



Back to the Sea: Surfing Training Methodology

<http://www.utrechtsummerschool.nl/index.php?type=courses&code=M16>

HU University of Applied Sciences Utrecht

Lifestyle and Health (HU)

Course code: M16

Bachelor level



In this course we zoom in on human kinetics and training methodology for surfers. The first week of the course is held in Utrecht. Several topics will be addressed. We start with surf related physiotherapeutic and movement sciences workshops by specialized lecturers. We also visit the Royal Netherlands Meteorological Institute to learn Oceanography and Meteorology, weather and storm forecast, waves and tidal info. Workshops are given by an ER nurse from the Nursing department on surf related injury like drowning, hypothermia, fractures and incised wounds. In the weekend we travel from Utrecht to Lisbon and on Monday start with lesson of Prof. Dr. Miguel Moreira and have surfing sessions in the afternoon.

[Download the day-to-day programme](#) (PDF)

COURSE DIRECTOR

Pieterbas Lalleman and Miguel Moreira

LOCATION

- Utrecht, The Netherlands
- Lisbon, Portugal

TARGET GROUP

Bachelor and Master students interested in professional surfing and training methodology. Focus is on physiotherapy, sports medicine-, sports science-, and movement science students and coaches.

COURSE AIM

Gain understanding of Human Kinetics issues and training methodology in surfing.
Improving your surfing skills by Evidence Based Knowledge, training and practice.

PERIOD

04 July 2011 - 15 July 2011 (2 weeks)

CREDITS

5.0 ECTS credits + Certificate of Attendance

STUDY LOAD

60 contact hours for two weeks. Workshops, excursions, training sessions and lecturers.

FEE

- **€ 1070** - Course + course materials + housing
- **€ 670** - Course + course materials + housing (for HU-students)

Please note: student are expected to bring their own surfing board plus suite with them.

DISCOUNTS AND COMBINATIONS

[Overview of all available discounts](#)

SCHOLARSHIPS

Utrecht Summer School doesn't offer scholarships for this course.

MORE INFORMATION

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[Contact Utrecht Summer School](#)

REGISTRATION

Deadline for registration: **15 May 2011**

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