



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aatikd.co.za · Website: www.aatikd.co.za

COURSE BROCHURE

Sports Code Specialisation For Specific Disciplines Training

Culture and Arts / Sport

Unit Standard 117142 · NQF Level 5 · 20 Credits · 17 Days

COURSE OVERVIEW

This course equips learners with the specialised knowledge and practical skills required to analyse, design, and implement sport-specific training programmes for various disciplines. It focuses on the biomechanical, physiological, and psychological demands of different sports, enabling practitioners to optimise athletic performance while minimising injury risk. The course bridges theoretical principles with applied practice, preparing learners to work effectively in diverse sporting contexts.

Category	Culture and Arts
Subfield	Sport
Unit Standard	117142
Accreditation	SAQA Accredited · NQF Level 5 · 20 Credits
Duration	17 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyse the biomechanical, physiological, and psychological demands of a selected sport discipline.
- Design a periodised training programme that addresses sport-specific energy systems, movement patterns, and injury prevention.
- Implement sport-specific drills and conditioning exercises to enhance performance and reduce injury risk.
- Evaluate training adaptations using appropriate performance metrics and adjust programmes accordingly.
- Demonstrate the application of recovery and nutrition strategies tailored to the demands of the sport.
- Apply ethical principles and safety guidelines in the delivery of sport-specific training.

WHO SHOULD ATTEND

- This course is ideal for sports coaches, fitness trainers, biokineticists, and sports science students who wish to deepen their expertise in sport-specific conditioning and programme design.
- It is also suitable for athletes transitioning into coaching roles.

COURSE OUTLINE

Day 1: Introduction to Sports Code Specialisation

- Overview of sports code specialisation and its importance.
- Roles and responsibilities of coaches, officials, and administrators.
- South African sports legislation: SAQA, NQF, and relevant bodies.
- Introduction to Unit Standard 117142.
- Ethical considerations in sports specialisation.
- Career pathways in sports code specialisation.

Day 2: Fundamentals of Sports Science and Anatomy

- Skeletal and muscular systems overview.
- Cardiovascular and respiratory systems in exercise.
- Energy systems: ATP-PC, glycolytic, oxidative.
- Basic biomechanics: levers, force, motion.
- Practical: identifying muscles and joint actions.
- Injury prevention through anatomical awareness.

Day 3: Sport-Specific Technical Skills Analysis

- Phases of skill execution: preparation, execution, recovery.
- Sport-specific examples: kicking, throwing, batting.
- Video analysis tools and techniques.
- Common technical errors and corrections.
- Practical: analysing a sport skill video.
- Feedback models: sandwich, corrective.

Day 4: Tactical Awareness and Decision Making

- Tactical concepts: space, time, risk, pressure.
- Decision-making models: recognition-primed, analytical.
- Scouting opponents and pattern recognition.
- Tactical periodisation in training.
- Practical: designing a tactical drill.
- Case studies of successful tactical adaptations.

Day 5: Conditioning and Fitness Programming

- Components of fitness for specific sports.
- Periodisation models: linear, undulating, block.
- Fitness testing protocols and interpretation.
- Training load monitoring: RPE, heart rate, GPS.
- Recovery strategies: active, passive, nutrition.
- Practical: designing a 4-week conditioning cycle.

Day 6: Nutrition and Hydration for Performance

- Energy balance and macronutrient timing.
- Micronutrients: iron, calcium, vitamin D.
- Hydration strategies before, during, after exercise.
- Sports supplements: evidence-based use.
- Practical: creating a pre-competition meal plan.

- Eating disorders and RED-S awareness.

Day 7: Psychology of Sports Performance

- Psychological skills training: goal setting, imagery, self-talk.
- Arousal regulation: relaxation, energising.
- Concentration and focus strategies.
- Team cohesion and leadership.
- Practical: guided imagery session.
- Case studies: overcoming performance slumps.

