

# ACCELERATE SPORT

ACCELERATE POSITIVE BEHAVIOUR CHANGE



Created by

 **CIMSPA** | Training  
Education Partner | Provider



**eCoach**

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**SPORT** 

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# EQUALITY & DIVERSITY IN SPORT - LEVEL 1

eLearning course



## Take this course if you want to...

- Understand what equality is
- Identify & understand the benefits of embracing equality
- Understand legal requirements according to Equality Act 2010 and apply these to your environment
- Learn acceptable terminologies
- Start creating an organisational Equality policy
- Differentiate protected characteristics
- Distinguish between different forms of discrimination



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RACISM  
THE  
RED  
CARD**

# LGBTQ+ INCLUSION IN YOUR SPORT

eLearning course

## Take this course if you want to...

- Learn what different types of LGBTQ+ definitions mean.
- Discover steps you can take to start making your sport more inclusive.
- Take a look at key LGBTQ+ terminology and understand if these are acceptable or not.
- Start to build an effective LGBTQ+ Inclusion strategy.



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# TACKLING RACISM IN SPORT

eLearning course



## Take this course if you want to...

- Understand what a racist incident is.
- Consider what your sport needs to do to comply with the Equality Act 2010.
- Recognise and challenge micro aggressions and stereotyping.
- Be better equipped to respond pro-actively to racist incidents in a safe way.
- Have a greater understanding of appropriate terminology.
- Consider how to embed anti-racist practice into your sport.



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# PLAYING FAIR: CHALLENGING RACISM

eLearning course



**Aimed at Coaches and Players, take this course if you want to...**

- Understand racism and the issues surrounding it
- Learning how to challenge racist incidents
- Being able to support and educate other players



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# ENGAGING TEENAGE GIRLS IN SPORT

eLearning course

## Take this course if you want to...

- Recognise the importance of making sport more inclusive for teenage girls, and the value to your club.
- Understand the spectrum of engagement that exists for girls and how it can support your work with them.
- Identify the complex barriers that stop girls from getting involved in sport and dropping out.
- Utilise the 8 Principles for Success to innovate solutions and break down barriers to make meaningful change for teenage girls in sport.
- Start putting an action plan into place for your sport.



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# ENGAGING DIVERSE COMMUNITIES IN SPORT

eLearning course

## Take this course if you want to...

- Understand the experiences and barriers to sports participation for people from ethnic minority backgrounds.
- Understand why sports organisations need to effectively engage with diverse communities.
- Comprehend methods for effective engagement of diverse communities in sport.
- Consider the needs of coaches, players, parents and other key members of diverse communities.
- Start preparing an action plan for improvement within your sport.



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# DEAF PEOPLE'S INCLUSION IN SPORT

eLearning course

## Take this course if you want to...

- Understanding deafness and the importance of inclusion.
- Learn how to engage with deaf people by identifying barriers.
- Understanding mental wellbeing of deaf and hard of hearing people and your duty of care.
- Considerations, practical tips and the role those working in sport play.



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**UK Deaf Sport**

# Promoting Period Dignity in Sport

eLearning course

**Take this course if you want to understand...**

- Menstrual cycles and period products.
- The impact of stigma and period poverty.
- The impacts periods can have in a sporting context.
- What you can do to support people with periods in your sport.



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# UNDERSTANDING MENTAL HEALTH IN YOUNG PLAYERS

eLearning course



## Take this course if you want to...

- Understand how the brain and body give rise to our mental health, from the fundamental to the complex levels.
- Understand the many causes of poor mental health, and what can be done about them.
- Mental health in our earlier years: the particular vulnerabilities and risks to mental health brought about by childhood and adolescence.
- How involvement with sport and coaching can affect mental health.



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**Dean  
Burnett**

# BUILDING RESILIENCE IN YOUNG PLAYERS

eLearning course



## Take this course if you want to...

- Understand what we mean by Resilience in a sporting capacity.
- Learn steps you can take to start building resilience in young players within your Sport.
- Learn Strategies and next steps you can adopt straight away.
- Start to build and implement a MH Resilience framework for your Sport.



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MENTAL  
HEALTH**  
*be your best*

# DEALING WITH ANXIETY IN YOUNG PLAYERS

eLearning course



## Take this course if you want to...

- Increase understanding of mental health and mental ill health.
- Improve awareness of the role of risk factors and protective factors in preventing mental ill health.
- Raise awareness in relation to anxiety and anxiety disorders.
- Increase awareness in relation to the role those working in the sporting environment can play.
- Provide information on how to access appropriate support and intervention.



