



« Teacher Training VisioMoov »

Online Physical Activity, APA & Sport

CONTEXT

Because of COVID 19, all over the world confinement is the rule, for an unknown period of time. Many teachers, coaches, organizations provide online tools to motivate everyone to be physically active while at home : guidelines, videos, etc. There is in most cases no interaction nor feedback. Many suffer from loneliness and inactivity while others face difficulties to work at home with their children or parents to take care.

Mooven is a resource center combining both expertise and research. We offer digital services and human accompaniment through VisioMoov®. We allow everyone benefit from a personalized online and live program of sport and physical activity adapted to their living context, health, in the scope of evidence based non medicated interventions.

In order to reach as many persons as possible, we need to expand the number of VisioMoov® trainers all over the world. Mooven proposes a **14 hours online training to become a VisioMoov® Teacher** who will then propose online sessions to coaches, APA professionals to become **VisioMoovTrainers®**.

OBJECTIVES

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- Provide online training sessions to coaches, APA professionals to teach them how to provide secured online and live physical activity, APA and sport programs to everyone, everywhere.
- Join the network of VisioMoov® teachers and have access to resources and to the connected collaborative PA & health platform certified as a health data host.
- Master the use of the platform

INFORMATION

PEDAGOGY

Pedagogical tools to teach online both theoretical and practical sessions

Following part of the coach VisioMoov training

Interactive courses & communication in English

Experiment the use of the platform

MOOVEN TEACHERS

Teachers and Professors in APA with a Phd and experience on initial and in-service training

TIME FRAME

(adjustable)
14 hours
+ 2 optional hours to learn how to use the platform

INDIVIDUAL FEES

During COVID confinement low fees

- 280€ or
- **Free participation** with engagement to Provide one free training to VisioMoov coaches in their language / country

LOCATION

From where you live or work

REQUIREMENTS

- Having a good internet connection + web cam if computer or with a smartphone or a tablet
- **Signature of a contract with a noncompete clause**

PROFESSIONAL TRAINING

SCHEDULE

Note: Due to the diverse locations of the participants and their daily duties, we propose 2 different sessions with the same content to ensure everyone can follow the training: 3 hours twice a week, in the morning or the afternoon. The participants must follow all 4 sessions within the same group. They can also join the optional module on the presentation and use of the platform.

Based on CET :

Dates	Group 1	Group 2
01/06/20	2pm-5pm module 1	
02/06/20		9am-12am module 1
03/06/20	2pm-5pm module 2	
04/06/20		9am-12am module 2
08/06/20	2pm-5pm module 3	
09/06/20		9am-12am module 3
10/06/20	2pm-5pm module 4	
11/06/20		9am-12am module 4
15/06/20	2pm-4pm OPTIONAL module 5 (platform)	
16/06/20		10 am-12am OPTIONAL module 5 (platform)

The detailed content of each module will be sent later. All modules besides the 1st one will be based both on theoretical elements / presentations and workshops. All participants will have to be active, interact with each other. Between each module, documents, videos will be provided to the participants to be read / seen prior to the next one. All PPT or resource used during the training will be provided.

Module 1	Presentation of the participants and Mooven's teachers Presentation of the training session : objectives, contents, pedagogical approaches Presentation of Mooven, IFAPA, UNESCO and ICSSPE collaboration plans
Module 2	Pedagogical posture and approaches to teach online, ensure security and successful learning: key elements and tools to be able to teach the modules 1 and 2 of the Coach Viviomoov Training*
Module 3	Pedagogical approaches: key elements and tools to be able to teach the modules 3 and 4 of the Coach Viviomoov Training*
Module 4	Evaluation : tools and perspectives . Presentation of a global research project on the impact of the use of IT and AI in Sport / APA / taining and coaching Evaluation / feedback on the Visiomoov Teacher Training and perspectives
Module 5	Presentation of the platform and workshop to learn how to use it

* See annex next page

ANNEX : CONTENTS OF THE COACH VISIOMOOV© TRAINING

Module 1 – IT tools and security recommendations

- The advantages and benefits of visioconferencing in Physical activity and sport coaching
- How visioconferencing works
- Solving IT problems

Module 2 – Remote security

- First aid review
- Prevention of incidents
- The diagnostic interview

Module 3 – Create online interactions - Posture and pedagogical tools

- How to be positionned in front of the camera
- Strengthen the motivation and social relationships despite online / distance settings

Module 4 – Online practice sessions



> For more details :

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