



HUNGARIAN UNIVERSITY  
OF SPORTS SCIENCE

BUDAPEST

# INTERNATIONAL COACHING COURSE (ICC)



## HISTORY

The first International Coaching Course in Budapest was held in 1971. Since the establishment of the Course, over 2.000 participants from more than 90 countries and all continents of the world received their diploma at our University. As a result of the long time activity in the international coach education the Course management has developed cooperation with governmental and non-governmental institutions all over the world, which corresponded with the objectives of the course.

## OBJECTIVES

The ICC is designed to train and educate coaches from around the world. The programme attempts to promote and develop excellence in coaching. The Course provides coaches with a systematic way to improve their knowledge and skills in the theoretical, technical and practical aspects of coaching.



## **ORGANISATION STRUCTURE**

The ICC is initiated, organised and supervised by the Hungarian University of Sports Science, International Relations Center. It is an intensive, concentrated and intermediate level course organised in half-year intervals starting every March and September. Usually 7-10 sports are offered, depending on the demand and actual applications. The sports are carefully selected, based on traditions, long-term success of the Hungarian National Teams and the availability of our well-known lecturers and coaches. The duration of the course is three months.

## **COURSE CONTENT**

Course content in detail has been carefully selected to meet the needs of coaches working with generally young, developing athletes as well as with advanced athletes of elite sport. To train a competent coach, completion of both theory and practical/technical components of the programme is essential. Progress in the training programme requires active coaching to implement the knowledge gained in the coaching course; therefore all participants are involved in practical coaching work in the leading Hungarian sport clubs. They are supervised by the senior lecturer and/or his/her assistants of the particular sport. The programme includes 120 theoretical and 120 practical teaching hours. In a chosen field of sports student receive education in Training theory, Sport Pedagogy, Sport / Exercise Psychology, Sport Injuries, Sport Physiology, Sport Nutrition, Ethics in Sport Coaching, Science in sport, Biomechanics, Sport Analysis, Sport Sociology, Sport Management, Conditioning, Human Biology. The Fall Course begins in mid-September, the Spring Course in mid-March.

## **LANGUAGE OF INSTRUCTION**

The programme is taught exclusively through English. Participants are expected to speak English in a sufficient level to complete the program at B2 level or higher, not only during classes but also in their conversations with the teaching staff, the organisers and the other students.

## **EXAMINATIONS**

The exams may consist of written, oral and/or practical requirements. Examinations in the student's respective sport consist of sports theory and sports practice. The examination is taken before an Examination Committee. Participants who completed their studies conclude the course with a final examination.

## **TEACHING STAFF**

University professors, the best Hungarian specialists, qualified coaches, sports scientists, and experts from the Hungarian and international sport, are invited to give lectures. The organisers use every opportunity to invite well-known lecturers. International guest professors visiting the University are always invited to contribute to the ICC programme according to their area of expertise.

## PRECONDITIONS FOR APPLICATION

- Working experience in the respective sport field
- Recommendation from the National Olympic Committee, Ministry of Sport or Sport Council and/or National Sport Federation
- Sufficient knowledge of English language: CEFR B2, IELTS 5.5, TOEFL 72-94 or higher
- Physical fitness (participation in practical classes)
- Copy of recent (not older than 3 month) Health Report from General Practitioner (GP) and COVID-19 certificate
- Schengen visa (to be paid by the participant)
- Valid passport (still valid 6 months after departure from Budapest)
- Valid return ticket

## PARTICIPATION FEE (Olympic scholarship offered by Olympic Solidarity)

EUR 7.900 which includes the following services:

- instruction, examinations, accommodation, daily university basic dietary allowance
- the use of all facilities of the University
- monthly transportation pass for all forms of public transportation within Budapest
- transportation to and from the airport
- admittance to competitions and matches, cultural and social programs
- all participants of the course receive HUSS casual student wear.

Sport equipment and Schengen visa are not included.



## INSURANCE POLICY

Medical services limited to the participants personal insurance as part of the policy of Hungarian health care regulations.

## SOCIAL PROGRAMS

There will be optional social programs, trips organized to the countryside and visits to the nicest places of Budapest and Hungary in accordance with the participants' needs. Please, do not forget to register for the announced trips. The meeting point is usually at the upper parking area.

## TESTIMONIALS

*„as we progressed through the course, we not only developed our coaching skills, but also formed deep bonds of friendship. The lively debates over coaching philosophies and the shared laughter and stories have created memories that will last a lifetime. We have become more than just classmates; we have become a family, united by our shared passion of coaching and our determination to make a positive impact in the lives of our athletes.”* – Keis Fetishaj, swimming coach, ICC graduate of 2023 Spring Semester, representing Albania

*„Both Silvia and myself would like to thank you very much for the warm welcome. It was a real pleasure meeting you as well as the rest of the team, the Dean, Judith, the professors, etc. and especially the group of coaches.”* – Yassine Yousfi, Head of International Coaching Program, IOC

*„Allow us to thank you on behalf of Ambassador Gjenez Budima for your welcome yesterday!”* – Shpend Bllaca, Secretary for H E Mrs Gnejeza Budima, Ambassador for Republic of Kosovo in Hungary

*„We had difficult days, but I got to know wonderful brothers. Thank you. We will meet again one day and keep in touch.”* – Khaled Alaraifi, Bahrain, ICC graduate, OS scholarship holder in judo of 2022 Fall Semester Class, Olympic National Team Judo Coach for Bahrain

*„Herewith I would like to pay my gratitude to International Olympic committee (IOC), Olympic Solidarity (OS), NF, NOC Sri Lanka, TE at Hungary for the sponsorship, Guidance to complete my ICC at University of Physical Education at Hungary. With the learnings and experience which I gained from ICC, I started knowledge sharing sessions for the young athletes in Sri Lanka.”* – Shivantha De Silva, Sri Lanka, ICC graduate, OS scholarship holder in fencing of 2022 Fall semester

## CONTACT

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