



## LEVEL B

GENERAL LEVELS AND CHARACTERISTIC OF THE ESTESS EDUCATION PROGRAM		
Course Program:	Level: Strategic Tutoring Mission	ESTESS Top Ten Equivalence „Highlighted Cornerstones“
D. Development Education 1. Discovery Coach, Preparatory Coach & Instructing Coach 2. Teaching Coach 3. Development Coach	Elementary Preparation	Motivation/Dedication 5S – Substance & Structure Time & Balance
C. Performance Education 1. Performance 2. High Performance I. Functional Biomechanics – Block I II. Functional Sports Psychology & Behavioral Science – Block II III. Functional Physical Training, Medicine & Therapy – Block III IV. Management & Organisation – Block IV V. Applied Skill & Sport Specific Topics – Block V	Functional Applied Development, Performance and High Performance	Determination, Responsibility, Concentration, Preparation, Discipline, 5S – System & Synchronization (Function & Skill) Flow & Coordination
B. Professional National Certification 1. 1st Professional Degree 2. CTP 3. CTP-Spec.	Professional Integration and Special Competence	Controlling, Awareness, Professional Attitude 5S – Controlling 4A – Attitude, Awareness Power, Confidence & Success
A. Professional International Certification D.Tr.® 2. DiT®	Analytical Advanced International Integration	Presentation & Performance 4A – Adaption, Adjustment 2F – Fact & Feelings Acting and Reacting

### 1. GENERAL INFORMATION

This document outlines the general characteristics of the EAU Coaching Development Course (Level 1,2,3 course).

#### EAU Grants

Grants for coaches' courses are available from EAU. Official ESTESS Partners interested in hosting a course should contact their National EAU Committee for further details.

#### SPECIFIC INFORMATION

Entering the ESTESS education program leading to the D.Tr.® and DiT® means the start on a journey that will not only give the students a lot of knowledge and big network but also an education that is merging into different aspect of the professional sports world. The fundamental and deep tuition of medical subjects and the specific course work of biomechanics and medical training give the participants the option to work as a tennis coach but also as a physical coach and massage sports therapist. ESTESS only guarantees for the knowledge and the specific level of the students and participants that has graduated with the full status of an PD, CTP, CTP-Specialist, D.Tr., and DiT including equivalent h.c. – coaches (honoris causa)

#### Operated by:

**International Office**  
Sports Consulting Dahlbo-Johansson OG  
Mösererstrasse 632  
6100 Seefeld/Austria

#### European Office

Tennis Sport International GmbH  
20, rte de Bettembourg  
1899 – Kockelscheuer/Luxembourg



## 2. GENERAL FORMAT OF THE COURSE

The courses are of 300 hours duration (2 x 60; 1x120) and is divided into a 6 x 3,5 – days course.

Below you can find an indication of the program:

### Professional Degree Course, PD – Thematic: 60 hours

Course 1: Day 1 Course 9 hours  
Day 2 Course 9 hours  
Day 3 Course 9 hours  
Day 4 Course 4 hours  
Course 2: Day 5 Course 9 hours  
Day 6 Course 9 hours  
Day 7 Course 8 hours  
Day 8 Course 4 hours

### Certified Teaching Coach Course, CTP – Thematic: 60 hours

Course 3: Day 1 Course 9 hours  
Day 2 Course 9 hours  
Day 3 Course 9 hours  
Day 4 Course 4 hours  
Course 4: Day 5 Course 9 hours  
Day 6 Course 9 hours  
Day 7 Course 8 hours  
Day 8 Course 4 hours

***Additional 500 hours of supervised work to attend the next level***

***Additional 400 hours of home studies***

### Certified Teaching Coach Specialist Course – Thematic: 120 hours

Course 5: Day 1 Course 9 hours  
Day 2 Course 9 hours  
Day 3 Course 9 hours  
Day 4 Course 4 hours  
Course 6: Day 5 Course 9 hours  
Day 6 Course 9 hours  
Day 7 Course 8 hours  
Day 8 Course 4 hours  
Course 7: Day 1 Course 9 hours  
Day 2 Course 9 hours  
Day 3 Course 9 hours  
Day 4 Course 4 hours  
Course 8: Day 5 Course 9 hours  
Day 6 Course 9 hours  
Day 7 Course 8 hours  
Day 8 Course 4 hours

