

## DEVELOPMENT OF SPEED

ONLINE



ONLINE

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### entry requirements

**If you hold a fitness qualification or exercise science qualification you will:**

Receive a certificate of achievement | Be able to use this qualification to train clients

**If you do not hold a fitness qualification or exercise science qualification you will:**

Receive a certificate of attendance | Not be able to use this qualification to train clients

### course overview

Athletes in all sports rely on speed. Whether it involves sprinting down the court on a fast break or chasing a loose ball, speed often contributes to overall athletic ability. Developing Speed teaches you how to elevate your speed in a scientifically based manner that will have you blowing by the competition.

Written by eight of the top National Strength and Conditioning Association experts, Developing Speed is your guide to elite-level speed development, regardless of your sport. In addition to the scientific coverage of speed development, this guide helps you assess your current ability and identify your areas of greatest need. Using this information, along with the most effective drills and exercises, you will have the tools and information for creating your own speed development programme.

If increasing your athletic speed is what you are seeking, then look no further. With the cutting-edge information packed into this one resource, you will achieve new personal bests and reach your most aggressive goals. Developing Speed is the only tool you need to develop your personal program and take your speed to the highest level!

This course is completed using the HFPA Online Learning Platform. The course material includes a downloadable Human Kinetics textbook (e-book), online lessons and assessments.

**\*If you would prefer a hard copy textbooks, they are available upon request (additional courier charges will apply). Please request your hard copy upon registration.**

### campuses/study modes

ONLINE

Study anytime, anywhere

### course resources

- HFPA Online Learning Platform
- Online lessons and assessments
- X5 online lessons
- X1 online summative assessment
- Downloadable Human Kinetics textbook (e-book)
- Various drills on a variety of sports are illustrated in your book

## subjects & modules

### DEVELOPMENT OF SPEED TEXTBOOK

- 1 Nature of speed
- 2 Technical models of speed
- 3 Technical development of linear speed
- 4 Assessment of speed
- 5 Developing Sport specific speed
- 6 Sport specific speed training

## accreditation

- HFPA Certificate of Achievement/Completion

## learning outcomes

Successful learners will be able to:

- Learn how to elevate your speed in a scientifically-based manner that will have you blowing by the competition.
- Develop your personal programme and take your speed to the highest level
- Enhance your scope of practice as a fitness or sport professional

## learning pathways

- Exercise Specialist with Sports Conditioning
- Sports Conditioning
- Advanced Certificate in Exercise Science

## description of modes of delivery

### ONLINE PROGRAMME

- Students study online using the HFPA Online Learning Platform
- Students are assigned to an Online Tutor who will assist for the duration of the course

## contact details

Enquiries: [info@hfpa.co.za](mailto:info@hfpa.co.za)

Accounts: [accounts@hfpa.co.za](mailto:accounts@hfpa.co.za)

National Contact Centre: 0861 777 010