



Instructions for O-Sport Technical Training Courses

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Chapter 1

Introduction, Definitions and Terminology

Introduction:

The instructions for the technical training courses of O-Sport were developed according to international standards and have been approved by the executive committee. This instruction foresees the educational goals and specialized topics for official technical courses, the following content of each course that is taught at different levels with the same order and combination of topics but with specialized content related to each of the branches recognized and with the aim of training specialized human resources. And the balanced development reaches the hearing and opinion of the audience. The complementary research mission of this committee is to try to compile and continuously update the topics, educational content and technical regulations of the sports branches recognized.

Definitions and Terminology:

Instructions for Technical Training Courses: This regulation has been compiled with the aim of reviewing, planning, implementing and implementing all technical training programs, additional knowledge-building courses, etc. at different levels and fields according to the approved laws.

Training Courses: Courses that expand and transfer knowledge and skills to people who want it, and these activities provide the motivation and path to achieve the goals of the interested people and develop related human resources.

Technical Courses: In the form of courses to improve the level of knowledge and skills of athletes, coaches and referees, they are planned and implemented in the basic level from preliminary and bases 5 to 1 and advanced level from one star to five stars in the fields recognized.

Complementary Knowledge-Enhancing Courses: These various courses are designed and held according to the needs and progress in the development of human resources in order to maintain and update the level of knowledge and skills, issue and renew certificates of various technical courses, prepare for the implementation of projects, etc. for each member.

Chapter 2

Objectives of this Instruction

Objectives:

- 1) Creating a suitable platform for the expansion of the recognized disciplines among the target communities and the general public.
- 2) Encouraging members and maintaining their physical, mental and technical fitness throughout the year in order to prevent a decrease in their abilities.
- 3) Creating a suitable environment for identifying and nurturing talents and using the scientific potential of experts and experts related to the recognized fields.
- 4) Benefiting from the capacity of experts to raise the quantitative and qualitative level of education.
- 5) Creating coordination between recognized organizations to align with long-term educational and research goals.
- 6) Improving the scientific and experimental level of coaches, umpires, players and all active members at the national and international levels.
- 7) Identification and development of internal capacities related to educational and research activities.
- 8) Identifying and employing effective and well-known activists related to the fields recognized.
- 9) Forming a database and establishing effective communication with researchers and experts in this field.
- 10) Identification of the network of potential and actual applicants.
- 11) Supervision of the good implementation of training courses in all planned periods, in accordance with short-term, medium-term and long-term goals.
- 12) Verification of the scientific and experimental qualifications of the instructors of the courses.

Chapter 3

Executive Programs

Preliminary Technical Course

General Purpose:

Getting to know the basic rules, playing field, equipment and playing method.

Special Objectives:

- 1) Getting to know the basic rules and methods of playing in the desired field of the course.
- 2) Getting to know the technical specifications of the playing courts in the desired field of the course.
- 3) Getting to know the equipment in the desired field of the course.

Course Curriculum:

- 1) Teaching the basic rules of the game in the desired field of the course.
- 2) Review the general specifications of the necessary equipment to play in the desired field of the course.
- 3) Overview of the general characteristics of land and facilities in the field of the course.

Course Prerequisites:

This training course does not require prerequisites.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 12 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents and actively participating in the certificate period, the certificate is issued and the validity period of this certificate is one year from the date of issuance and cannot be extended. Applicants must upgrade their technical level through official courses within the deadline, otherwise they will be required to take the same course again.

Level 1 Technical Course

General Purpose:

Getting to know the rules, types of playing courts, types of equipment and methods of playing.

Special Objectives:

- 1) Getting to know the rules and methods of playing in the desired field of the course.
- 2) Familiarization with the technical characteristics of playing courts in the desired field of the course.
- 3) Getting to know the equipment and their differences in the desired field of the course.

Course Curriculum:

- 1) Teaching the rules of the game in the desired field of the course.
- 2) Review the specifications of the necessary equipment and their differences to play in the desired field of the course.
- 3) Reviewing the characteristics of land types and facilities in the desired field of the course.

Course Prerequisites:

To participate in this course, the applicant must present the certificate of the preliminary technical course.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 12 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents and actively participating in the certificate period, the certificate is issued and the validity period of this certificate is one year from the date of issuance and cannot be extended. Applicants must upgrade their technical level through official courses within the deadline, otherwise they will be required to take the same course again

Level 2 Technical Course

General Purpose:

Familiarity with game techniques, playing courts design and how to choose equipment.

