The integrative Finnish coaching and instructor education (VOK) model

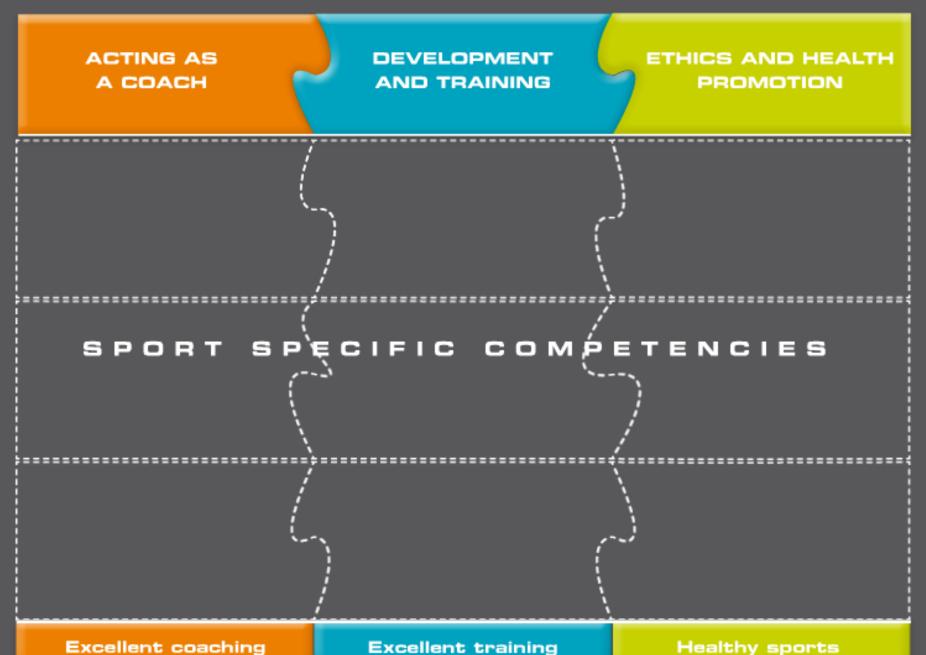
Finnish coaching and instructor education system (VOK) offers common structure and learning philosophy for every sport. VOK is a tool for the developers of coaching education in each sport. It offers a frame for federation based education systems with defining common educational content to all sports and giving examples of learning tasks and assessments for learning. Ethics and health promotion is one of the three common competencies in the Finnish education system. With acting as a coach and development and training health enhancing is included in all three levels of coaching and instructor education. Level one focuses on a single training session, level two on planning and implementing a training year and level three on comprehensive support of athletic career. The whole life course is taken into account at all three levels of the education: in both recreational sports and elite sports.

As health promotion is included throughout the system as one of the competencies every federation adds in their sport specific viewpoint to this frame. For example nutrition has different emphasis on different sports.

Basic structure of coaching education

BASIC STRUCTURE OF FINNISH COACHING EDUCATION

- a tool for planners and developers of coaching education in federation-based education
- offers a common structure and learning philosophy for all coaching education
- defines competencies and educational content common to all sports
- offers examples of learning tasks and assessment of learning





Excellent training





Excellent training



Excellent training



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Excellent coaching

Excellent training



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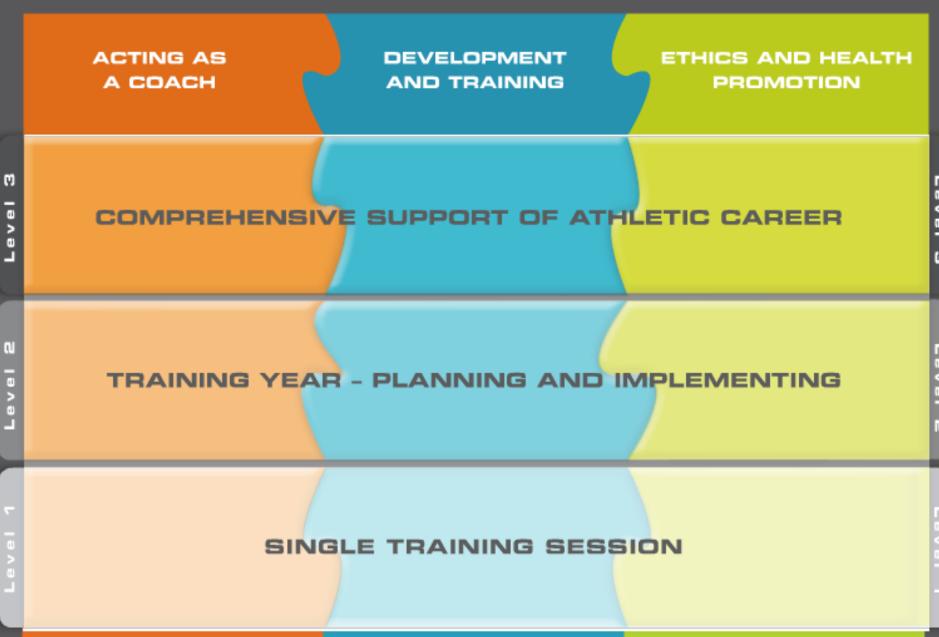
Excellent coaching

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