

**Code:** 41813

**Professional qualification to be acquired:** a coach (a trainer) of a kind of sport

**Program accredited:** up to December, 31, 2023

**Study type:** Full time studies

**Study length:** 2 years

**Program amount:** 80 CP (120 ECTS)

**Tuition fee (per year):** 1785 EUR /year

**Study language:** English (for foreign students)

**Program director:** ILONA BLEKTE

Phone: +371 67543420 e-mail: [Ilona.Blekte@lspa.lv](mailto:Ilona.Blekte@lspa.lv) LASE, Build A, 2<sup>nd</sup> floor, room 223

### Contact persons:

International study coordinator Iveta Boge, e-mail: [Iveta.Boge@lspa.lv](mailto:Iveta.Boge@lspa.lv)

### Program aim:

1. To train sports coaches (trainers), to promote their mental and physical development, to develop a free, responsible and creative individual.
2. To provide conditions and promote future coaches' (trainers') acquiring of knowledge and skills in correspondence with sports coach fourth qualification level standard requirements, to facilitate development of competitive professionals.
3. To facilitate motivation to further educate to acquire second level professional higher education and fifth level professional qualification.

### Program content:

General pedagogy  
Adult pedagogy  
General psychology  
Development psychology  
Sport psychology  
Sport philosophy  
Professional ethics  
Basics of business  
Management theory  
Documentation  
Project development  
Basics of law  
Accountancy  
Anatomy  
Basics of physiology  
Age physiology  
Sport physiology

Basics of biochemistry  
Sport medicine  
Hygiene  
Basics of training theory (children, youth)  
Basics of sports biomechanics  
Sport theory  
Sport history

Sport management  
Sport training theory, methodology and pedagogical development  
Basics and didactics of gymnastics  
Basics and didactics of acrobatics  
Basics and didactics of aerobics  
Basics and didactics of track and field athletics  
Basics and didactics of handball  
Basics and didactics of volleyball  
Basics and didactics of basketball

Basics of professional communication  
Camp study

Basics of athletic conditioning  
Outdoor games and plays  
Basics of wrestling  
Nutrition study  
Games

Nutrition and physical load  
Basics of public speech  
Sports in multicultural environment

Sports ecology and civil defense  
Practice (Internship)

**Final examinations:**

State final examination – qualification examination, which includes:

1. Working out and defence of the Qualification Paper.
2. State final examination in specialty.

**Further education possibility:** to study in Professional Bachelor higher education program „SPORT SCIENCE" (Code 42813)