

<b>Course:</b>	Physical Literacy
<b>Course Type:</b>	CPD For Coaches
<b>Course Fee:</b>	Free to Scottish Rowing Members/ £25 non SR member
<b>Date:</b>	20 <sup>th</sup> August 2018
<b>Venue:</b>	Scottish Rowing Scottish Rowing Centre 366 Hamilton Road Motherwell ML1 3ED  Tel: 01698 250206
<b>Start Time:</b>	6pm
<b>Finish Time:</b>	9pm
<b>Workshop duration:</b>	3 hours
<b>Workshop focus:</b>	Session coaches and Club Coaches (Level 2)
<b>Number of candidates</b>	20

### Physical literacy

This is a practical workshop, Candidates will be required to wear suitable gym clothing and shoes

### The role of physical literacy in athlete development - Coach Connect

Watch this short introduction to the topic: <https://youtu.be/tIE5rHOHhFQ>

By the end of this workshop you will be able to:

- Recognise and understand what foundation movements are and the value they have within their sport.
- Understand the impact of foundation movement on long-term athlete development and injury reduction
- Understand how foundation movements can be taught, identified and developed.
- Explore how these movements can be introduced and developed within your own sessions.

Booking for this workshop is to be made through the Scottish Rowing membership system. Places are free for Scottish Rowing licence holders. [Click here to go directly to the course booking page.](#)