



HIGH PERFORMANCE  
SPORT NEW ZEALAND

# WĀ KĀINGA CORE KNOWLEDGE

SHARED KNOWLEDGE TO INSPIRE COACH AND ATHLETE PERFORMANCE

## WHAT IS CORE KNOWLEDGE?

Core Knowledge is an HPSNZ-supported national initiative for coach and athlete development. Coaches' participation is endorsed through their NSO and regions. The aim is to ensure that athletes gain the benefit of a holistic and integrated approach from coaches who understand and manage the complexity of their craft.

Body in Motion	Energy Systems	Professional Practice	Performance Impact
<p><b>Performance and Technique Analysis</b></p> <p>Develop an understanding of the physics and biomechanics that govern sporting technique, as well as common methods of performance measurement within the sporting environment.</p> <p><b>Physical Performance</b></p> <p>Develop an understanding of the principles of physical performance as well as the knowledge and skill to integrate conditioning programs into the overall training and competition plans for athletes and teams.</p>	<p><b>Performance Nutrition</b></p> <p>Develop an understanding of the key pillars of nutrition, which can positively influence performance, health and training adaptation.</p> <p><b>Physiology</b></p> <p>Develop an understanding of the energy systems and their application for session design and programme planning for performance.</p>	<p>Develop an understanding of the coaches' professional role within the context of high-performance sport, including areas of leadership, management, ethics, and legal responsibilities.</p>	<p>Develop an understanding of the art of coaching and its influence on performance outcomes, with a particular focus on intrapersonal, interpersonal, and teaching and learning skills.</p>

## CK COACH FEEDBACK



**Reiterated learnings - made me think what I was saying and actually doing? Finds some new gold nuggets to utilise - all very valuable."**



**I found the way the programme (three days of learning) was implemented was the most valuable. How the presenters used social construction and collaboration created a strong learning environment where we could share knowledge and experiences across code."**

# CORE KNOWLEDGE CONTENT OVERVIEW, AS AT 07/22

<b>Body in Motion 1</b>
Performance and Technique Analysis: Underpinning constraints of human motion. Physics laws and how they affect sports performance. Sports performance determinants. Physical Performance conditioning: Long Term Athletic Development and not limiting an athletes physical ceiling. Principles of training, progressive overload and periodisation. Science of Strength and Power training.
<b>Body in Motion 2</b>
Performance and Technique Analysis: Performance Modelling and planning for end in mind performance planning. Benchmarking and gap analysis. Physical Performance conditioning: Load monitoring and preparing for end in mind performance. Wellbeing and psychology surrounding injury. Getting back on track to end in mind performance after injury and day to day physical monitoring.
<b>Body in Motion 3</b>
Optimising performance programming and appropriate prioritising of physical compents. Maximising each component of Physical Performance, the big rocks, the 5%ers and the 1%ers.
<b>Energy Systems 1</b>
Physiology and energy systems: Introduction to how knowledge of these systems and the General Adaptation Syndrome informs effective exercise prescription. Energy Availability and Application: RED-S / LEA – understanding and case studies, specific energy systems nutrient requirements - introduction, carbohydrate availability science and practice, performance health: Dr Megan Ogilvie – RED-S (Whispa)
<b>Energy Systems 2</b>
Enhance understanding of the physiological and energy systems adaptations encompassed in the FITT training principles. Supplement contamination and ergogenic aids in performance. Nutrition - Protein and Adaptation plus Carbohydrates and Performance, Performance Psychology: Dr Warrick Wood – Athlete Stress
<b>Energy Systems 3</b>
Explore how the physiological and energy systems adapt with time and examine strategies to balance stress and recovery to optimise competition performance. Nutrition and physiological Considerations for Preparation and Performing in Competition (Environmental, timing, ,travel, health, novel recovery strategies, periodisation planning).
<b>Professional Practice 1</b>
Leading Change, Leading a Growth Culture Ethics and Standards – Knowing the Line Performance Psychology – Mental Health and Sports Psych, Diversity and Inclusion, Coach Wellbeing, Reflective Practice
<b>Professional Practice 2</b>
Leading Psychologically Safe Environments Ethics and Standards – Gender Awareness Wellbeing and Transition – Wellbeing Focus Performance Health – Medical and Therapies, Reflective Practice
<b>Professional Practice 3</b>
Performance Psychology – Mental Health and Sports Psych Legal / Ethics – Case Studies, Coach Wellbeing Transition and Wellbeing – Transition Focus, Reflective Practice
<b>Performance Impact 1</b>
Intra / Interpersonal Skills – Who am I, Who are You, Who are We? Self-Awareness, Knowledge Frameworks, Performance Planning, Innovation, Reflective Practice
<b>Performance Impact 2</b>
Performance Review, Skill Learning, Innovation Coaching and Learning Reflective Practice
<b>Performance Impact 3</b>
Leading a Campaign Theme, Coaching and Learning, Skill Learning, Performance Planning, Diversity, Reflective Practice

# 2023 CALENDAR

Participants should prioritise up to 6 modules for 2023 (You can make your choice from any year in your preferred priority order). You will likely be allocated a maximum of 4 of these modules.

