

Parkour þjálfaranámskeið

29. – 30. ágúst

Dagana 29. – 30. ágúst fer fram þjálfaranámskeið fyrir parkour þjálfara.

Námskeiðið er tvískipt, annars vegar fyrir þjálfara sem þjálfar byrjendur og hins vegar lengra komna.

Dagskrá:

Laugardagur 29. ágúst

Byrjendur

Staðsetning: Fimleikahúsið í Keflavík

12:00 – 13:00 History of parkour, fundamentals of parkour

Staðsetning: Keilir

13:00 – 16:00 How to teach group classes for children and teenagers, equipment used in classes, how to be a good coach.

Sunnudagur 30. ágúst

Lengra komnir

Staðsetning: Fimleikahúsið í Keflavík

12:00 -13:00 Parkour as a sport

Staðsetning: Keilir

13:00 – 16:00 Injuries, how to introduce fitness for children and teenagers who train parkour.

Skráning fer fram í þjónustugátt FSÍ, skráning lokar miðvikudaginn 26. ágúst.

Aldurstakmark á námskeiðið er 16 ár.

Námskeiðið er endurgjaldslaust.

Kennari á námskeiðinu er Vitor Ferreira parkour þjálfari.

I am from Brazil. I have extensive experience in Parkour, Ninja, Martial Arts, Functional Training, assessment and physical preparation in general. I worked in Canada as a Parkour/Ninja Coach for 2 years, where I was able to develop my communication and leadership. Also, I was able to work with Parkour and Ninja athletes, where I could apply specific assessments and intense training methods to improve performance. I currently work in Iceland as a Parkour and Gymnastics Coach. My goal is to help people to move better and become more autonomous in their lives.

Diplomas and certifications:

- Bachelor's degree Physical Education (Federal University of Espírito Santo)
- Especialization: Parkour & Freerunning (Gymnastikhøjskolen i Ollerup)
- Youth Fitness Specialist (American College of Sports Medicine)