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MENTAL  
HEALTH**  
*be your best*

# TACKLING EATING DISORDERS IN SPORT

eLearning course

## Take this course if you want to...

- Understand what eating disorders are.
- Recognise the spectrum of eating behaviour in athletes.
- Consider the prevalence in sport.
- Understand the consequences on health and performance.
- See how to identify and treat the disorders.



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# ACCELERATING VOLUNTEERING LEVEL 1

eLearning course

## Take this course if you want to...

- Understand the volunteering landscape in the UK.
- Consider your club's current volunteering structure.
- Learn some practical ways to recruit and retain new volunteers.



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# ACCELERATING VOLUNTEERING LEVEL 2

eLearning course

**Take this course if you want to...**

- Consider how you can best support volunteers.
- Create a club volunteer culture statement
- Learn some of the barriers to volunteering.



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# COMMUNICATING WITH THE MEDIA IN SPORT

eLearning course

## Take this course if you want to...

- To offer an insight into the fast-changing professional media landscape, with particular reference to how it operates in the UK.
- Understand the often complex nature of the media and its requirements.
- Build knowledge, ability and confidence to communicate effectively with journalists.



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# ACCELERATING GOOD GOVERNANCE

eLearning course

**Take this course if you want to...**

- Understand what governance is.
- Consider why governance is relevant to sport.
- Identify ways to include good governance in your club.



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RECREATION  
ALLIANCE**

# NUTRITION FOR PERFORMANCE

eLearning course

## Take this course if you want to...

- Understand the impact nutrition has on athletic performance.
- How to properly fuel your body to obtain your peak performance.
- How to properly hydrate your body and the impacts of dehydration.



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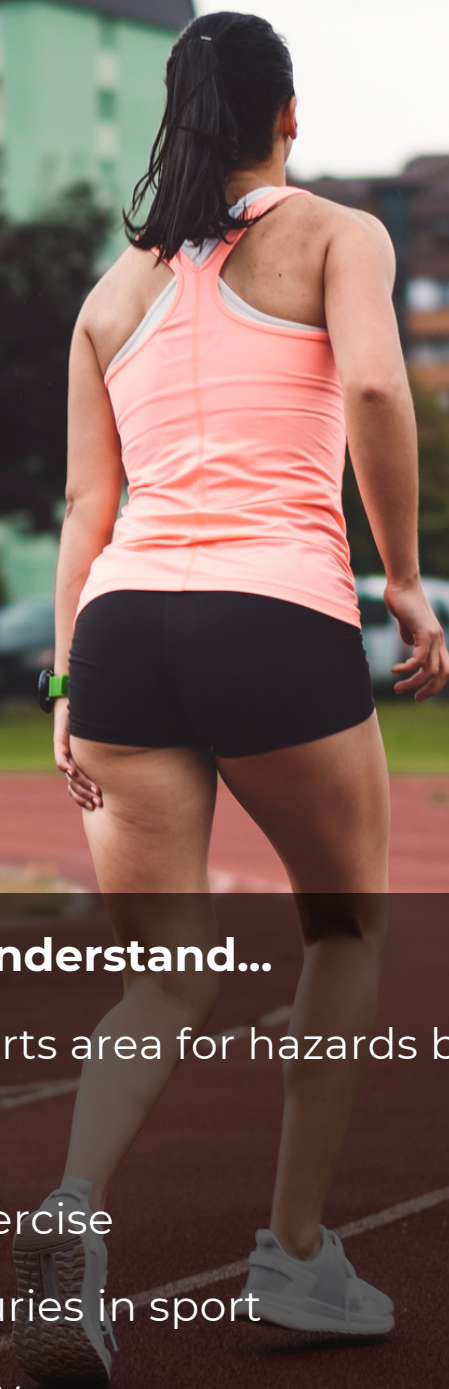
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**RICHARD ALLISON**  
NUTRITION

# Injury Prevention in Sport

eLearning course



**Take this course if you want to understand...**

- The importance of checking the sports area for hazards before exercise
- How to properly warm up before exercise
- Techniques to reduce the risk of injuries in sport
- What to do after you've had an injury



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# UPCOMING COURSES

## 2023

Talk to us about our upcoming course releases...

- Safety and Security
- GDPR for Sports organisations
- Sustainability in Sport
- Menopause Awareness in Sport
- Trans & Non-binary Youth Inclusion
- Neurodiversity Awareness in Sport

### Quickfire courses

- Digital Accessibility
- Challenging Microaggressions
- Writing an EDI Plan
- Tackling Misogyny
- Unconscious Bias in Sport
- Club Development
- Tackling Anti-Semitism in Sport
- Using a Defibrillator

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shown in the amazing feedback  
from users.



**Deirdre Hargey**  
Northern Ireland  
Communities Minister

“  
This is an excellent eLearning  
package which will complement  
the support already available.

## Some of our clients



## Get in touch

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