Special Objectives:

- 1) Getting to know the game techniques in the desired field of the course.
- 2) Getting to know the principles of playing courts design in the desired field of the course.
- 3) Getting to know how to choose equipment in the desired field of the course.

Course Curriculum:

- 1) Teaching game techniques in the desired field of the course.
- 2) Review how to choose the necessary equipment to play in the desired field of the course.
- 3) Review the principles of land and facility design in the desired field of the course.

Course Prerequisites:

To participate in this course, the applicant must present the level 1 technical course certificate.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 14 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents and actively participating in the certificate period, the certificate is issued and the validity period of this certificate is one year from the date of issuance and cannot be extended. Applicants must upgrade their technical level through official courses within the deadline, otherwise they will be required to take the same course again.

Level 3 Technical Course

General Purpose:

Getting to know game techniques and tactics and how to choose equipment.

Special Objectives:

- 1) Familiarization with game techniques in the desired field of the course.
- 2) Getting to know the tactics of the game in the desired field of the course.
- 3) Getting to know how to choose equipment in the desired field of the course.

Course Curriculum:

- 1) Teaching game techniques in the desired field of the course.
- 2) Review how to choose the necessary equipment to play in the desired field of the course.
- 3) Teaching game tactics in the desired field of the course.

Course Prerequisites:

In order to participate in this course, the applicant must present the level 2 technical course certificate.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 15 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents and actively participating in the certificate period, the certificate is issued and the validity period of this certificate is one year from the date of issuance and cannot be extended. Applicants must upgrade their technical level through official courses within the deadline, otherwise they will be required to take the same course again.

Single-Star Technical Course

General Purpose:

Familiarity with general international rules, game techniques and tactics to be prepared for the first level coaching course.

Special Objectives:

- 1) Getting to know the general rules of the international game in the desired field of the course.
- 2) Familiarity with playing techniques in an official international competition in the desired field of the course.
- 3) Familiarity with game tactics in an official international competition in the desired field of the course.

Course Curriculum:

- 1) Teaching the international rules of the game in the desired field of the course.
- 2) Theoretical and practical teaching of international game techniques in the desired field of the course.
- 3) Theoretical and practical teaching of international game tactics in the desired field of the course.
- 4) Practical training on how to use skills in the competition in the desired field of the course.

Course Prerequisites:

In order to participate in this course, the applicant must present the level 3 technical course certificate and approved additional technical and knowledge-enhancing courses.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 17 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents, active participation in the course and success in the relevant tests, a certificate is issued and the validity period of this certificate is one year from the date of issuance and cannot be extended. Applicants must upgrade their technical level through official courses within the deadline, otherwise they will be required to take the same course again.

Two-Star Technical Course

General Purpose:

Familiarity with international rules, techniques, tactics and team skills in the game.

Special Objectives:

- 1) Familiarity with the international rules of the game in the desired field of the course.
- 2) Getting to know the techniques and tactics of the game in the desired field of the course.
- 3) Getting to know the team game skills in the desired field of the course.

Course Curriculum:

- 1) Teaching the international rules of the game in the desired field of the course.
- 2) Theoretical and practical teaching of game techniques in the desired field of the course.
- 3) Theoretical and practical teaching of game tactics in the desired field of the course.
- 4) Practical training on how to use skills in the competition in the desired field of the course.
- 5) Practical training of team game skills in the competition in the desired field of the course.

Course Prerequisites:

In order to participate in this course, the applicant must present the certificate of the single-star technical course and approved additional technical courses and knowledge enhancement.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 18 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents, active participation in the course and success in the relevant tests, a certificate is issued and the validity period of this certificate is one year from the date of issuance. Applicants must upgrade their technical level through official courses within the deadline, otherwise they will be required to retake the same course with the above conditions. In order to renew the certificate in the conditions of unwillingness to attend higher level courses, it is necessary to participate in approved complementary courses in order to retrain and gain the necessary points. In order to renew the certificate, in addition to the documents listed in the above-mentioned paragraphs one to five, as well as the approved documents for the mentioned complementary courses, 30% of the approved course fee will be charged from the applicants.

Three-Star Technical Course

General Purpose:

Familiarity with techniques, tactics and advanced team skills in the game.

