

# **Outline of employability courses available through the Supporting Champions Online School**

## Appendix of learning objectives by course

### KICKSTART PERFORMANCE SKILLS

<b>Introductory modules</b>	
Introduction to the course	You will be able to recognise what this course is about and identify the value this course will bring in achieving the goal of becoming a practitioner
Introduction to Steve Ingham and Supporting Champions	You will be able to recognise the experience of the tutor and the breadth of experience in Supporting Champions
Course orientation	You will be able to recognise the style, format and content of the Kickstart performance Skills course
<b>Creating your future</b>	
What type of career are you hoping for?	At the conclusion of this section you will be able to identify the type of career you are aspiring towards
Understanding the reality of prospects in sports and performance	At the conclusion of this section you will be able to recognise the current status and work prospects for students in sport and exercise science
What can you currently do?	At the conclusion of this section you will be able to recognise the gap between learning in a university setting and the world of work
University compared sports and performance and the problem this course aims to solve	At the conclusion of this section you will be able to recognise the gap between learning in a university setting and the world of work
<b>Understanding work in sports performance</b>	
Introduction to the demands of working in sports and performance	This video introduces the section on the demand of working in sports and performance environments
Case Study: Five x Olympic Champion Sir Steve Redgrave	At the conclusion of this section you will be able to recognise the perspectives of elite athletes and propose responses to athlete needs
Characteristics of work in sports and performance	At the conclusion of this section you will be able to contrast the difference in the world of high performance sport with university study
Formats of working: Individual, partnerships and teams	At the conclusion of this section you will be able to contrast the different formats of working and what that requires of you.
Taking stock and taking action	At the conclusion of this section you will be able to recognise the priorities of future clients and your focus in sports performance
Developing context and a performance focus	At the conclusion of this section you will be able to apply performance determinants thinking to your own personal skills
<b>Developing priority skills</b>	
Introduction to applied craft skills	At the conclusion of this section you will be able to identify the risks and opportunities from the developing, craft skills to future career success

Case study: Lessons from the 2008 Beijing Olympics	At the conclusion of this section you will be able to recognise the skills that are most likely to be evaluated, tested and required to thrive in high performance
Priority professional skills	At the conclusion of this section you will be able to recognise the importance of character and attitude, self-management, teamship
<b>Growing your abilities and developing experience</b>	
Introduction to growing your abilities	At the conclusion of this section you will be able to recognise the four key areas for you to progress through to grow your professional skills
The switch in philosophy for applied practice	At the conclusion of this section you will be able to apply a performance focused philosophy to working with people
Growing your abilities, skills and applying your knowledge and experience in support of others	At the conclusion of this section you will be able to develop a structure and plan to grow your abilities
Stage 1. Group together and discuss issues	At the conclusion of this section you will be able to organise group discussions on hot topics in sports, society, life and the world to develop your team interaction skills
Stage 2. Developing know-how of applying knowledge	At the conclusion of this section you will be able to generate a case for you to prescribe advice
Stage 3: Developing the skill of advising others	At the conclusion of this section you will be able to recognise the importance of and be able to practice personal sporting and exercise training and development goals
Stage 4: Finding work experience	At the conclusion of this section you will be able to identify and develop opportunities to for work experience
Starting well when engaging with people	At the conclusion of this section you will be able to prepare your initial conversations with proposed work experience clients
<b>Thriving in work and studies</b>	
Introduction	At the conclusion of this section you will be able to recognise the need to enhance your skill in work and studies
Reflective practice	At the conclusion of this section you will be able to perform reflective practice to review initial performance
Reflective example	At the conclusion of this section you will be recognise the use of reflective practice in developing your performance
Developing professionalism in work	At the conclusion of this section you will be able to identify key behaviours and perspectives to prioritise for your work performance
Thriving in your studies	At the conclusion of this section you will be able to recognise key skills to increase studying performance
Recap and final thoughts	At the conclusion of this section you will be able to organise personal performance plan to manage demand