Day 8: Injury Prevention and Basic First Aid

- Common injuries: sprains, strains, fractures.
- Prevention: warm-up, cool-down, proprioception.
- RICE protocol and when to seek medical aid.
- Emergency action plans for sports venues.
- Practical: taping and bracing techniques.
- Concussion recognition and management.

Day 9: Coaching Methodologies and Practice Design

- Coaching styles: autocratic, democratic, holistic.
- Session planning: warm-up, main activity, cool-down.
- Teaching progressions: part-whole, whole-part-whole.
- Differentiating instruction for diverse learners.
- Practical: designing and delivering a micro-coaching session.
- Reflective practice for coaches.

Day 10: Talent Identification and Development

- Talent identification criteria: physical, technical, psychological.
- LTAD stages: fundamentals, training to train, etc.
- Developmental programmes: academies, school sport.
- Challenges: burnout, dropout, early specialisation.
- Practical: assessing talent using a rubric.
- Case studies: successful talent pathways in SA.

Day 11: Sports Management and Event Organisation

- Event planning: timeline, venue, equipment.
- Budgeting: income, expenses, sponsorship.
- Risk management and insurance.
- Volunteer management and communication.
- Practical: creating an event plan for a tournament.
- Post-event evaluation and reporting.

Day 12: Rules, Officiating, and Fair Play

- Rule book analysis and interpretation.
- Officiating techniques: positioning, signals, communication.
- Fair play principles and codes of conduct.
- Dealing with dissent and misconduct.
- Practical: officiating a simulated game.
- Case studies: controversial decisions.

Day 13: Technology and Innovation in Sport

- Performance analysis software: Dartfish, Hudl.
- Wearables: GPS, heart rate monitors, accelerometers.
- Data interpretation and visualisation.
- Innovations: video assistant referee, goal-line tech.
- Practical: using a performance analysis tool.
- Ethical issues: data ownership, consent.

Day 14: Special Populations and Inclusive Sport

- Classification systems in para-sport.
- Coaching strategies for athletes with disabilities.
- Gender diversity and transgender athletes.
- Cultural sensitivity and language barriers.
- Practical: adapting a sport for inclusivity.
- Case studies: successful inclusive programmes.

Day 15: Research and Evidence-Based Practice

- Research methodologies: quantitative, qualitative, mixed.
- Literature searching and critical appraisal.
- Evidence-based practice cycle.
- Designing a simple intervention study.
- Practical: developing a research proposal.
- Presenting data: tables, graphs, reports.

Day 16: Professional Development and Portfolio Building

- Coaching philosophy statement.
- Reflective practice models: Gibbs, Kolb.
- Portfolio components: lesson plans, evaluations, CPD.
- Networking and mentorship opportunities.
- Practical: drafting a personal development plan.
- Mock assessment interview preparation.

Day 17: Integration, Assessment, and Certification

- Integrated case study: designing a specialisation programme.
- Summative assessment: written exam and practical demonstration.
- Feedback session and gap analysis.
- Certification ceremony.
- Action planning for post-course implementation.
- Course evaluation and future learning pathways.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **20 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 56,500.00	R 56,500.00
1	In-House	R 73,400.00	R 73,400.00
1	On-Campus (Pretoria)	R 84,700.00	R 84,700.00

UPCOMING SESSIONS

Start	End	Method	Venue
31 Jul 2026	24 Aug 2026	On-Campus	Mauritius
03 Aug 2026	25 Aug 2026	On-Campus	Dubai, UAE
04 Aug 2026	26 Aug 2026	On-Campus	Pretoria, South Africa
04 Aug 2026	26 Aug 2026	On-Campus	Lagos, Nigeria
05 Aug 2026	27 Aug 2026	On-Campus	Johannesburg, South Africa
06 Aug 2026	28 Aug 2026	On-Campus	Mauritius
07 Aug 2026	31 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	01 Sep 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

- 1. Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 117142) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
- 2. Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
- 3. Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
- 4. Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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