



Športna **unija** Slovenije



EuroVolNet workshop – Frankfurt 2011

Sports Union of Slovenia



The Sports Union of Slovenia is a national sports organization, which unites numerous Slovene sports clubs and societies dealing with sport and recreation and physical education. A wide choice of different sport interests, which the Union combines, dictates a well considered and harmonized operation, which is what the management especially strives for.

OUR MAIN PROJECTS:

- WITH THE WIND IN HAIR



- HEALTHY CLUB



- NATURE FRIENDLY SPORTS



- ŠUS ACADEMY



ŠUS Academy



- The aim of the Academy is to organize planned lifelong and quality education for staff in the field of sport and recreation in Slovenia.
- The basic program comprises from the implementation:
 - * of licensed training for instructors, coaches and trainers of sport and recreation
 - * of the annual international seminar Management of Sport for All,
 - * the Slovene Forum for Sport for All
 - * professional training to obtain qualifications for the coordinators of licensed programs of sport and recreation.
- With this project we would like to offer a quality education for people working in clubs on the field of sport and recreation. A lot of these “stuff” does not have formal legal qualification to lead sport programs and this is a chance for them to get the competence to work in sport.

Education for sport recreation instructors

ŠUS education programme comprises of the implementation of licensed training for coaches and trainers of sport and recreation. The program consists of three parts:

- **Medical part** (10 hours):
 - Basics of Anatomy
 - Basics of Physiology
 - First aid
 - Prevention in sport recreation
 - Psychological approach – motivation



Education for sport recreation instructors

- **Humanistic part** (10 hours):
 - History of sport
 - Ethics in sport
 - Legislation in sport
 - Pedagogy and Andragogy in sport
 - Management in sport



Education for sport recreation instructors

- **Sport part** (40 hours):
 - Basic theory and methodology of sports training
 - Basic motoric
 - Basic structure and function of the locomotor system
 - Structure of training unit
 - Forms and training methods in sport recreation
 - Safety of participants
 - Practice of different training methods and organizational forms



Education for sport recreation instructors

- All topics are live presented and after presentation complete material is uploaded in virtual classroom. The program ends with exam, a questioner consisting of 30 questions, regarding topics of sport and recreation and it is available on the internet. Participants have to click on the right answer chosen between four options. The exam is time limited and participants have to achieve a high percent to pass it.
- The e-exam cover theory knowledge, seminar task cover theory and practical knowledge and competence.
- The cost for participants is 300 eur, for partners of Slovenian Sport union the price is 150 eur.
- The cost for the organization is payment of lecturers (cca. 3.000 eur), educational material (cca. 500 eur), establishment of internet portal – virtual classroom (one time cost 2.000 eur + several upgrades).

Education for sport recreation instructors

- The main purpose of our education is that the people working in clubs all over Slovenia will be able to get non-formal appropriate qualifications to work in sport recreation. Most of these “stuff” are volunteers and they work as instructors even before getting the licence. After passing the exam they became a sport recreation instructors and they can lead a recreation training proces.



Thank you for your attention

