

steve banks outdoors

Skill Acquisition, Motor Learning and Coaching Process Course **encompassing the British Canoeing Coaching Process Course**

General Information

The course consists of two 9am – 5pm days aimed at developing your understanding of the learning process so that you can deliver coaching more effectively in any discipline. There is no formal assessment though BCU members may have their logbook endorsed and their attendance recorded for updating purposes.

This is not a basic course, as is often advertised elsewhere, and will not merely reiterate much of the coaching information you have already been exposed to. The content is in line with the most up-to-date research evidence and is highly likely to challenge many of the assumptions and beliefs you have about learning and coaching. Many past course members have said that this course transformed or even revolutionised their coaching.

Whilst this provision covers and significantly extends the BCU Coaching Processes course, the content is relevant to all coaching, teaching and skill learning situations. Enrolments from non-paddlers are encouraged and are very welcome. This course is delivered in an easily digestible format and will be beneficial to you as both a learner and a coach whatever your discipline and whatever your standard.

Director

Stephen Banks Steve is a qualified teacher with 25+ years teaching and coaching experience. He holds two Masters Degrees and a PhD in which he conducted highly regarded research into Motor Learning and Skill Acquisition – the latter MSc and the PhD were both funded via scholarships awarded by the Economic & Social Research Council. Steve's most recent research has concentrated on the impact of attention in motor learning and was based in both the USA and the UK. This has been recently cited in an international academic review of motor learning research; Steve presented his research at an international conference in Portland, Oregon in 2015.

Amongst his practical qualifications Steve is a Level 5 Coach in Open Canoe and Inland Kayak as well as a Level 4 Sea Kayak Coach. He holds a host of other high level coaching qualifications spanning fifteen sports and activities.

Steve has been the keynote speaker at a British Canoeing Level 5 Coach conference, at which he introduced and explained the concept of *Interference Effects*. He has been a regular guest lecturer at the Universities of Edinburgh and Cumbria

Venue

Cumbria – a variety of venues may be used, the exact location will be confirmed for each course on enrolment. Steve runs these courses on a bespoke basis across the UK and abroad as required.

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Content

Whilst the exact content will be governed by the development needs of course members, the programme will cover the following coaching and learning elements:

- Skill acquisition definitions
- Skill classification
- Interference effects
- Attentional effects
- Response time
- Regression
- Personal factors affecting skill
- Motivation & attribution
- Memory and information processing
- Feedback
- Questioning
- Use of demonstrations
- Goal setting
- Practice structure
- Coach behaviour
- *Practical coaching (Coaching, Being Coached, Analysing Coaching).

*Recent courses have demonstrated that clients are typically more interested in discussing the theoretical concepts covered rather than using significant amounts of time on paddling practicals. With this in mind, from August 2012 the course has tended not to use such practicals unless specifically requested in advance by significant numbers of clients. There will still be practical elements though none that require paddling equipment.

Equipment

Pen, Pencil and A4 paper pad
Packed Lunch (It will be possible to purchase food locally)

Accommodation

This is a non-residential course. There is information on local accommodation on Steve's website:
<http://www.stevebanksoutdoors.co.uk/links.php>

If you have any questions about this provision, please call Steve who will be happy to help and advise you.

Due to high staff/client ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of all fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled you are strongly advised to take out appropriate insurance. Steve Banks is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled a full refund will be given. Please see the full booking conditions on Steve's website.