After being endorsed by your NSO you will be sent a link in the 2nd week of October to prioritise your workshops.

The modules can be entered in any order.

Online is available for those who cannot meet face to face timings you will need to have a very good reason. Please see your NSO to make the case for this option.

	Workshop Date	Module	Venue
1	Wed 1st – Fri 3rd Feb	Body in Motion 1	Cambridge
2	Tue 7th – Thu 9th Feb	Energy Systems 1	ONLINE
3	Mon 13th – Wed 15th Feb	Professional Practice 1	Cambridge
<b>Week Free</b>			
4	Mon 27th – Wed 1st Mar	Performance Impact 1	Christchurch
5	Wed 1st – Fri 3rd Mar	Body in Motion 2	Dunedin
6	Wed 8th – Fri 10th Mar	Energy Systems 2	ONLINE
7	Mon 13th – Wed 15th Mar	Professional Practice 2	Christchurch
8	Mon 20th – Wed 22nd Mar	Performance Impact 2	Cambridge
9	Wed 22nd – Fri 24th Mar	Body in Motion 3	Christchurch
<b>Week Free</b>			
10	Mon 3rd – Wed 5th Apr	Energy Systems 3	Christchurch
<b>Easter Fri 7th – Monday 10th April</b>			
<b>School Holidays 11th – 23rd April</b>			
11	Wed 12th – Fri 14th Apr	Professional Practice 3	Auckland
12	Mon 17th – Wed 19th Apr	Performance Impact 3	Auckland
13	Wed 19th – Fri 21st Apr	Body in Motion 1	ONLINE
<b>Week Free – ANZAC Day Tuesday 25th April</b>			
14	Mon 1st – Wed 3rd May	Energy Systems 1	Invercargill
15	Wed 3rd – Fri 5th May	Professional Practice 1	Christchurch
<b>Week Free</b>			
16	Tue 16th – Thu 18th May	Performance Impact 1	Auckland
17	Mon 22nd – Wed 24th May	Body in Motion 2	ONLINE
18	Mon 29th – Wed 31st May	Energy Systems 2	Cambridge
19	Wed 31st Jul – Fri 2nd Jun	Body in Motion 3	Auckland
<b>Queens Birthday 5th June – Week Free</b>			
20	Wed 7th – Fri 9th Jun	Professional Practice 2	Auckland
21	Mon 12th – Wed 14th Jun	Performance Impact 2	Auckland
22	Wed 21st – Fri 23rd Jun	Energy Systems 3	Auckland
<b>Week Free</b>			
<b>School Holidays 3rd – 14th July</b>			
23	Wed 5th – Fri 7th Jul	Professional Practice 3	Wellington
24	Mon 10th – Wed 12th Jul	Performance Impact 3	Dunedin
<b>Matariki – Friday 14th July</b>			
<b>13/7 – 20/8 break from delivery. Potential to run 2-day review in Auckland late July</b>			
25	Mon 21st – Wed 23rd Aug	Energy Systems 1	Auckland
26	Wed 30th – Fri 1st Sep	Professional Practice 1	Auckland
27	Mon 4th – Wed 6th Sep	Performance Impact 1	Taupo
28	Wed 6th – Fri 8th Sep	Body in Motion 1	Christchurch
<b>Week Free</b>			
29	Mon 18th – Wed 20th Sep	Body in Motion 2	Auckland
30	Wed 20th – Fri 22nd Sep	Energy Systems 2	Christchurch
<b>School Holidays 25th September – 6th October</b>			
31	Tue 26th – Thu 28th Sep	Professional Practice 2	Hastings
32	Mon 2nd – Wed 4th Oct	Performance Impact 2	Christchurch
<b>Week Free</b>			
33	Mon 16th – Wed 18th Oct	Energy Systems 3	ONLINE
34	Wed 18th – Fri 20th Oct	Body in Motion 3	ONLINE
<b>Labour Day – Monday 23rd October</b>			
35	Tue 24th – Thu 26th Oct	Professional Practice 3	Christchurch
36	Mon 30th Oct – Wed 1st Nov	Performance Impact 3	Cambridge

## CK TARGETED COACHES ARE:

- Coaches on the NZ Performance pathway who are coaching pre-HP and/or HP athletes.
- Performance coaches who intend to transition into the HP space.
- Athletes at the latter stage of their career keen to pursue a career in coaching, or athletes who have recently retired and who have transitioned into coaching.