

ETHOS PERFORMANCE INTERNSHIP PROGRAM OBJECTIVES LIST

Learning Objectives (Broad): Upon completion of the internship with Ethos Performance

1. Learn the nature of coaching relating to communication styles, responsibility, industry expectations & attaining employment
2. Learn the sequence and reasoning behind warm ups- active/dynamic work
3. Learn the theoretical principles of strength training
4. Learn the relationship between the Force-Velocity curve & its applications
5. Learn Olympic lift progressions (top/down model)
6. Learn the theoretical principles of plyometric training
7. Learn the mechanisms behind the stretch shortening cycle
8. Learn the theory behind what speed training is
9. Learn the difference between acceleration and max velocity
10. Learn the theoretical principles of speed training
11. Learn the difference between energy systems and how to develop them accordingly
12. Learn the Ethos 'Rotational Quadrant' system regarding rotational power development
13. Learn how to profile/assess an athlete and individualize accordingly
14. Learn the concepts of planning & periodization
15. Learn how to design and implement a program

The stated objectives above will be achieved by:

1. Meer lecturing theory module weekly
2. Clear theoretical and practical objectives for each module to be assessed and completed.
3. Individual module quizzes.
4. Practice and rehearsal delivered during hours at the facility (Practical components).
5. Practice and rehearsal with classmates and ASSISTING with athlete sessions
6. Practice and rehearsal daily with classmates and IMPLEMENTING in sessions
7. Practice and rehearsal with Meer & other Ethos coaches
8. Daily practice with clients and self-practice
9. Daily practice with client's post-session
10. Shadowing Meer with specific cases
11. Constant support of programming & planning with Meer.