

## UK National Classification Course Boccia – 11<sup>th</sup>/12<sup>th</sup> November 2016

### Course Schedule

**Day 1** (NB\*wear suitable clothing short sleeve top or vest top, shorts may be required for lower limb testing)

8.30 **Registration** and coffee

9.00 **Introduction:** The Classification Framework in Boccia- Key areas to consider

9.45 **Theory Session: The Clinical assessment of the Neurological Athlete:** Australian Spasticity Assessment scale and process/ Assessment of hand function/ postural control/ reflexes.

10.30 **Practical session: Techniques for clinical assessment of the Neuro athlete:** Trunk tests/clinical assessment of spasticity/ reflex testing/clonus

11.00 Coffee break

11.30 **Theory Session: The Clinical assessment of the Non- Neurological Athlete:** ROM tests/Manual muscle testing techniques and scales, use of equipment

11.30 **Practical session: Techniques for the clinical assessment of the Non-Neurological athlete:** ROM tests/ Muscle testing/ grip tests

12.15 Lunch break (provided)

1.00 **Theory Session: The Technical Framework explained** – The 4 fundamental areas and assessment process on court

1.30 **Practical session: The Technical/Functional assessment-** postural control/UL coordination/ Dexterity/ ball skills

2.00 **Practical session on court:** The technical framework/movement analysis/observation & completion of initial observation form

4.00 **Discussion and close**

4.30 Travel back to accommodation and free time

## Day 2

09.00 **Theory & Practical session: Bringing it all together: Assessment skills practice of the Neuro/Non-neuro athlete:** Clinical/Functional practice in pairs

10.30 Coffee

11.00 **Practical session:** On court practice of technical framework and technical assessment of sport specific skills

12.00 Lunch & discussion time (provided at the venue) Athletes present

1.00 **Practical session: Athlete Classification BC1-4 - Athlete assessments:** clinical testing and functional sport specific assessments and on court observation includes your first practical examination

3.30 Coffee & Video analysis of athletes (second examined process)

5.00 **Discussion** and close