

Mr Marius Vizer announced the Academy at the IJF Congress in Rio de Janeiro, in August 2013. Its main aim is to provide Professional Education in all sectors of Judo.

The first sector that the Academy is addressing is the development and running of a National Judo Coach Education and Certification System. The coach formation and certification might be beyond the Federations' resources. The IJF Academy will therefore help National Federations provide educational and professional support by providing a Coach Qualification Program.

The IJF has partnered with Semmelweis University, in Budapest, Hungary for the delivery of the academic content of the course. The courses are organised during two semesters with the Practical sessions delivered in June and December, in Hungary. These courses are delivered in English.

**GOALS** The IJF has established the Academy in order to provide Professional Education in all sectors of Judo. Its first focus is on the technical sector.

**WHY?** The IJF appreciates that the development and running of a National Coach Education and Certification System might be beyond some Federations' resources or they want IJF support to review their present structure.

**WHAT?** In order to assist the National Federations, the IJF Academy has partnered with Semmelweis University Faculty of Physical Education and Sport Sciences, to deliver three classes of certification for their technical staff: Instructor, Coach and Pro Licence.



### **CERTIFICATION**

#### **First Aid Certificate**

The Instructor Certification – Level 1 requires that the candidates be in possession of a valid first aid certification. The IJF has made arrangements with the Hungarian Red Cross Association to deliver this course during the Level 1 residential.

#### **University Certification**

At the end of each course, Semmelweis University issues the following certificates.

- Level 1 – Instructor Certificate
- Level 2 – Coach Certificate
- Level 3 – Pro Licence Diploma

#### **IJF Certification**

- Level 1 – Instructor Certificate
- Level 2 – Coach Certificate
- Level 3 – Pro Licence Certificate

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**WHAT?** In order to assist the National Federations, the IJF Academy has partnered with Semmelweis University Faculty of Physical Education and Sport Sciences, to deliver three classes of certification for their technical staff: Instructor, Coach and Pro Licence.

**WHO?** The Instructor course (Level 1) is intended to train coaches for effective work with youth and beginner athletes.

**HOW LONG?** The Instructor Course is delivered through 11 weeks of theory online and 1 week of assessment and practical in Hungary.

**LANGUAGE** At present, regular courses are available in English. For other languages, please refer to Special Courses.

Contents delivered  
online (MOODLE)  
over 11 weeks

### SOCIAL SCIENCE BLOCK

- Coaching Principles 1 (Growth and Development)
- Psychology of Sport
- Application of Judo
- Culture of Judo 1
- History of Judo 1
- Role of the Instructor

### NATURAL SCIENCE BLOCK

- Exercise Physiology 1
- Nutrition and hydration 1
- First Aid / Safety 1

### COACHING BLOCK

- Training Methodology 1
- Judo organizations 1
- Refereeing Rules 1
- Classification of Judo

## 1 Course per Semester - 2 Semesters per Year

### Semester 1

#### Inscription

5<sup>th</sup> Jan. – 1<sup>st</sup> Feb. 2015

#### Theory

23<sup>rd</sup> Feb. - 10<sup>th</sup> May 2015

#### Residential

31<sup>st</sup> May - 7<sup>th</sup> June 2015

### Semester 2

#### Inscription

15<sup>th</sup> June – 12<sup>th</sup> July 2015

#### Theory

10<sup>th</sup> Aug. - 25<sup>th</sup> Oct. 2015

#### Residential

6<sup>th</sup> Dec. - 13<sup>th</sup> Dec. 2015

### ENTRY REQUIREMENTS

- Minimum 18 years of age
- 1st DAN Black Belt
- Technical Level: Go Kyo & Nage No Kata

### COSTS PER PERSON

- 11 Weeks Online Course
- 1 week practical in Budapest with 7 nights accommodation full board and First Aid Course and Certificate: **US \$ 1,500** (Flights not included)

### APPLICATION AND REGISTRATION

Application forms for the National Federations are downloadable from the IJF site [www.ijf.org](http://www.ijf.org)

1. The Federation will send the nomination form, signed and stamped, with the details of their proposed candidates.
2. An invoice is generated.
3. Payment is made to the IJF Treasurer
4. A link to the online form is sent to the candidates proposed by their federation, where they are asked for all the information required by the IJF and the University and a copy of their passport.
5. Once the information is received by the IJF, the official form is sent for the participant's signature.

