

SOLVING THE PERFORMANCE PUZZLE PROGRAM

EVENT DETAILS



As our program is agile in its approach, it will undergo constant revisions. Therefore, the following will provide context to the areas within performance which our instructors will discuss in further detail. Furthermore, the program will be delivered with a team-based learning approach. The program instructors will deliver a series of briefs which will cover various subject matter related to high performance sport. Limitations within this subject matter, and common areas where application to the applied setting is limited, will then be identified through a problem-based learning approach. Finally, working with the delegates, management strategies will be created and action plans will be discussed through integration with a performance team. Practical and actionable interventions will be given at the end of each section of the program.

SECTION 1: THE UNDERPINNINGS OF PERFORMANCE

	DESCRIPTION	ACTIONABLE INTELLIGENCE
BRIEF	THE PHILOSOPHY OF EVIDENCE-BASED MEDICINE	WHY A SHIFT FROM "BEST" TO "GOOD" EVIDENCE IS BENEFICIAL
PROBLEM	REDUCTIONISM WITHIN THE PERFORMANCE ENVIRONMENT	HOW BEST TO SYNTHESIZE INFORMATION TO MAKE CLEAR CHOICES
MANAGEMENT STRATEGY	PROBLEM BASED LEARNING/ OUTCOME DRIVEN STRATEGIES	HOW HYPOTHESIS DEVELOPMENT DRIVES OUTCOMES
ACTION PLAN	CONDITION YELLOW	HOW OBSERVATION WITHIN THE PERFORMANCE ENVIRONMENT CAN BE AN ECOLOGICAL MANAGEMENT TOOL.

SECTION 2: BUILDING THE PERFORMANCE TEAM

	DESCRIPTION	ACTIONABLE INTELLIGENCE
BRIEF	THE PERFORMANCE TEAM	WHO ARE KEY PERSONNEL AND WHAT ARE THEIR ROLES
PROBLEM	FRAGMENTATION	THE FIVE DYSFUNCTIONS OF A TEAM
MANAGEMENT STRATEGY	CONSOLIDATION OF TEAMS	HOW TO OPERATE WITHIN A TEAM OF TEAMS
ACTION PLAN	THREE ALTERNATIVE EXPLANATIONS	PROBLEM SOLVING THROUGH DIFFERENT CONTEXTUAL LENSES

SECTION 3: DEVELOPING THE COACHES EYE

	DESCRIPTION	ACTIONABLE INTELLIGENCE
BRIEF	MOVEMENT SCREENING	WHY SCREEN FOR MOVEMENT
PROBLEM	DECOUPLING THE PERFORMANCE ENVIRONMENT	AN ECOLOGICAL APPROACH TO SCREENING
MANAGEMENT STRATEGY	ALTIS LIVING MOVEMENT SCREEN (LMS)	REAL-TIME SCREENING
ACTION PLAN	UTILIZING THE LMS	APPLICATION OF THE LMS

SECTION 4: MODEL THINKING IN PERFORMANCE THERAPY

	DESCRIPTION	ACTIONABLE INTELLIGENCE
BRIEF	MECHANISMS OF ACTION	HOW INPUTS EFFECT CHANGE
PROBLEM	DECOUPLING PERCEPTION AND ACTION	INTENT WITHIN PRACTICE
MANAGEMENT STRATEGY	INTRODUCTION TO ALTIS PERFORMANCE THERAPY	UNDERSTAND THE I5 AND ITS APPLICATION
ACTION PLAN	STRUCTURAL INTEGRITY AND TOLERANCE	EFFECTING CHANGE THROUGH INTEGRATIVE MODELS

SECTION 5: PRACTICAL CONSIDERATIONS IN THE PERFORMANCE ENVIRONMENT

	DESCRIPTION	ACTIONABLE INTELLIGENCE
BRIEF	SPRINT MECHANICS	MOVING TOWARD A TECHNICAL MODEL
PROBLEM	INDIVIDUALITY IN SPRINTING	HOW TO EFFECT CHANGE IN TEAM SPORT ATHLETES
MANAGEMENT STRATEGY	THE ALTIS KINOGRAM METHOD	ASSESSING THE TECHNICAL MODEL
ACTION PLAN	VIDEO REVIEW	REAL-TIME ANALYSES AND CASE REVIEWS

SECTION 6: POOLSIDE CHAT - ROUND TABLE DISCUSSION

IN THIS SECTION OF THE PROGRAM, OUR TUTORS WILL LEAD AN OPEN ENDED DISCUSSION REGARDING ANY THOUGHTS AND IDEAS THE DELEGATES HAVE REGARDING THE CONTENT THAT WAS DELIVERED DURING THE TWO DAY PROGRAM.