

AFC Fitness Coaching Course Level.1A (2016 Shimizu)

※変更の可能性あり

		13:00	1330-1430	1500-1630	1830-2000
DAY 1 22 Dec		R e g i s t r a t i o n	1. Opening/Introduction - Physical Demands in Football	2. Physical demands in football (practice)	3. Physical demands in football. Exercise and training physiology: Introduction/Respiratory system (theory/group work)
	0900-1030		1100-1230	1400-1530	1600-1730
DAY 2 23 Dec	4. Exercise and training physiology: Cardiovascular system (theory/group work)	5. Aerobic training (practice)	6. Aerobic training (theory)	7. Aerobic training (practice)	8. Exercise and training physiology: Summary "Respiratory and Cardiovascular system" - "Blood composition/oxygen uptake". Aerobic training (theory/group work)
	0900-1030	1100-1230	1400-1530	1600-1730	1900-2030
DAY 3 24 Dec	9. Exercise and training physiology: Summary "Respiratory and Cardiovascular system - Blood composition and oxygen uptake"	10. Aerobic training (practice)	11. Anaerobic training; Speed endurance training (practice)	12. Anaerobic training (theory)	13. Exercise and training physiology - Muscles & Energy turnover. Anaerobic training (theory/group work).
	0900-1030	1100-1230	1400-1530	1600-1730	1900-2030
DAY 4 25 Dec	14. Exercise physiology: Muscles & Energy turnover	15. Anaerobic training: Speed endurance training (practice)	16. Exercise and training physiology: Summary "Muscles & Energy turnover" - Aerobic and anaerobic energy turnover (theory/group work)	17. Anaerobic training; Speed endurance training (practice)	18. Evaluation: Speed endurance training. Exercise and training physiology: Aerobic and anaerobic energy turnover & Energy turnover during exercise (theory group work)
	0900-1030	1100-1230	1400-1530	1600-1730	1900-2030
Day 5 26 Dec	19. Fitness assessment in football (practice)	20. Fitness assessment in football (theory)	21. Fitness assessment in football (practice)	22. Fitness assessment - Planning of training (theory)	23. Exercise and training physiology: Energy turnover during exercise (theory/group work)
	0900-1030	1100-1230	1400-1530	1600-1730	1900-2030
Day 6 27 Dec	24. Planning of training (theory).	25. Home work/Examination. Summary. Closing.			
	0900-1030	1100-1230			

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