

# UEFA B FITNESS LICENCE COURSE OUTLINE

A UEFA Fitness B licence holder will be able to work safely and effectively with players and teams from youth to senior non-elite level in both the men's and women's game, and must demonstrate competence in each of the following four areas:

#### **FITNESS COACH**

- Understanding the physical demands of playing football
- Working as a fitness coach from youth to senior amateur level
- Developing the fitness of the whole squad, including goalkeepers by implementing fitness programmes that are evidence-based and underpinned by scientific principles
- Working collaboratively to deliver an integrated fitness development programme
- Communicating information on players and team fitness to relevant stakeholders
- Engaging proactively in personal and professional development
- Demonstrating how programme design and delivery should be adapted to meet the needs of different groups of players

#### **PLAYER AND TEAM**

- Applying the principles of long-term athlete development to youth players
- Understanding how the growth and maturation of young players impacts on performance, health and well-being, and how to adapt programmes to manage such circumstances and mitigate injury risk
- Understanding and educating players regarding the benefits of positive lifestyle choices, such as nutrition, recovery and sleep for both health and performance
- Designing and delivering safe and effective return-toplay protocols for players following injury
- Working collaboratively to create a supportive and positive team environment
- Adhering to professional body codes of practice at all times

# TRAINING ENVIRONMENT

- Ensuring that training plans align with the basic training principles, e.g., specificity, overload, adaptation, progression, variation and reversibility
- Delivering both integrated and isolated fitness sessions, contrasting the benefits and limitations of both
- Planning and executing sessions that are physically challenging and meet the needs of individuals, smaller groups and the whole team
- Utilising available tools and techniques (e.g., rating of perceived exertion and heart-rate monitoring) to monitor players' training load
- Utilising field-based tests to build, report and analyse player fitness profiles
- Using relevant techniques to monitor, report and manage the consequences of periods of growth and maturation in youth players
- Working collaboratively to understand the expected and actual physical outcomes of training sessions
- Ensuring the training environment protects and promotes the health, safety and wellbeing of players

### MATCH

- Preparing the individual players and the squad for the physical demands of football match play: warm up, nutrition, sleep, etc.
- Managing match exposure in developing youth and senior players
- Evaluating individual and team physical performance in matches
- Executing all matchday duties (before, during and after the match) efficiently and professionally

# UEFA B FITNESS LICENCE ENTRY REQUIREMENTS

The UEFA B Fitness Licence will build on the competencies gained by the fitness coach through the completion of the UEFA C Licence in addition to their Bachelor level knowledge in sports or exercise science.

#### Entrance to the UEFA B Fitness Licence course will therefore require completion of the following:

- Children's Wellbeing in Scottish Football (e-learning); and
- Mental Health in Scottish Football (e-learning); and
- UEFA C Licence
- Bachelor level of knowledge in sports or exercise science

#### Entrance will also be granted to:

- Those have not completed a Bachelor Level Degree within the field of Sports or Exercise Science but are able to display a similar level of knowledge through an aptitude test comprising of a portfolio of evidence and admission interview
- Long-serving professional player: a professional who has played for at least seven full years in the top division of a FIFA or UEFA member association.

#### Notes:

- No other qualifications will be accepted as a prerequisite for this particular UEFA B Fitness Licence course.
- All applicants must also be working at the highest level of the game possible; working at youth and/ or amateur level as an absolute minimum. To properly implement learning from the course, working with youth players at U15 as a minimum is recommended. UEFA B Fitness Licence coaching practice, assignments and assessments will be based on the 11 v 11 game.

# In addition to the above, candidates whose UEFA C Licence was achieved through another National Association must include the following documents:

- Evidence of valid UEFA C Licence certification (as well as evidence of appropriate CPD accreditation, if applicable)
- Coaching & Playing / Football CV
- Letter of support (normally from the club/ team that will be worked with for the duration of the course)
- Letter outlining why you wish to undertake the UEFA B Fitness Licence with the Scottish FA
- UEFA Cross Border forms will only be required if your application has been successful. This
  will be requested separately

# UEFA B FITNESS LICENCE BLENDED-LEARNING APPROACH

# PHASE 1



#### ONLINE THEORETICAL MODULES - VIRTUAL CLASSROOMS

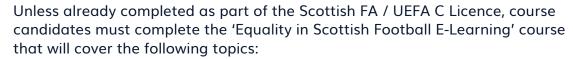
- 2x6 evening's duration when theoretical components of the course will be delivered.
- At least 2 course tutorials



## **SELF-DIRECTED LEARNING: ASSIGNMENT SUBMISSION**

- Tasks and Assignments to be completed as part of the course curriculum
- Some of these assignments will include the need for you to video record your own sessions at your own club. Applicants should therefore ensure that they have the wherewithal at their club to submit recorded sessions.

## **SELF-DIRECTED LEARNING: E-LEARNING**





- Diversity and Inclusion within Scottish Football
- Exploring Potential Barriers
- Creating an Inclusive Environment
- Discrimination in Society
- Hate Crime in Scottish Law
- Equality in Law

# UEFA B FITNESS LICENCE BLENDED-LEARNING APPROACH

## PHASE 2

#### **COACHING PRACTICE**

- · Course cost is inclusive of tuition fees, lunch, and Scottish FA adidas kit
- Cost does not include accommodation



On successful completion of Phase 1 and Phase 2, course candidates will have undertaken the following:

- At least 8 days (16 evenings) of online learning
- 4 days of in-person coaching practice and learning
- At least 10 days for the completion of additional tasks and assignments

After successful completion of Phase 1 and Phase 2, candidates can progress to Phase 3.

## PHASE 3

### **ASSESSMENTS**

- Submission of all assignments within course portfolio to relevant standard
- 1 in person meeting or appropriate video submission to deliver assessment sessions.

## **COURSE FEE**

The course fee, payable in full, for all three phases is £1,000.

Those unable to pay the full fee 14-days prior to course commencement will forfeit their place.

# UEFA B FITNESS LICENCE BOOKING PROCESS

Please email catherine.sharp@scottishfa.co.uk with the following information and supporting documents:

#### Information

- Full Name
- Nationality
- Date of Birth
- Current Club
- Coaching Qualifications e.g. UEFA C Licence
- Academic Qualifications e.g. BSc Sports Science
- Professional Playing Career (if applicable)

#### **Supporting Documents**

#### **All Applicants:**

- Evidence of a valid UEFA C Licence certification (as well as evidence of appropriate CPD accreditation, if applicable)
- Evidence of Bachelor Level Degree within the field of Sports or Exercise Science or Portfolio
  of Evidence containing; current job description, curriculum vitae, certificates of qualifications,
  evidence of interdisciplinary work (e.g., with coaches, medical staff, analysts, etc.), evidence
  of training practice (planning, execution, and review of training plans), evidence of testing
  / monitoring practice (selection of tests / tools, validation work, collection, collation, and
  interpretation of data), at least one reference from colleagues, clients or line managers

#### Non Scottish Applicants Must Also Include:

- Letter of support (normally from the club/ team that will be worked with for the duration of the course)
- Letter outlining why you wish to undertake the UEFA B Fitness Licence with the Scottish FA. UEFA Cross Border forms will only be required if your application has been successful. This will be requested separately.

#### **UEFA B Fitness Licence - Next Steps**

Scottish FA Coach Education in conjunction with UEFA aim to develop a UEFA A Fitness Licence in the future. On successful completion of the UEFA B Fitness Licence, it is therefore envisaged that this will provide a gateway to a UEFA A Fitness Licence.