<b>Course hours: 240 h</b>
<b>Total hours: 1990</b>
<b>Credist: 80</b>

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## Course Fact Sheet:

### B.1-3

#### **B1. 1<sup>st</sup> Professional Degree – 60 hours**

- Course Goal: working with development and performance of beginners up to national ranked junior players.
- Course Duration: 2 x 3,5-day courses.
- Number of Course candidates: a maximum number of 48 candidates depending on the facilities available.
- Entry pre-requisites:

Age: participants must be a minimum of 20 years of age at the time of taking this course.

Fitness and health level: participants are obliged to have a suitable personal health and fitness level to physically meet the course requirements.

Qualification: a High Performance Coach (C1+C2) qualification or equivalent is required to enter the course.

#### **B2. Certified Teaching Coach – 60 hours**

- Course Goal: working with development and performance of beginners up to national and international ranked junior players.
- Course Access: School teachers, sport leaders, tennis coaches, officials, etc. with a sufficient playing standard.
- Course Duration: 2 x 3,5-day course.

The candidates need a minimum level of play (ability to rally / demonstrate basic strokes / feed ball to student). The candidates will attend a demonstration test.

- Number of Course Candidates: Maximum is 48.
- Entry pre-requisites:

Age: participants must be a minimum of 22 years of age at the time of taking this course.

Fitness and health level: participants are obliged to have a suitable personal health and fitness level to physically meet the course requirements.

Qualification: a Professional Degree (B1) qualification or equivalent is required to enter the course.

#### **B3. Certified Teaching Coach / Specialist – 120 hours**

- Course Goal: working with development and performance of beginners up to national and international ranked junior and senior players.
- Course Access: School teachers, sport leaders, tennis coaches, officials, etc. with an advanced playing standard.
- Course Duration: 4 x 3,5-day course.

The candidates need an advanced level of play (ability to rally / demonstrate advanced strokes / feed ball to student). There will be a demonstration test.

- Number of Course Candidates: Maximum is 48.
- Entry pre-requisites:

Age: participants must be a minimum of 22 years of age at the time of taking this course.

Fitness and health level: participants are obliged to have a suitable personal health and fitness level to physically meet the course requirements.

Qualification: it is necessary to have the certification of 500 hours supervised working experience and the courses B1 + B2 (Certified Teaching Coach) or equivalent.

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<b>COURSE CONTENT</b>	
<b>ESTESS PROFESSIONAL DEGREE COACH COURSE B1</b>	
<b>INTEGRAL HUMAN BIOLOGY</b>	<b>HOURS/CREDITS</b>
• General Human Biology	8 h
• Biomechanics	1 h
• Sports Physiology	1 h
<b>INTEGRAL BEHAVIOURAL SCIENCES</b>	
• Methodics	2 h
• Pedagogics	2 h
• Sports Psychology	5 h
<b>INTEGRAL MEDICINE AND THERAPY</b>	
• Sports Medicine and First Aid	4 h
<b>INTEGRAL SPORT SPECIFIC COURSES</b>	
• Touring Coaching	2 h
• Fitness Training	1 h
• Management and Organisation	2 h
• Technique	7 h
• Academy Coach Step I	2 h
<b>ADDITIONAL SESSIONS</b>	
• Thematic Discussions	3
• Presentations	4
• Group Work	4
• Sports Rules and Regulations	2
SUPERVISED PRACTICAL COURSE WORK	5 h
PERSONAL SKILL APPLICATION	5 h
<b>TOTAL AMOUNT OF HOURS</b>	<b>60 h / 2,5 Credits</b>



