

## OmniAthlete Performance Foundation Course



Enjoy Early-Bird Rate for  
Registrations before 1 July 2023!

The Omniathlete Performance Foundation Course is built up in a modular way such as to provide s&c coaches, sports scientists and rehab professional all the foundational theoretical and practical tools to properly understand and manage high performance principles application on the field. The different units are interconnected and delivered in order to provide a practical understanding of the complexity of human performance. At the end of the course, each student will be able to understand the principle underpinning human performance and how to apply them practically in relation to the development of strength, speed and endurance qualities.

### Course Duration

31 hours over 5 days

- (Day 1 – 2) 5 hours for online class
- (Day 3 – 5) 7 hours for in-person class

### Course Dates (Next Intake)

(Day 1 – 2) 6 – 7 October 2023  
(Day 3 – 5) 20 – 22 October 2023

### Course Fees

\$1,900.00  
(\*\$1,700 early bird price for registrations before 1 July 2023)

### Registration Deadline

5 September 2023

### Recommended for

Coaches and fitness trainers who works closely with athletes/clients with sporting background, and are looking to upgrade and upskill to improve sport performance.

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## Course Objectives

Upon successful completion of the course, participants will understand the following key learning outcomes:

- Understanding of the principles outlining adaptations in sport, how to manage training organization in-season and off-season, how to deal and communicate with team members.
- Advanced understanding of the principles governing speed development, how to design training programs for speed, how to coach speed mechanics and how to use drills to progress coaching skill.
- Understanding the concept of athlete testing and profiling, learning how to use modern technologies for testing performance, learning how to screen for movement efficiency.
- Advanced understanding of the principles governing strength development, how to design training programs for strength and power, how to select exercises for strength and their relation with sport-specific skills.
- Advanced understanding of the principles governing energy systems training and fueling for exercise, how to design training programs for endurance development, understanding of the principles of HIIT.
- Understanding the importance of recovery in sport and the most effective recovery methods, understanding of the basics of sports nutrition and how to manage nutrients for supporting performance and promote recovery.

## Course Syllabus Course Instructor

Please refer to page 3 for detailed course syllabus and class schedule.

Antonio Robustelli is a High Performance Consultant working all over the world since 22 years with a background crossing sport science, strength & conditioning and sports medicine. He has been consulting and coaching with athletes competing in the last 4 Olympics, with professional teams in football, basketball and baseball as well as Federation and Governing Bodies. Currently he works as a consultant for Olympic athletes and professional football teams in Europe and Asia as well as a Faculty Member and Lecturer at Setanta College (Ireland) and Course Managing Director at the Lviv University (Ukraine).



## Award

Upon completion of the course, each participant will be awarded **Certificate of Completion of Omniathlete Performance Foundation Course**

## Venue

**International Sports Academy (City Campus)**  
143 Cecil Street  
GB Building, #26-01  
Singapore 069542

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## Course Schedule

<b>Day 1 - 2</b> <b>6 Oct 2023 (Fri) and 7 Oct 2023 (Sat)</b> <b>12pm-6pm (w/ 1 hr break)</b> <b>Delivered online via Zoom</b>	
<b>UNIT 1</b> <b>High Performance Training: Theory and Application</b> <ul style="list-style-type: none"> <li>Foundations of Training Theory</li> <li>Methodological Aspects of High Performance Training</li> <li>Developing Robustness</li> <li>Models of Training Organization and Design</li> <li>Training for Peaking</li> <li>High Performance Environment: Individual and Team Sports</li> <li>Developing a High Performance</li> <li>Mindset: an Applied Psychology Approach</li> </ul>	<b>UNIT 6</b> <b>Performance Nutrition and Recovery</b> <ul style="list-style-type: none"> <li>Recovery and Regeneration: Terms and Definitions</li> <li>The Science of Recovery and RTP</li> <li>Practical Applications of Recovery Methods</li> <li>Assessing Readiness to Perform</li> <li>Foundations of Sports Nutrition</li> <li>Assessing Nutritional Needs in Athletes</li> <li>Food Choices and Nutrients in Athletes</li> <li>Nutrition Strategies to Support Peak</li> <li>Performance and Recovery</li> <li>Nutrition, Immune Function and Sleep</li> </ul>
<b>Day 3 - 5</b> <b>20 Oct 2023 (Fri), 21 Oct 2023 (Sat) and 22 Oct 2023 (Sun)</b> <b>9am-5pm (w/ 1 hr break)</b> <b>Delivered in person at ISA</b>	
<b>UNIT 2</b> <b>Foundations of Speed: Mechanics and Training</b> <ul style="list-style-type: none"> <li>Foundations of Human Locomotion and Speed: Physiology and Biomechanics</li> <li>Designing Speed Development Programs</li> <li>Hip and Foot Function in Gait</li> <li>Pelvic Balance, Core and Movement Coordination</li> <li>Linear and Multidirectional Speed</li> <li>COD and Agility</li> <li>Teaching and Coaching Speed Mechanics</li> </ul>	<b>UNIT 3</b> <b>Foundations of Athlete Assessment and Screening</b> <ul style="list-style-type: none"> <li>The Concept of Athlete Profiling</li> <li>KPI's Recognition and Monitoring</li> <li>The High Performance Map Model: Screening Movement and Testing Performance</li> <li>Applied Sports Technology: Testing Speed, Power and Strength</li> <li>Foundations of Jump Testing</li> <li>Foundations of VBT Monitoring</li> <li>Foundations of GPS and HR Monitoring</li> </ul>
<b>UNIT 4</b> <b>Foundations of Strength and Power: Neurophysiology and Training</b> <ul style="list-style-type: none"> <li>Foundations of Biomechanics of Strength and Power</li> <li>Neurophysiology of Strength Development</li> <li>Strength Training and Sport Performance</li> <li>Designing Strength Development Programs</li> <li>Exercise Selection and Specificity</li> <li>Teaching and Coaching Strength Training Mechanics</li> </ul>	<b>UNIT 5</b> <b>Foundations of Endurance and Energy Systems</b> <ul style="list-style-type: none"> <li>Foundations of Exercise Bioenergetics and Energy Systems</li> <li>Foundations of Endurance Development in Sport</li> <li>Aerobic vs Anaerobic Endurance</li> <li>Designing Endurance Development Programs</li> <li>Endurance Development in Team Sports</li> <li>Principles of HIIT</li> <li>Methods for Endurance Training</li> </ul>

Please note that course dates and times are subject to change at the discretion of the International Sports Academy.