

# UNDERSTANDING AN ATHLETE'S LIFESTYLE (UAL)

## LEVEL 2 AWARD

### Course Description:

This Level 2 TASS-developed course aims to increase the learners understanding of personal development, lifestyle opportunities and challenges that athletes may face. The course explores the support that athletes require to help them balance their sport and personal commitments. It is suitable for any individual that works with athletes (e.g. coaches, teachers, support practitioners, National Governing Body staff). The course encourages the learner to reflect on how they can better support an athlete's personal development and lifestyle in their own role and how they can feed the insight back into their organisation.

*Please note that this award does not provide certification to become an Athlete Lifestyle Practitioner or Athlete Personal Development Coach.*

<b>1</b>	<b>The Sporting Landscape</b>	<ul style="list-style-type: none"> <li>• Overview of sports organisations that will impact athletes</li> <li>• The dynamic landscape – impact of strategic, financial &amp; circumstantial changes</li> <li>• How organisational impact can change depending on the sport</li> </ul>
<b>2</b>	<b>Athlete Personal Development &amp; Dual Career</b>	<ul style="list-style-type: none"> <li>• Types of personal development &amp; dual career pathways</li> <li>• Benefits and challenges of undertaking a dual career</li> <li>• Barriers to taking part in a dual career</li> <li>• Misconceptions around dual careers</li> <li>• Life balance</li> <li>• Transferable skills and planning</li> </ul>
<b>3</b>	<b>Dual Career Environments &amp; Support</b>	<ul style="list-style-type: none"> <li>• Types of dual career environments, including support available</li> <li>• Criteria for successful dual career environments</li> <li>• The role of the multidisciplinary team</li> <li>• The personal development/lifestyle practitioner role</li> </ul>
<b>4</b>	<b>Athlete Transitions</b>	<ul style="list-style-type: none"> <li>• Transition theory</li> <li>• Types of transitions athletes will face in their careers</li> <li>• Athlete migration/transition to university</li> <li>• Dual career transitions</li> <li>• Case studies on athlete transition</li> </ul>

### Course Delivery:

The qualification can be delivered as a 2-full day course, or a 4-half day course. The course is currently being delivered online. It is comprised of tutor delivery, activities, and discussions. Through the use of a reflection log, learners will also have opportunities to reflect on their role and/or their organisation to identify how they may adapt their practice to optimally support the personal development and lifestyle of athletes they work with.

### Assessment:

Learners are required to complete a learner portfolio, and demonstrate competency in 9 assessed tasks. Assessments are short answer knowledge-based questions and reflective tasks.

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Very insightful and worthwhile, would definitely recommend to others working in sport so they can better consider how they can support dual-career athletes.

They created a learning environment that was engaging rather than one dimensional.

### LEARNER TESTIMONIALS

The content itself was really good and the discussion based elements really made us think and consider things from different angles and perspectives. I developed a strong understanding of the role and the approach needed.

The tutor was excellent, good delegates, lots of discussion and interactions, excellent resources. The course 'led' somewhere as well.