

Report on International Coaching Course

Initiated by International Olympic Committee – Olympic Solidarity : Budapest , Hungary

Hosted by Semmelweis University, Faculty of Physical Education & Sport Science

Institute of Coaching & Sport Education- Sport Specialization : Judo

Course Attendant: Vincent Redpath- 10 September – 5 December 2007

Acknowledgements:

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Introduction

The first International Coaching Course organised by the Institute of Coaching & Sport Education (ICSE) was held in 1971. Since the establishment of the Course, 1084 participants from more than 80 countries and all continents of the world received their education & certificate from this University. As a result of the long time activity in international coaching education the Course has been recognised by the International Olympic Committee and the applicants of the course may applied for I.O.C. Olympic Solidarity scholarship which covers the cost of the studies. The objective and design of the International Coaching Course (ICC) is to train and educate coaches from around the world. The three-month intensive course with Judo as specialisation runs only at the latter part of the year.

Course description

The curriculum of the theoretical part (general subjects) deal with the art and science of coaching rather than specific of any particular sport. General subjects are: training theory, sport physiology, sport psychology, conditioning sport and research, sport sociology, coach in action, women in sport, sport management, nutrition. The sport specialisation in judo dealt with training sessions (Club level), coaching sessions, competition attendance on national and international level, training programs and training methods, combat sport evaluation, Grading course for black belt, practical sessions with University Physical Education students in self defence. I also attend seminars with Elite Judo players that do part time studies at the University.

Course Content

Subjects:

Training Theory, Sport psychology, Women and Sport, Sport Physiology, Conditioning, Sport Sociology, Sport and Research, Coach in Action, Sport and Nutrition, Sport Injuries, Strength Training, Hungarian Language

Out come

Diploma

Judo specifics

Grading:

In Hungary a 10 Kyu system are use in judo promotion. Hungarian dan grading is based on the Kodokan dan grading syllabus.

Competition

Training methods - Children = conditioning ,
Program structure

Visit Tarta the Olympic training centre for high performance facility were training and preparation of athletes takes place. This facility is more than 70 years ago been erected and utilised by the communist government for professional coaching and training. Till up to-day after the Hungarian Judo championship an international week long training camp follows. Tarta can host 400 athletes at a time. I had the honour to witness the centenary celebrations of the Hungarian Judo. Including the festivities were two team judo matches with a Japanese team. The Japanese coach is the resent historically successful under 60kg. player, Nakamura. In the Hungarian team world champion Kovacs (age 35) was taking part. In both matches the Hungarian team narrowly beat the Japanese team. A brilliant display of tactical judo from both teams was displayed. On a national level the Hungarians has got national club team competitions. There are three levels of leagues.

In conclusion

This was an excellent opportunity and I do recommend coaches to attend this type of learning experience.