Special Objectives:

- 1) Familiarity with advanced game techniques in the field of the course.
- 2) Familiarity with advanced game tactics in the field of the course.
- 3) Familiarity with advanced team skills in the desired field of the course.

Course Curriculum:

- 1) Teaching advanced skills according to different positions in the competition in the desired field of the course.
- 2) Theoretical and practical training of advanced game techniques in the desired field of the course.
- 3) Theoretical and practical training of advanced game tactics in the desired field of the course.
- 4) Practical training on how to use skills at different times within a competition in the desired field of the course.
- 5) Practical training of advanced team skills in the competition in the desired field of the course.

Course Prerequisites:

In order to participate in this course, the applicant must present a two-star technical course certificate and approved additional technical and knowledge-enhancing courses.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 18 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents, actively participating in the course and passing the relevant tests, a certificate is issued and the validity period of this certificate is two years from the date of issuance. Applicants must upgrade their technical level through official courses within the deadline, otherwise they will be required to retake the same course with the above conditions. In order to renew the certificate in the conditions of unwillingness to attend higher level courses, it is necessary to participate in approved complementary courses in order to retrain and obtain the necessary points. In order to renew the certificate, in addition to the documents listed in the above-mentioned paragraphs one to five, as well as the approved documents for the mentioned complementary courses, 30% of the approved course fee will be charged from the applicants.

Four-Star Technical Course

General Purpose:

Familiarity with advanced skills and how to choose the correct position in the game.

Special Objectives:

- 1) Familiarity with advanced game skills according to the performance of the international elites of the course.
- 2) Getting to know how to choose the correct position in the team competition in the desired field of the course.
- 3) Getting to know how to apply skills in accordance with the complex tactics of competitors in the desired field of the course.

Course Curriculum:

- 1) Teaching advanced skills of practice and performance based on the patterns of international elites in the competition in the desired field of the course.
- 2) Teaching how to choose different positions in a team game.
- 3) Theoretical and practical training of game design in the conditions of advanced competitor tactics.
- 4) Teaching mental skills necessary to manage the game in various conditions in official competitions.

Course Prerequisites:

In order to participate in this course, the applicant must present a three-star technical course certificate and approved additional technical and knowledge-enhancing courses.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 18 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents, actively participating in the course and passing the relevant tests, a certificate is issued and the validity period of this certificate is two years from the date of issuance. In order to renew the certificate, the applicants must regularly participate in approved complementary courses in order to retrain and earn the necessary points. In order to renew the certificate, in addition to the documents listed in the above-mentioned paragraphs one to five, as well as the approved documents for the mentioned complementary courses, 30% of the approved course fee will be charged from the applicants.

Five-Star Technical Course

General Purpose:

Getting to know the skills of directing the game and how to change the post in the game.

Special Objectives:

- 1) Getting to know the skills of leading the game according to the performance of the international elites of the course.
- 2) Knowing how to change the correct position in the team competition in the desired field of the course.

Course Curriculum:

- 1) Teaching game management skills in an international competition in the desired field of the course.
- 2) Teaching how to change different positions in a team game.
- 3) Teaching mental skills necessary to manage the game in various conditions in official competitions.

Course Prerequisites:

In order to participate in this course, the applicant must present the certificate of the four-star technical course and the approved additional technical and knowledge-enhancing courses.

Requirements and Documents Required to Participate in the Course:

- 1) Being at least 18 years old.
- 2) Letter of introduction from one of the member national federations.
- 3) Copy of passport or national identity card.
- 4) Completing the payment of the registration fee for the course.
- 5) Having the necessary personal equipment to participate in the course.

Certificate Issuance and Renewal:

After completing the above documents, actively participating in the course and passing the relevant tests, a certificate is issued and the validity period of this certificate is two years from the date of issuance. In order to renew the certificate, the applicants must regularly participate in approved complementary courses in order to retrain and earn the necessary points. In order to renew the certificate, in addition to the documents listed in the above-mentioned paragraphs one to five, as well as the approved documents for the mentioned complementary courses, 30% of the approved course fee will be charged from the applicants.

How to Determine the Instructor of Technical Courses?

In order to train specialized human resources with the aim of teaching in technical courses, creating a comprehensive system in technical education, integrating teaching principles and harmonizing the teaching procedure and presenting experiences and updating the knowledge and information of the audience, according to the requirements of this directive, experienced and qualified lecturers were selected. and in this regard, it can also use introduced people with valid bachelor's degrees.