

HUNGARIAN UNIVERSITY OF SPORT SCIENCES

VOCATIONAL COACH MASTER'S DEGREE PROGRAMME CANOE SPRINT SPORT

Topics of the oral (20 points) and written (20 points) exams in sports theory

1. Foundations of Technical Skill Development to podium performance in Sprint Canoeing
2. Tactical Awareness and Decision-Making in Elite Canoe Sprint
3. Performance Analysis Techniques for Technical Improvement for Elite Canoe Sprint Coaches
4. Designing Effective Training Session Plans for Technical Growth
5. Visual Tools and Graphical Representations in Coaching
6. Understanding and Applying Technical Development Materials - Path for Innovation in Canoe Sprint
7. Periodization Strategies for Sprint Canoe Training Cycles
8. Strength and Conditioning Principles for Elite Canoe Sprint Athletes (U18, U23 and Open)
9. On-Water Training Strategies for Peak Performance; 200m, 500m, 1000m, Marathon events
10. Cross-Training Approaches & Applications to Enhance Canoe Sprint Performance
11. Creating a Coherent Training Program: Session Planning and Integration
12. Utilizing Visuals and Charts to Communicate Training Concepts (Coaching as profession)
13. Comprehension and Critical Analysis of Technical Resources
14. Monitoring and Adjusting Training Based on Performance Data
15. Developing Scenarios and Drills for Competition Preparation (Innovation in Sport Science for Periodization)
16. Integrating Video Analysis into Technical Coaching
17. Case Studies in Technical Development (you teach - your methodology)
18. Practical Workshops: Applying Technical Knowledge
19. Synthesizing Training Methodologies for Optimal High-Performance Athlete Development

Recommended Reading:

Essentials of Strength Training and Conditioning (2015); Authors: Thomas R. Baechle, Roger W. Earle

The Psychology of Elite Performance in Sports and Exercise (2014); Editor: Daniel Gould

Biomechanics of Sport and Exercise (2015); Author: Peter McGinnis

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Nutrition for Sport and Exercise (2019); Authors: Marie Dunford, J. Andrew Doyle

Physiology of Sport and Exercise (2015); Authors: W. Larry Kenney, Jack Wilmore, David L. Costill

Managing Sports Injuries (2014); Authors: William E. Prentice, Robert C. Schenker

Essentials of Sports Medicine (2013); Author: William E. Prentice

Motor Learning and Control for Practitioners (2014); Authors: Richard A. Magill

Talent Identification and Development in Sport (2018); Editors: Neil Armstrong, Colin D. MacNamara

Performance Analysis in Sport (2017); Authors: Mike Hughes, David Beard

Sport Technology and Innovation (2016); Editors: David Kirk, Kevin Richards, Mike McCartney

Sports Rules and Officiating (2012); Author: William E. Morgan

Sports Leadership and Management (2014); Author: Craig Esherick

Ethics in Sport and Exercise Psychology (2014); Editors: Lisa M. McKenney, Robert Schinke

Sport and Social Theory (2014); Author: David Cross

Coaching Physical Education (2017); Author: Richard Light

Rehabilitation Techniques for Sports Medicine (2012); Authors: William E. Prentice

Nutritional Strategies to Improve Athletic Performance (2017); Editors: Louise Burke, Vicki Deakin

Data Analytics in Sports (2019); Authors: Mike Hughes, David Beard

Tasks of the practical exam in the sport (30 points)

1. Movement and stroke rate (SR) analysis based on K1 200m Tokyo Olympic Games
Final: <https://www.youtube.com/watch?v=ERw-Pf-CURo>
 - a. please compare kayak sprint technique similarities and differences between S Totka (HUN) vs K Csizmadia (HUN)
 - b. please compare SR of S Totka vs K Csizmadia (3 minutes 9 seconds in the video)
 - c. please reflect on M Rizza's SR (ITA) in the second part of the distance
 - d. What are the most important features of both canoe and kayak sprint techniques?
2. Movement and stroke rate (SR) analysis based on C1 1000m Tokyo Olympic Games
Final: <https://www.youtube.com/watch?v=QhoLtKXHmAA>
 - a. please determine the most significant features of I dos Santos (BRA)

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- b. What do you think are the main similarities and differences between Santos (BRA) and the classic sprint canoe (C1) technique
 - c. Who is more consistent in terms of international result?
 - i. Lane 3: L Hao (CHN) or Lane 4: I dos Santos (BRA)
 - d. What are the similarities and differences in terms of C1 technique and stroke rate (SR) between I do Santos (BRA) vs L Hao (CHN)?
 - e. What can you say about the first half of the C1 1000m final's time (2 minutes 2 seconds) compared to the finish line time (4 minutes 10 seconds)?
 - f. What happened to L Hao (CHN) just 150 meters left from the final? Please tell me from both the coach and athlete's (paddler) point of view!
3. What are the competition strategies in common vs individual over either C1 or K1 1000m?
4. What do you think is going through either a K1 and/or a C1 1000m paddlers' mind between 500 meter and 750 meter mark?
5. In terms of international competition calendar in Canoe Sprint, what is your reflection or your stance on running at least 1 World Championship in the southern hemisphere in each Olympic cycle?