## GRADUATE TO PERFORMANCE

<b>Introduction and orientation</b>	
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Introduction to the course	At the conclusion of this section you will be able to recognise what this course is about and identify the value this course will bring as you transition from study to work
Course orientation	At the conclusion of this section you will be able to recognise the course contents and how you can best consume and utilise the information
<b>Transition</b>	
Starting your transition	At the conclusion of this section you will be able to recognise your current situation, the reality at graduation and the most important area to put your efforts into
Major work routes and options	At the conclusion of this section you will be able to recognise the current employment climate, including institutional, professional, private and gig options
Myths, opportunities and challenges	At the conclusion of this section you will be able to identify common misconceptions and opportunities for you to progress
<b>Curating your portfolio</b>	
Major mistakes at this stage	At the conclusion of this section you will be able to recognise the key areas to differentiate yourself from the rest of the graduate pool
Create your CV backwards	At the conclusion of this section you will be able to apply a framework for your personal development ahead
Upgrading your experience	At the conclusion of this section you will be able to generate a shortlist of focused work opportunities that will increase your employability
Networking	At the conclusion of this section you will be able to identify key influencers in the target work sphere and how to establish a working relationship with them
Unpaid internships	At the conclusion of this section you will be able to recognise the positives and negatives of unpaid internships and utilise a decision making matrix to establish whether they are right for you
<b>Applying for jobs</b>	
Mindset for applying for jobs	At the conclusion of this section you will be able to recognise the success and failure rate, the necessity to reflect and adapt and persist
Where to look for jobs	At the conclusion of this section you will be able to identify the primary places jobs are advertised and the differences between them
Job advert diagnosis	At the conclusion of this section you will be able to recognise the explicit and implicit aspects of job description details and how it can inform your development
Doing your homework	At the conclusion of this section you will be able to generate a plan of activity to research intended employers and sources of work to inform your approach
Writing your CV	At the conclusion of this section you will be able to develop an effective CV
Writing your letter, sections	At the conclusion of this section you will be able to generate a compelling application letter
Online presence	At the conclusion of this section you will be able to review and enhance your online presence as a source of credibility and as a tool for your work applications
Video pitch	At the conclusion of this section you will be able to structure and develop a video pitch for work
<b>Interviewing for jobs</b>	

Mindset for interviews	At the conclusion of this section you will be able to recognise the priorities of the employer and the priorities for your attention
Interview formats (inc virtual)	At the conclusion of this section you will be able to recognise the major types of interview format and how they vary
LIVE: Pre-interview engagement	At the conclusion of this section you will be able to observe and refine your pre-interview engagement
LIVE: Interview start	At the conclusion of this section you will be able to observe and practice the important initial impressions for an interview
LIVE: Interview presentations	At the conclusion of this section you will be able to observe and practice the delivery of an interview presentation
LIVE: Interview technical questions	At the conclusion of this section you will be able to observe and practice questions about underpinning knowledge
LIVE: Interview performance questions	At the conclusion of this section you will be able to observe and practice questions about performance
LIVE: Interview team questions	At the conclusion of this section you will be able to observe and practice questions about teamworking
LIVE: Interview personal questions	At the conclusion of this section you will be able to observe and practice questions about teamworking
LIVE: Final questions	At the conclusion of this section you will be able to observe and refine the end of the interview to leave a lasting impression
LIVE: Group interviews, practical test, problem solving tasks	At the conclusion of this section you will be able to observe and understand the dynamics in group interviews
LIVE: Interview outcome and feedback	At the conclusion of this section you will be able to observe and refine your opportunity for feedback after an interview
<b>Critical skills for buy-in and engagement</b>	
Hunger, humility, hubris	At the conclusion of this section you will be able to identify and develop key attributes to position yourself to effectively engage with people
Rapport and body language	At the conclusion of this section you will be able to recognise and be able to practice developing rapport and positive body language as a form of communication
Questioning, listening, summarising	At the conclusion of this section you will be able to recognise and be able to skills of questioning, listening and summarising as a means to develop buy-in
Understanding and capturing the need	At the conclusion of this section you will be able to establish how to establish you client's needs
Interdisciplinary skills	At the conclusion of this section you will be able to identify methods and dynamics important for effective team working
<b>Career path interviews</b>	
The number one mistake when thinking about careers	At the conclusion of this section you will be able recognise the value in understanding the career paths for the breadth of inter-disciplinary teams
Career route overviews	This section gives you an introduction to the various career routes that predominate in sports science support for high performance teams.
Biomechanist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a biomechanist

Nutritionist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a nutritionist
Performance Analyst	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a performance analyst
Performance lifestyle	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a performance lifestyle advisor
Physiologist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a physiologist
Physiotherapist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a physiotherapist
Psychologist	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a psychologist
Strength and Conditioning	At the conclusion of this section you will be able to recognise the career path, professional requirements, skills, knowledge and resources for a strength and conditioning coach