

Coach Education – Climbing

Two-year on-line/Distance Learning Education

The dream of becoming a professional Climbing Coach begins here

Coach Education - Climbing is organised by Dalarna University in collaboration with the Swedish Climbing Federation. It is a two-year on-line/distance learning education running 50% part-time, i.e. 8 terms with 1 to 4 in-person meetings per term (nominally 4 years to complete the whole course package of 180 University Credits). You can sign up for the programme one semester at a time. This education package is aimed at those who want to take the next step in their climbing career and train to become a professional coach. This is a suitable programme for those who want the possibility to continue to invest in their competition climbing career while studying, or for those who are experienced trainers but want to deepen their knowledge on a theoretical level. Maybe you have the goal of becoming a coach or a tutor for the Swedish Climbing Federation or a climbing gym while keeping abreast of the latest findings in climbing training.

The programme includes pedagogical, human biology, social sciences and humanities disciplines, which are also part of the main field of sports and health sciences. You will, among other things, study physiology and anatomy courses, climbing injury courses, physical education training, pedagogy, Personal Trainer course, sports entrepreneurship, federation and associated studies, route-setting for coaches and age-adapted climbing training. You will be taught by some of the foremost authorities in training and climbing at the European level. Climbing training is also highlighted from an international perspective. The sport of climbing will also be linked to sustainable development and its importance for achieving Agenda 2030 and the UN's 17 global goals. Some parts of the courses may be held in English. The education develops your climbing-specific trainer skills to work with children, adolescents and adults at both the exercise and competition levels. The courses in climbing didactics include practical experience that require deeper climbing skills. At the completion of the whole course you will be able to obtain the Swedish Climbing Federation Trainer Education.

The structure of the education programme

The first year begins with courses in sports psychology, sports nutrition, sports medicine, sports organisation, entrepreneurship, and media as well as climbing didactics and risk assessment and management.

The second year covers climbing didactics for youth and adult climbers, as well as climbing for different target groups. There is a focus on didactics of climbing-specific movement skills and the basics of route-setting for coaches.

The third year of the programme includes a course which highlights the scientific approach to coaching and there are courses in functional anatomy, biomechanics, physiology, didactics for competitive climbers and advanced route-setting for coaches. The fourth year focusses on the principles in training and competition, motor control and learning, sports pedagogy and ties together the scientific methods and approaches that previous courses have dealt with. Here, the focus is on an individually selected area.

Post-educational benefits

After completing the studies for climbing coach in Sports and Health Sciences, you will have the skills to work as a professional climbing trainer. You will have the skills to apply to become a tutor for the Swedish Climbing Federation education programme or a national team coach. You will also have the option during the courses to complete or update the indoor instructor license, obtain the Swedish Climbing Federation Trainer Education certification.

Courses in the programme

All courses are included in the main area of sport and health sciences.

1st Term

- Sports Psychology, 5 cr*
- Sports Nutrition and Sports Medicine, 5 cr*
- Sports organisation, Entrepreneurship and Media, 5 cr*

2nd Term

- Basic Climbing Didactics, Risk Assessment and Management, 15 cr*



3rd Term

- Climbing Didactics 2: Climbing for Life, 15 cr*

4th Term

- Climbing Didactics 3: Movement Analysis, Basic Route-setting for Coaches, 15 cr*

5th Term

- Climbing Coaching, 2 cr*
- Functional Anatomy, 3 cr*
- Biomechanics, 5 cr*
- Basic Physiology and Applied Sport Physiology, 5 cr*

6th Term

- Climbing Didactics 4: Training for Competition, Advanced Route-setting for Coaches, 15 cr*

7th Term

- Principles of Training & Competition, 7.5 cr*
- Motor Control and Learning, 5 cr*
- Sport Pedagogy, 2.5 cr*

8th Term

- Sports Science Research Methods, 5 cr*
- Specialisation in Coaching, 5 cr*
- Undergraduate Dissertation for Degree in Sports and Health Science, 5 cr*

Important dates Autumn semester 2022

15 March	Online registration opens
19 April	Last day to register
3 May	Last day to pay registration fee or proof of exemption ¹
April – June	Check for information
21 June	Last day to submit supplementary information ¹
12 July	Decision regarding admission with requirement to respond
22 July	Last day to respond
28 July	Second decision regarding admission
29 Aug	Course start

¹ See [antagning.se](https://www.antagning.se)

How to apply for the coach package –Climbing

Find the courses via <https://www.antagning.se/se/start>

1. Select Högskolan Dalarna and HT 2022
2. Then type in the green box Course Packet: H3D2H (Climbing Coach) which you are seeking
3. Then you have to submit the application and wait for the admission notice
4. Decision on admission will be received on July 12 with a requirement to respond. By July 22, you must respond to your acceptance message to be sure to reserve your place
5. Attention! If you have not studied at Dalarna University before, you need to create an account. If you have problems creating an account at Dalarna University, please contact: support@du.se
6. At least two weeks before the start of the course, you must register for the next course: Registration & User Account

<https://www.du.se/sv/Utbildning/under-studierna/registrering/>

Contact e-mail for more information at Dalarna University: ehw@du.se; ksb@du.se

Contact person at the Swedish Climbing Federation:
Johanna.Wernqvist@klatterforbundet.rf.se

Admission Requirements

You must have basic qualifications for college studies or equivalent skills.

For more information on eligibility requirements, please contact the study counsellors at Dalarna University.



[klatterforbundet.se](https://www.klatterforbundet.se)



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