



PSM

Performance Sport Movement Award

overview



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SAQ®

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World Leaders in the Benefits of Human Movement



PSM
Performance Sport
Movement Award

one day award

a practical, interactive course
delivering real skills for everyone





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Movement Award

Outline

This is a practical one or two day interactive course designed to deliver real skills to all abilities.

SAQ PSM Training is a system of progressive exercise and instruction aimed at perfecting fundamental motor abilities, further developing balance, proprioception, eye hand foot coordination ultimately linking skill acquisition to sports specific movement.

The Performance Sports Movement Continuum is major focus, is the transfer of physical training conditioning skills to sports specific, group and individual performance.

SAQ International has identified for many years the need to establish the importance of linking physical skill acquisition to sports specific elite performance which currently is rarely seen in the world of strength and conditioning.

All coaches, trainers and managers want athletes with explosive acceleration, lightning responses and reaction, control of movement, sports specific awareness and an application and reduced incidents of injury.

All athletes whatever their shape and size, whether young or old, elite professional or amateur can improve their fundamental movements and their transfer to sports specific specificity, this will result in genuine performance improvements, more enjoyment and greater success in the chosen sport.



Aims

To provide Managers, Coaches, Trainers, Teachers, Parents and those involved in all sports either elite or amateur, recreational physical activity, health and fitness and physical education with knowledge and practical skills in SAQ Performance Sports Movement Training.

- To demonstrate the roll of SAQ Performance Sports Movement Training improving fundamental movement and the transfer of training skill acquisition to athletic sports performance.
- To be able to demonstrate SAQ activities and present a short practical session taken from the SAQ Continuum.
- To learn importance health and safety considerations.
- To understand how SAQ Performance Sports Movement Training can be applied to achieve sports group and individual performance targets and achieve personal goals.



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Assessment

- On-going assessment of practical competence
- Design & deliver a short session from the SAQ® Continuum.
- A Multiple Choice Questionnaire completed at home.

Programme

- The Award typically runs from 9am – 5pm
- Each of the 6 phases of the SAQ® Continuum are introduced using video and power point, followed by practical performance and review.
- Delegates are advised to attend wearing sports clothing and to bring plenty of water. Lunch is not normally provided.
- If a delegate is unable to perform practically, they will still be able to complete the Award successfully.

Award Status

- World SAQ Qualification Organisation
- REPs - 8 points for course plus 2 for home study
- Dyspraxia Foundation Endorsed
- World SAQ Qualification Organisation Level 2 + endorsed by Sport Specific Skill Acquisition Association

Delegates will take away:

- A comprehensive resource book.
- DVD summarising SAQ training for sports performance.
- Knowledge and insight on how to best use Performance Sports Training and the SAQ Continuum to create a first class training environment for athletes of all sports.
- Improve transfer of movement skills to sports performance skill acquisition.
- Create challenging and enjoyable training and conditioning sessions.
- Integrate and apply specialised equipment as part of training conditioning environment.
- Learn how to reduce injuries and improve recovery times.



SAQ Continuum

- **Dynamic Flex** - Warm-up on the move
- **Mechanics** - The development of running form.
- **Innervation** - Fast feet, agility and control.
- **Accumulation of Potential** - Bringing together the previous in an SAQ training circuit.
- **Explosion** - The development of explosive 3 step multi-directional acceleration.
- **Expression of Potential** - Short competitive team games that prepare players for the next level of training.
- **Warm down** - reverse of **Dynamic Flex**



Effective conditioning of female soccer players By R Polman

We compared the efficacy of three physical conditioning programmes provided over a 12 week period (24h in total) on selected anthropometric and physical fitness parameters in female soccer players.

Two of the groups received physical conditioning training in accordance with speed, agility and quickness (SAQ); one group used specialized resistance and speed development SAQ equipment (equipment group; n=12), while the other group used traditional soccer coaching equipment (non-equipment group; n=12).

A third group received their regular fitness sessions (active control group; n=12). All three interventions decreased ($P < 0.001$) the participants' body mass index (- 3.7%) and fat percentage (- 1.7%), and increased their flexibility (+14.7%) and maximal aerobic capacity ($\dot{V}O_{2max}$) (+18.4%).

The participants in the equipment and non-equipment conditioning groups showed significantly ($P < 0.005$) greater benefits from their training programme than those in the active control group by performing significantly better on the sprint to fatigue (- 11.6% for both the equipment and non-equipment groups versus - 6.2% for the active control group), 25m sprint (- 4.4% vs - 0.7%), left (- 4.5% vs - 1.0%) and right (- 4.0% vs - 1.4%) side agility, and vertical (+18.5% vs +4.8%) and horizontal (+7.7% vs +1.6%) power tests.

Some of these differences in improvements in physical fitness between the equipment and non-equipment conditioning groups on the one hand and the active control group on the other hand were probably due to the specificity of the training programmes.

It was concluded that SAQ training principles appear to be effective in the physical conditioning of female soccer players. Moreover, these principles can be implemented during whole team training sessions without the need for specialized SAQ equipment. Finally, more research is required to establish the relationship between physical fitness and soccer performance as well as the principles underlying the improvements seen through the implementation of SAQ training programmes.



Who should attend?