<b>COURSE CONTENT</b>	
<b>ESTESS CERTIFIED TEACHING PROFESSIONAL (CTP) COACH COURSE B2</b>	
<b>INTEGRAL HUMAN BIOLOGY</b>	<b>HOURS/CREDITS</b>
• Neurology	4 h
• Biomechanics	2 h
• Sports Physiology	3 h
• Anatomy	4 h
<b>INTEGRAL BEHAVIOURAL SCIENCES</b>	
• Methodics	3 h
• Pedagogics	3 h
• Sports Psychology	4 h
<b>INTEGRAL MEDICINE AND THERAPY</b>	
• Sports Medicine and First Aid	3 h
<b>INTEGRAL SPORT SPECIFIC COURSES</b>	
• Fitness Training	4 h
• Management and Organisation	4 h
• Technique	3 h
• Doubles	3 h
• Tactics	3 h
• Strategy	3 h
<b>ADDITIONAL SESSIONS</b>	
• Thematic Discussion	3 h
• Presentations	3 h
• Group Work	4 h
• Tests	4 h
SUPERVISED PRACTICAL WORK – Club or Academy (Before Course)	500 h
HOME STUDIES (During Course)	200 h
CLASS HOURS	60 h
<b>TOTAL AMOUNT OF HOURS</b>	<b>700 h/30 Credits</b>



<b>COURSE CONTENT</b>	
<b>ESTESS CERTIFIED TEACHING PROFESSIONAL SPECIALIST (CTP-Spec) B3</b>	
<b>INTEGRAL BEHAVIOURAL SCIENCES</b>	<b>HOURS/CREDITS</b>
• Sports Psychology	12 h
<b>INTEGRAL MEDICINE AND THERAPY</b>	
• Medical Physical Training	12 h
• Advanced Physiotherapy	12 h
• Mental Training	12 h
• Taping	12 h
• Massage	14 h
• Nutrition	12 h
<b>MANAGEMENT &amp; ORGANISATION</b>	
Academy coach II	5 h
<b>ADDITIONAL SESSIONS</b>	
• Thematic Discussions	3 h
• Presentations	3 h
• Group Work	3 h
• Rules and Regulations – Materials	6 h
• Tests	2 h
SUPERVISED PRACTICAL WORK – Club/Academy (after course: the course certificate is only given by fulfilled practical work)	800 h
HOME STUDIES	250 h
COURSE HOURS	120
<b>TOTAL AMOUNT OF HOURS</b>	<b>1170 h/ 47 Credits</b>

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## 2. NECESSARY FACILITIES AND EQUIPMENT

The Official ESTESS Partner is obliged to provide the following facilities and equipment for the course:

- Equipment on Court:
  - Balls: 40 x normal tennis balls per basket
  - Complimentary Tools: Nets, net tape, cones & markers, 10 x skipping ropes, 10 x cones, 10 x hoops
- Tennis courts: 4-6 courts
- Room facilities and additional equipment:
  - 1 indoor lecture room adjacent to the courts containing chairs and tables for the participants (48) and one table for the tutors.
  - Sufficient lighting, ventilation and other health and safety issues must be met.
  - Lecture Room equipment:
    - Computer with internet access for use by course participants
    - DVD Player or Laptop, LCD projector and large screen TV
    - flip-chart: For use on and off court with markers and eraser.
- Notice: Students – it is recommended to organize children and adult players suitable for all activities as students for the participants.
- The Official ESTESS Partner is obliged to deliver the material for the course sent by the EAU.

## 3. COMPETENCY STATEMENTS

The participants should be able to achieve the following professional competencies after completing the courses

- Training: Show ability to develop planning, organization and assessment professional strategies for the training of national ranked male and female players as well as professional juniors. Be highly skilled in applying, through drills, fundamentals of professional game situations, strategy, tactics, including professional adaptable technical information.
- Competition: organize professional tournament formats (TE, ITF-juniors and ITF-futures) for performance and high performance/semi-professional players.
- Management: apply organization and communication skills and apply strategies to guide and educate junior players and parents.
- Education: Understand the role of the coach and at all times be a role model for other coaches and players, be a good colleague and follow the ethical rules of PTCA and EGASP.

## 4. DISCLAIMER

Acceptance of a candidate's entry and participation in the Course is without responsibility of any kind by the GroupEstess (EAU) and any other entity sponsoring the event. Participants should hereby for and on behalf of themselves and their heirs and legal representatives release and forever discharge EAU, its representatives, from all claims, demands and injuries, however arising, such claims are hereby waived and released, and covenant not to sue, therefore.

Questions regarding the course program should be directed to the EAU Development Officer or to the EAU Coaching / Development Department Staff

E-mail: [office@estess-athleticuniversity.eu](mailto:office@estess-athleticuniversity.eu)

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