

Level 4/5 Curriculum

Task List	Old	Amended
		L4 requires 12 tasks to be completed and must include the following
Task # 1: Energy Systems	4	
Task # 2: Strength Training for Elite Athletes	4	
Task # 3: Advanced waxing skills and Team protocols	4	4
Task # 4: Nutrition for Optimal Performance	4	
Task # 5: Environmental Factors and Performance	4	
Task # 6: Recovery and Regeneration	5	
Task # 7: Psychological Preparation for Coaches	5	
Task # 8: Psychological Preparation for Elite Athletes	4	
Task # 9: Practical Coaching: Advanced Skills Training	4	4
Task # 10: Biomechanical Analysis of Advanced Skills	4	4
Task # 11: Practical Coaching: Advanced Strategy and Tactics	4	
Task # 12: Planning and Periodization: Optimal Sequencing of Sport Science, Training, and Competitive Activities	4	4
Task # 13: Analysis of Sport-specific Performance Factors	5	
Task # 14: Practical Coaching: Training Camps	4	
Task # 15: Practical Coaching: Competitive Tours	5	
Task # 16: Athlete Long-term Development	5	
Task # 17: Leadership and Ethics	4	
Task # 18: Self-awareness and Personal Management	4	
Task # 19: Canadian Sport System	5	
Task # 20: National Team Program	4	
Task #21: Shooting Periodization for High Performance Biathletes	4	4