Managers, Coaches, Strength & Conditioners, Personal Trainers, Physiotherapists, Teachers, Parents – literally anyone with a keen interest in sport, fitness, exercise and movement development.

NB REPS registered delegates should have any Level 2 Coaching / Training Award as a prerequisite.

Feedback:

"Brilliant day full of fun and lots of learning. I have learnt more about SAQ and also ways in which you can teach the continuum to young children all the way through to adults. - Alice Usen.

"Harry has been a fantastic tutor. Very Approachable and willing to help and explain things if you are unsure. - Tony Millar

"The SAQ® Programme is the most influential performance enhancing tool that I have seen. The presence of the SAQ® Programme, with its accompanying qualified SAQ® Trainers puts the northern hemisphere a long way in front." Bob Dwyer, Director of Rugby NSW Waratahs (from Foreword to 'SAQ® Rugby')

"An amazing course - the best inset I have ever been to" Matt Lloyd, Devizes School Award evaluation

In addition to 'superb' I could also add 'inspiring', 'challenging', 'highly motivational' and 'educational'. To have learned so much in one day and have an opportunity to put the principles into practice was quite exhilarating." John Davis FACA





A brief introduction to: Speed, Agility, Quickness International

During the past 20 years SAQ® International have developed a number of ground breaking movement based training programmes placed locally and nationally. The programmes meet with approval and success, linking sports clubs, schools, community organisations and families. This positive effect on personal and community development leads to:

- Elite Sports Performance
- The Development of Gifted and Talented Youngsters
- Achieving Fundamental and Developmental Movement Targets Within the Educational System
- Community Physical Activity Levels Reducing Obesity, Diabetes and helping with its Prevention
- General Health and Healthy Eating Special Educational Needs
- Early Developmental Movement (Early Years Intervention Programmes)

how we've done it ?

SAQ® Training programmes are continually developed through independent and quality assured, evidence based processes using nationally recognised training awards and packages, the provision of first class resources and the supply of practical, functional equipment and expert hands-on consultancy.

Programmes have been designed so that they are cost efficient, sustainable and effective over short, mid and long term periods, resulting in maximum impact at a minimum cost.



and who likes it *

"SAQ® sessions were a popular 'change' and appear to offer a relatively intense mode of physical activity which compares most favourably with other traditional PE curriculum areas."

"The use of SAQ® sessions may well prove to be useful in engaging children in health promoting physical activity."

"The introduction of 'fun' circuit classes, in conjunction with SAQ® equipment provides an excellent vehicle to deliver bouts of vigorous exercise for children."

* Evidenced Based Research - 44 primary schools, 882 children evaluated by Durham University UK.





PSM One Day Training Award

The **Performance Sport Movement Award** provides coaches, trainers, teachers, parents, and those involved in all sports, recreational physical activity, health & fitness and physical education with knowledge and practical skills in SAQ® PSM Training.



eEMP One Day Training Award

The **Early Essential Movement Patterns Award** helps prepare teachers, and those involved in working with children 4 – 7 years old with knowledge and practical skills in SAQ® Early Essential Movement Patterns Training.



FM One Day Training Award

The **Fundamental Movement Award** provides teachers, teaching assistants, coaches, and parents, and those involved in physical education, sports coaching and recreational physical activity with knowledge and practical skills to apply SAQ® FM Training to the 4 – 14 year age group.



SEM One Day Training Award

The **Special Education Movement Award** provides teachers, teaching assistants, parents, physical education, sports coaching and recreational physical activity with knowledge and practical skills to apply SAQ® SEM Training to children with learning and movement difficulties.



JAM One Day Training Award

The **Jab and Move Award** is a one day Award which is designed to develop boxing specific movement patterns and skills. It uses a continuum of movement, eye hand coordination skills, integration of boxing gloves and specialised equipment plus the introduction of the Audio Response Workout. This is ideal for coaches, trainers, boxing enthusiasts and health and fitness professionals.



SBW One Day Training Award

The **Suspended Body Weight Award**. The SBW Suspended Body Weight Training Award provides fitness trainers, strength and conditioners with the theory, practical knowledge on this revolutionary training method. Incorporating Suspended Body Weight MiloKit. The Award demonstrates how to train whole body stability, develop multi angled strength and power in a practical effective programme.



BR One Day Training Award

The **Body Rewire Award** – This Award has been specially designed to help those who work in health and fitness, sport and general physical training programmes to re-energise and reintroduce movement techniques that may have been lost due to injury, inappropriate training and age. This focuses on rewiring the neuromuscular system using a whole range of ground based movement patterns that are essential for the neuromuscular system.



Sports College: Distance Learning Diploma

The Sports College: Online Learning Diploma – There is a whole range of online distance learning Diplomas catering for sports such as: rugby, tennis, football, Gaelic. Also included is Athletes First 20 years Development and Team Management. You receive comprehensive information, lectures, support. These are recognised as some of the best online sports diplomas available.



International Diploma: Distance Learning.

The SAQ® I Diploma is a fully Distance Learning Award which provides status of SAQ® Advanced Trainer. The course is six months in duration and provides a sound theoretical basis with a fully practical experience. Students design and practically implement an eight week training programme delivered to any population group of the student's choice.