Students and National Federations can opt to request Olympic Solidarity support, only through their NOC.

For further information on possibilities to finance your course, do not hesitate to contact us at [academy@ijf.org](mailto:academy@ijf.org)

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**WHAT?** In order to assist the National Federations, the IJF Academy has partnered with Semmelweis University Faculty of Physical Education and Sport Sciences, to deliver three classes of certification for their technical staff: Instructor, Coach and Pro Licence. The Coach syllabus emphasizes theoretical subjects and the practical skills of coaching.

**WHO?** The Coach course (Level 2) is designed to be an introduction to performance coaching for coaches who have performed well at Level 1 Instructor Course and have gained enough level of coaching specialisation at club level, as per the entry requirements.

**HOW LONG?** The Coach Course is delivered through 11 weeks of theory and 1 week of assessment and practical in Hungary.

**LANGUAGE** At present, regular courses are available in English. For other languages, please refer to Special Courses

Contents delivered online (MOODLE) over 11 weeks

### SOCIAL SCIENCE BLOCK

- Coaching Principles II (Teaching Methodology)
- Culture of Judo II
- History of Judo II
- Role of the Judo Coach

### NATURAL SCIENCE BLOCK

- Biomechanics 1
- Nutrition and hydration 2 (with anti-doping component)
- Injury Management
- Safety 2

### COACHING BLOCK

- Training Methodology 2
- Periodization 1
- Sport Organisation Rules 1
- Judo organisations 2
- Refereeing Rules 2

## 1 Course per Semester - 2 Semesters per Year

### Semester 1

#### Inscription

5<sup>th</sup> Jan. – 1<sup>st</sup> Feb. 2015

#### Theory

31<sup>st</sup> Feb. - 10<sup>th</sup> May 2015

#### Residential

June 7<sup>th</sup> - 14<sup>th</sup> 2015

### Semester 2

#### Inscription

15<sup>th</sup> June – 12<sup>th</sup> July 2015

#### Theory

10<sup>th</sup> Aug. - 25<sup>th</sup> Oct. 2015

#### Residential

Dec. 13<sup>th</sup> - 20<sup>th</sup> 2015

### ENTRY REQUIREMENTS

- Minimum 20 years of age
- 2<sup>nd</sup> DAN Black Belt
- Technical Level: Go Kyo, Nage No Kata & Katame No Kata
- Applicants must have covered theory & practice of Level 1. More information of process to access Level 2 can be acquired from the IJF Academy

### COSTS PER PERSON

- 11 Weeks Online Course
  - 1 week practical in Budapest with 7 nights accommodation full board:
- US \$ 1,600** (Flights not included)

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**WHY?** The IJF appreciates that the development and running of a National Coach Education and Certification System might be beyond some Federations' resources.

**WHAT?** In order to assist the National Federations, the IJF Academy has partnered with Semmelweis University Faculty of Physical Education and Sport Sciences, to deliver three classes of certification for their technical staff: Instructor, Coach and Pro Licence. The Coach syllabus emphasizes theoretical subjects and the practical skills of coaching.

**WHO?** The Pro Licence course (Level 3) is designed to be an introduction to performance coaching for coaches who have performed well at Level 2 and have gained a level of coaching specialisation in National and Regional activities. The Pro Licence syllabus emphasizes theoretical subjects and the practical skills of coaching.

**HOW LONG?** The Pro Licence Course is delivered through 21 weeks of theory and 2 weeks of assessment and practical in Hungary.

