



ATHLETIC SKILLS MODEL INSTRUCTOR COURSE

hosted by Portsmouth City Council

10th – 12th July 2023

Sports coaches, physiotherapists, PE teachers, or anyone interested in human movement, join us for 3 in-person action-packed days. In a nutshell, the ASM provides practitioners with a framework to think about skilful movement across the lifespan, encompassing elite sport and developmental perspectives. The scientific evidence underpinning ASM highlights how optimal performance, development and improved health and well-being can be achieved via a holistic multi-skills approach resulting in:

- Improved motor skills and levels of motor creativity
- Fewer injuries, stress, and burnout
- More fun and engagement during sports activity
- Better performance and psychosocial skills

*Check below for an overview of the scientific rationale of this model.

Course details

WHEN?

10th, 11th and 12th of July 2023

- Monday 10/07 9.30am – 2.30pm *Introduction (1hr break)*
- Tuesday 11/07 9.30am – 2.30pm *Theory + practice (1h break)*
- Wednesday 12/07 9.30am – 2.30pm *Theory, practice + Q&A (1h break)*

WHERE?

Hillside & Wymering Centre

Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PY

WHAT DOES IT INCLUDE?

- 15h contact + 5h follow up support
- Practical activities in a sports hall facility
- [ASM English Book](#)
- Workbooks to assess your learning progress
- Access to [Athletic Skills Platform](#)
- Certificate issued by Athletic Skills Model and endorsed by the University of Portsmouth

HOW MUCH?

Fees are covered via the Portsmouth City Council Transformation Fund
(Supply teacher funding available for 6 school staff to attend - first come first served basis)

[Book your place now by emailing Holly.Easlick@portsmouthcc.gov.uk](mailto:Holly.Easlick@portsmouthcc.gov.uk)

The founders

Rene Wormhoudt

S&C Coach
Royal Dutch Football Association (KNVB)

Prof. Geert Savelsbergh

Professor in Motor Learning
and Talent Development
Vrije University Amsterdam

The team

Dr Martina Navarro

Senior Lecturer
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Alex Beckey

Lecturer
St Mary's University

Keeping in touch

If you have any questions related to the model or the course please [contact us!](#)

*Scientific rationale:

The scientific evidence underpinning ASM highlights how development and improved health and well-being can be achieved via a holistic non-linear multi-skills approach whilst increasing adherence, enjoyment and a positive life-long relationship with Physical Activity (PA, Savelsbergh & Wormhoudt, 2018). The ASM approach consist of three building blocks 1. fundamental movements, 2. coordinative abilities and 3. conditions of movement, that encourages people to explore and perform a variety of movements together. Rather than focusing on activity or sport-specific skills, which often can segregate individuals or add barriers for those that perceive themselves as less motor competent, the ASM emphasis is on providing a fundamental skills-oriented programme within a variable environment that increases motor competence and offer participants meaningful experiences when moving. Both, motor competence and meaningful experiences are considered strong predictors of maintaining an active lifestyle (Ruud et al. 2022). Based on the ASM approach, practitioners can design a programme scaled to individuals' physical abilities whilst promoting exploration, challenge and consequently enjoyment. In the Netherlands, where the model was developed, currently more than 5000 practitioners from a wide range of industries (e.g. PE teachers, community sports coaches, physiotherapists) have taken part in the ASM course. Their feedback in addition to the support of local authorities has shown how this model shifts the current way of thinking about movement (sport-specific and therefore fragmented) to a more inclusive and meaningful approach (Ruud et al. 2022). The entire Dutch country has been embracing the model by also designing environments for PA – currently, there are 32 Skills Gardens (<https://www.skillsgarden.nl/>) and PLAYCE (<https://www.playce.nl/>) facilities spread around the country. The model effectiveness can be maximised when carefully designed environments for PA are built. These spaces offer the community and practitioners a place to adopt the ASM's different way of thinking about movement that focuses on movement variation, engagement and enjoyment when moving. The first PLAYCE in the UK will be built in Portsmouth (<https://www.port.ac.uk/playce>) where the providers involved in this project can instil and inspire our community to enjoy being active for life.