Management and Nutrition. A qualified hypnotherapist and NLP for Sports Practitioner, she uses these skills successfully within her work. She also has 16 years in a corporate business management background.



### **Julie Hustwayte -**

*Consultant Physiotherapist to Yoga Sports Science®*

*Qualified Physiotherapist and Acupuncturist*

*Masters in Pain Management, YSS Tutor and Graduate of YSS*

Julie has over 30 years experience as a Chartered Physiotherapist, she also has a Masters in Pain Management and is a licensed Acupuncturist. Julie is also a Clinical Specialist Physiotherapist in cancer and palliative care. She has a highly successful clinical practice and uses yoga to help compliment her patient's rehabilitation and recovery.

Julie is a graduate of YSS and a Level 2 Mentor and YSS Advanced Coach. As well as her role as Consultant Physiotherapist to YSS, she is also a Level 1 Tutor, delivering webinar lectures and providing tutorial support.

## The Team



### **Lana Ashton -**

*Level 1 Yoga Sports Coach™*

*BSc Sports Psychology & Coaching Sciences*

*Qualified H / NLP Master Practitioner*

*Advanced Performance Conditioning Coach*

*YSS Tutor - Student support & academic research, Graduate of YSS*

As a Yoga Sport Coach, Performance Practitioner, and Sport & Dance Scientist, Lana is dedicated to working across all performing arts genres and sporting disciplines. Her established commitment and experience integrates applied physical conditioning with her skills as an international consultant, presenter and researcher investigating all areas of performance psychology and training. Lana has more than 18 years experience working with students and professionals in a diverse capacity, from British, Commonwealth and World championship Powerlifters to dancers, singers and actors.

Lana additionally holds a high (Hons) degree in Sport Psychology and Coaching Sciences, is an Advanced Performance Conditioning Coach; including Nutrition for Sport & Exercise, Circuit training and Core stability, is a certified Master Practitioner of NLP and Graduate coach of YSS. Lana provides support and guidance to Level 1 students addressing the increasing physical and psychological needs of performers and athletes, solidifying and enriching performance and expanding perceived capability to compliment YSS training.

## E-Learning and our Virtual Classroom

The use of E-learning is a fast growing area of education and it allows our students to enjoy their learning experience in the comfort of their own home and at times which suit their schedule. It also enables them to experience the continued support of the course team between teaching sessions. Our E-learning approach actively encourages the students to develop networks and to keep in contact with each other through the online Forums.

This is a course which is delivered internationally allowing all our student teachers to network easily and to quickly become part of a wider global community of Yoga Sports Coaches.™

The Yoga Sports Science® 'Virtual Classroom' is a user friendly space and needs only basic computer skills in order to get the most out of it. If you are new to online learning, you will be given plenty of guidance and support on its use prior to embarking on the course.



## Be Your Own Boss - Career Opportunities

Once you have graduated as a Yoga Sports Coach you will be qualified to join the Yoga Sports Science® team. This will mean that you will become a part of a global network and can be recommended to support the ever increasing demand for specialist training and coaching.

We have a very comprehensive Career Pathways guide which clearly outlines the career opportunities for you to pursue with YSS.

## Further career development

At Yoga Sports Science® we understand the importance of continuing professional development (cpd). Consequently we offer our graduates an opportunity to keep upgrading their skills and refining their areas of specialism. As a graduate of Yoga Sport Science® you will be eligible to progress to our Level 2 Advanced Coach training.

## Level 2 - YSS Advanced Coaching Course™

Our Level 2 YSS Advanced Coaching Course is designed for Level 1 Graduates looking to build upon skills they gained during Level 1. The techniques studied on the Advanced Coaching Course enable students to further develop their skills and chosen specialism – enhancing their research profiles and career opportunities in the process. Level 2 Graduates can also provide a more extensive service to their clients, and work more closely with Yoga Sports Science.

## How Do I Qualify?

You must be a graduate Yoga Sports Coach. You should be experienced in teaching our Sport-Specific techniques and contributing to our research community, plus have the desire to grow your knowledge base and develop your expertise further.

Level 2 applicants will have preliminary discussions with Yoga Sports Science Directors to determine their readiness for Advanced Coaching level. As well as a desire to broaden your expertise, we'll be looking for a commitment to work with YSS to communicate and promote the benefits of Yoga to a wider audience.

Please go to the Yoga Sports Coach page on our site and download the Career Pathways guide for further details.



## Accreditation

We are accredited with the following organization, The Yoga Alliance UK. You will graduate with a RYT 200hr yoga teachers qualification as well as being a registered Yoga Sports Coach.™ We are in the process of being accredited with Skills Active and partnering with Sport England. We are also in the process of becoming the awarding body for Yoga Sports Science.

## Fees and Booking

Fees - we have a couple of options for you.

1. To make your training with us easier, we have a flexible payment plan. You can pay for your training with 4 payments of £475.00, which is spread out over the course of your studies.

Currency converted: \$740.00 USD

2. The second option is an early-bird discount if you are able to pay your course fees in advance of the course start date. This fee is £1800.00 GBP.

Currency converted: \$2,790.00 USD

With both options we require the first payment of £475.00 at the time of booking which is non-refundable/non-transferable.

## Application

You can apply online. Go to our website <http://yogasportscience.com> and go to the Level 1 - Yoga Sports Coach page: <http://yogasportscience.com/yoga-sports-coach/level-1/> click on the 'Apply to Join Level 1'.

## Payment

Once your application has been approved you will receive an invoice from us for your course fees.

## Contact

If you require more information, please get in touch:

Email: [info@yogasportscience.com](mailto:info@yogasportscience.com)

Telephone: + 44 (0) 7766174199