

The Ultra-short Race-pace Training International Association

USRPT COACHING-CERTIFICATION ACTIVITIES AND POINTS

The USRPTIA Education Committee reviews coach-education activities and assigns them certification-points. A number of criteria are used to assign USRPT coaching certification-points to an activity. Some examples are described below.

1. The basic activity against which others are judged for educational value is a webinar offered by the USRPTIA. Normally, a webinar is more than 90 but less than 120 minutes in duration. The webinar presenter is judged by the Education Committee to be of a most acceptable standard to share practical and/or scientific information with a webinar audience. Unless stated otherwise, a USRPTIA webinar is worth 50 certification-points. It is against this high-quality presenter activity that others are judged and assigned a certification-points weighted-value.
2. Practical activities, such as attending a 4-5 hour poolside clinic where considerable time is spent on a pool deck under the direction of a suitable USRPT clinic conductor, normally will yield 50 certification-points. One reason why this longer duration activity yields the same certification-points value as a two-hour webinar is that the knowledge-transfer density of on-deck activities is not as intense as that for a webinar. Clinics and USRPT-related workshops have to receive approval from the USRPTIA Education Committee and assigned certification-points values prior to the conduct of the activity.
3. A common form of gaining knowledge about USRPT is reading Dr. Brent Rushall's papers (<http://coachsci.sdsu.edu/swim/usrpt/table.htm>). Assigning certification values to such activities is difficult to adjudicate. Evidence that the papers have been read and some assimilation of their content needs to be provided for certification purposes. Either of two forms of evidence needs to be supplied to earn coaching-certification points.
 - i. For individuals who download a paper and make notes on and underline or highlight important content, one scanned page per document showing such activity needs to be supplied with the application for a coaching award.
 - ii. When notes are made on separate sheets or in notebooks about content that is important for the reader, one scanned page of the notes per document needs to be supplied with the application for a coaching award.

There is a limit to how many certification-points can be earned from reading the articles. Papers that are presented in either of the two above formats yield 25 certification-points per article. A maximum of 10 claims for reading Dr. Rushall's web papers can be made. Thus, for someone who has read many of the existing papers, the most certification points that can be earned is 250. On the *APPLICATION FOR USRPTIA COACHING-CERTIFICATE AWARD* each paper that is to yield acceptable certification-points needs to be clearly shown and the accompanying scanned documentation of reading/assimilation activity provided as an attachment to the submission.

4. Other less-precise learning experiences will be considered for yielding coaching certification-points. For example, the DVD set *Understanding and Implementing*

- Ultra-short Race-pace Training* presented by Dr. Brent Rushall and available at (<http://www.usrpt.info/#!/product/prd1/1664231875/understanding-%26-implementing-usrpt>), provides much information about USRPT and its major features. However, there is no guarantee that someone who purchases or has access to that resource will assimilate its teachings completely. Consequently, the amount of learning enjoyed by a DVD viewer cannot be guaranteed. Because of that "weakness", accessing the DVD set is assigned a maximum value of 200 coaching certification-points.
5. Another form of education that is embraced by the USRPTIA involves on-line courses (e.g., <http://usrpt.com>). Established courses are assigned a certification-points value for the duration of their offering. Occasionally, when courses are revised, upgraded, or increased in duration, a re-evaluation of the certification-points value of the activity is undertaken and if warranted, revised certification-points assigned.
 6. The current list of specific USRPT activities that yield certification-points is produced in the *Experiences and Events that Yield Coaching-Certification Credits* section of the USRPTIA home page (http://usrptia.org/Coaching%20Certification/3_6%20Experiences%20and%20Events.pdf). As applications for specific USRPT-related activities are received it is very likely that this list will expand.
 7. *University Graduate Education Coaching-Certification Credits*. The following are the criteria for recognizing accomplishments in graduate education and courses related to USRPT and swimming coaching.
 - i. Only graduate studies will be considered.
 - ii. Courses that were completed more than seven years before USRPTIA evaluation will not be considered for credits.
 - iii. Courses in which the student has earned a grade of B or better will earn coaching-certification credits. Grades of B- and lower will not yield certification credits.
 - iv. An acceptable graduate course will yield 250 USRPT coaching-certification points.
 - v. A maximum of five different successfully completed graduate courses will yield coaching-certification credits.
 - vi. Coaching-certification credits will only be assigned to courses that have an applied-science basis (e.g., exercise physiology, motor learning, biomechanics, growth and development, instructional techniques, sport psychology, and nutrition). A completed thesis with a swimming based-study will also be considered.
 - vii. Only one course from each academic area of study will yield coaching-certification points. For example, multiple courses in exercise physiology will only yield the equivalence of one physiology course.
 - viii. A further 100 points will be earned by graduating with a Masters degree in Exercise Science or a degree with a similar name (e.g., movement studies, sport and exercise science, etc.).
 - ix. Transcripts need to be supplied to verify any application that involves graduate-level courses.

The USRPTIA Education Committee will accept applications for the assignment of a certification-points value for any activity if the appropriate information is supplied prior to the event. If a USRPT activity is repeated, the Education Committee needs to be advised of each occasion and certification-points will be assigned. Generally, there is no one-time carte-blanche assignment of certification-points for repeated activities unless the application indicates multiple but varied offerings of the one activity.

By participating in a variety of activities that yield USRPT coaching certification-points, a USRPTIA Member can accrue certification-points that count toward a level of certification.

The person conducting an educational experience, for example is the provider of a webinar, the leader of a clinic, an assistant in the conduct of a clinic or workshop, etc., receives the same certification-points value as a Member who attends the activity. A presenter may only claim certification-points for one instance of a particular USRPT-related activity to which certification-point values have been assigned. Generally, all Members in the USRPTIA are required to participate in certification-points yielding activities to fulfill their certification status. The only time that an individual is exempt from having to keep current in certification-points qualifications is when the Board of the USRPTIA designates an individual as an Honorary Gold Level USRPT Certified Coach because of their activities in and contributions to the USRPT field of endeavor.