**LANGUAGE** The courses are held in English.

### The first Level 3 course will start in 2016

Contents delivered  
on line (MOODLE)  
over 21 weeks

#### SOCIAL SCIENCE BLOCK

- Dual Career and Social Inclusion
- Leadership and Event Management
- Role of the Judo Advanced Coach
- History of Judo 3
- Culture of Judo 3

#### NATURAL SCIENCE BLOCK

- Biomechanics 2
- Exercise Physiology 2
- Nutrition and hydration 3 (with anti-doping component)
- Safety 3

#### COACHING BLOCK

- Training Methodology 3
- Long-term Athlete Dev.
- Long-term Judoka Dev.
- Performance Analysis
- Periodization 2
- Sport Organisation Rules 2
- Judo organisations 3
- Refereeing Rules 3
- Talent Identification
- Strategies and Tactics

#### ENTRY REQUIREMENTS

- Minimum 22 years of age
- 3rd DAN Black Belt
- Technical Level: Go Kyo, Nage No Kata & Katame No Kata
- Applicants must have covered theory & practice of Level 1 and 2. More information of process to access Level 3 can be acquired from the IJF Academy

#### COSTS

- 21 Weeks Online Course
- 2 weeks practical in Budapest with 14 nights accommodation full board:  
**US \$ 2,600** (Flights not included)

#### APPLICATION AND REGISTRATION

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**WHY?** The Federations might have the venues to run a National Coach Education and Certification system, but not the knowhow and expertise.

**HOW?** The IJF is offering National Federations the opportunity to opt for the organisation of the Practical Residential in their own country or in regional areas for their own students in closed groups of approximately 25 students.

**LANGUAGE** All 3 courses (Instructor Certificate, Coach Certificate, Pro Licence Diploma) may be run in the own language of the federation. The IJF will provide the academic and theory material in English, and the Federation translates the material in their own language. The material translated remains the property of the IJF.

### COURSE DELIVERY

• **Theory subjects:** The course will include all the modules in the English version of the courses (please refer to the Course Description in the separate brochures), the difference being that the Theory documents in the new language will be uploaded on Moodle, a software e-learning platform, together with the English version. Tests and Exams, as well as the calendar and other useful information, will be open to show the new languages. The IJF will appoint a coordinator of the theoretical part from the given country, and all communication by email is forwarded to him/her.

Upon start of the residential, there will be an extra 3 days for a recapitulative tuition on the academic subjects, followed by a final exam covering all subjects, conducted under supervision. The students need to achieve at least 60% mark in all modules to proceed to the Practical part.



**Practical subjects / Residential:** The Practical Part is run by IJF tutors, accompanied by interpreters, in the venue chosen by the Federation. During this course, the student coaches will be assessed and graded. A First Aid course shall be also organised by the Federation for the student coaches, for the Instructor Level.

### COURSE DATES

Dates are established upon agreement with the National Federation and the Academy, in accordance with the Academy schedule and the availability of the Tutors.

### COSTS

	Level 1	Level 2	Level 3
Theory (per group of max 25 students)	\$ 3, 860	\$ 3,920	\$ 7,320
Fees (per student)	\$ 415	\$ 551	\$ 827
First Aid Course	In charge of NF	-	-
Translation Fees	In charge of NF		
Accommodation of 2/3 IJF Experts	In charge of NF		
Flight of 2/3 IJF Experts	IJF support		
Experts Indemnity	IJF support		

To the administration costs above, the following costs are added: Accommodation for the participants of the course during the residential. In case of Level 1, the Federation would also need to organise a First Aid Certification course for the instructors – preferably with the help of the local Red Cross. The International Judo Federation can support a part of these costs, should there be need for this type of assistance. Students and National Federations can opt to request Olympic Solidarity support, only through their NOC. For further information on possibilities to finance your course, do not hesitate to contact us at [academy@ijf.org](mailto:academy@ijf.org)