

# Communication No. 2492

## ISU eLEARNING NEW ONLINE COURSE

### ISU Coach Education Qualification Framework (Figure Skating)

#### Level 3 Online Pilot Course - Coaching at 'Learn to Compete' Level

The ISU is launching a pilot online course for Level 3 of the ISU Coach Education Qualification Framework (Figure Skating) on the [ISU eLearning Platform](#), following the successful Level 1 and Level 2 online courses. This pilot course will be open to a group of 30 Figure Skating Coaches to be enrolled from different ISU Members. The Level 3 pilot course will take place from August 2022 until May 2023 through the 2022/2023 competition season.

#### ISU Coach Education Qualification Framework

The ISU Coach Education Qualification Framework is a multi-level tool for ISU Members that are interested in providing educational sessions or building a national Coach education pathway for their Coaches. It has been designed to provide a standardized structure for the education of Coaches that can be used as a reference and guide by ISU Members in establishing a Coach education program for Figure Skating, Speed Skating, and Short Track.

#### **Level 3 Pilot Course Content, Approaches, and Objectives**

The Level 3 course is intended for Coaches wishing to train pre-novice/novice Skaters at the '**Learn to Compete**' stage and who work independently. It covers competition management and training, strategy and tactics, rules and regulations, quality skating skills and technical element development, planning, and mental preparation. At this level, there is a specific focus on coaching Skaters at an introductory competition level.

Application of theory and interaction engagement will play a significant role during the program. Coaches will work in groups online in their home settings and these groups will go on to present solutions to the various assignments as the course progresses. It is recommended that Coaches use one or more of their Skaters for practice application of the theories presented, in order to be able to exchange findings with other Coaches, and to gain hands-on experience of coaching at this level.

At the end of the course, the participating Coaches should be able to:

- Teach (on-and-off ice), evaluate, and develop pre-novice / novice Figure Skating skills and elements.
- Apply appropriate knowledge and skills for Skaters' development at the 'Learn to Compete' stage.
- Create, implement, and manage a seasonal plan.
- Use effective goal setting and targets to prepare pre-novice Skaters and their parents for competition.
- Design and develop competition strategies and routines appropriate to the age and skill levels of the Skater(s).
- Use appropriate knowledge and skills to facilitate optimal physical and mental performance during competitions.
- Analyze, evaluate, and reflect on competition performance, placing emphasis on techniques and performance elements that support judging assessment and reward, while also supporting the future development of the Skater(s).

### **Course Structure & Schedule**

The Level 3 online pilot course is organized and delivered in collaboration with the Professional Skaters Association (PSA). The course is composed of 16 units delivered by experts in each respective field with the following timeline:

- As from August 2022, there will be two online interactive sessions on (**Tuesdays and Thursdays at 4 PM Central European Time**) each week.
- Between the months of December 2022 and February 2023, there will be group work without interactive sessions.
- The online sessions will resume in March 2023 and be completed in May 2023.

The detailed course schedule and the Coach Developers involved can be found in the enclosed document.

All the interactive sessions will be conducted in English with experts in the field via Zoom. Coaches are expected to actively participate during the sessions.

### **Study Hours**

The course embraces not only online sessions and activities, but also independent study time (in the form of preparatory online reading), assignments and group work, and final presentation of assignments online. Therefore, a considerable number of study hours are required to follow and complete the course.

The table below provides an overview of the estimated number of study hours:

<b>Online model ISU Level 3 / Over 10 Months/ 2 Online Sessions Weekly / 60 minutes per session</b>	
Preparatory reading	32 hours
Online Interactive Sessions (learning interactive and presentation units)	46 hours
Assignments/Practice Estimation	50 hours
Total over 10 months period (Approx. hours)	<b>128 hours</b>

### Registration

Please inform your Coaches about this unique online learning opportunity. The course is free of charge for participating Coaches, however, the course requires a significant commitment from the participating Coaches to prepare and participate. Any interested and qualified Coach is encouraged to self-register via the ISU eLearning Platform and get enrolled in the course as follows:

1. Create an account/log in to <https://elearning.isu.org>
2. Access the [ISU Coach Education Qualification Framework Level 3 registration form](#)
3. Complete the form with your details.
4. You will get a confirmation by email from the ISU eLearning team after the registration is closed.

**The registration will be open from July 3 – 10, 2022**

Since there are only 30 places available for this pilot course, Coaches with the relevant profile for this level will be prioritized for enrollment.

### Completion requirements

- Once registered and confirmed, the participating Coaches are expected to follow and complete the entire course as scheduled.
- Badges of completion will be awarded only to those Coaches who will have attended **80%** of live sessions and completed **all** the modules online.

For any additional information or questions, please email [eLearning@isu.ch](mailto:eLearning@isu.ch).

Seoul,  
June 29, 2022  
Lausanne,

Jae Youl Kim, President

Fredi Schmid, Director General