

MODULE 1

Concept2 CTS Indoor Rowing Foundation - DHR PRO Course Outline

This PRO Course is intended to help the instructor become familiar with the information in the Concept2 Instructors Course by Dark Horse Rowing and the Indoor Rowing Foundation Instructors Manual and qualify you as a Concept2 listed trainer. The course takes the form of a quiz and video submission.

Part 1

This PRO Course provides the compliment to the C2 Trainer Course by Dark Horse Rowing and guarantees an Indoor Rowing Instructor's Certificate for those students who pass both the written and practical assessments. The course outline and required work assumes that you have attended the online C2 Instructors Course by Dark Horse Rowing.

PRO Course Requirements:

- Complete the online C2 Instructors Course by Dark Horse Rowing.
- Complete the online quizzes in each module.
- Prepare and return your 9 - 10 minute video of your rowing technique while describing this technique.
- Complete the Home Study Course evaluation form.

PRO Course Prerequisites (complete the following prerequisites before embarking on the PRO Course.)

- Review any associated reading and videos from the course modules.
- Read the C2 Indoor Rowing Foundation Instructors Manual.
- Review proper rowing technique at [youtube.com/darkhorserowing](https://www.youtube.com/darkhorserowing).

Upon Completion you'll receive:

- Certificate of Participation for the PRO Course with Dark Horse Rowing
- Return of your technique video with critiques for re-filming. You'll have 4 attempts to pass the video.
- With your approval, your name will be added to a preferred trainers list on the Concept2 website to be used when inquiries are received from individuals or gym owners regarding qualified Indoor Rowing Instructors.

Part 2

PRO Course Goals and Objectives:

- The PRO Course will serve as a compliment to the Concept2 Instructors Course; therefore bringing the successful participant up to the level of credentialed Indoor Rowing Instructor.
- The PRO Course will guide the instructor through the written information provided in the Instructors Manual and and Indoor Rower User Manual.
- The student will identify and explain the four components of proper rowing technique.
- The student will identify the biomechanics of the rowing stroke in regard to the major muscles and joint actions involved in each segment.
- The student will be able to identify and correctly cue common rowing errors.

- The student will be able to recall the results of the Gilligan and Hagerman studies in regard to the physiological benefits of rowing.
- The student will be able to make rowing recommendations for an average healthy adult.
- The student will understand and be able to define at least seven common rowing terms.
- The student will be able to read and interpret a pace chart.
- The student will be able to apply theoretical rowing knowledge to theoretical setting in regard to correct damper setting and recommended stroke rate.
- The student will be able to explain the benefits of rowing in synchrony.
- The student will be able to read and interpret rowing workout plans.
- The student will be able to select appropriate workouts based on individual goals.
- The student will be able to demonstrate how to engage and disengage the monorail and clean and maintain the machine.
- The student will be able to demonstrate how to row in slow motion; identifying muscles in the arms and back, the portions of the slide, and the complete rowing stroke.
- The student will be able to identify the individual components of the rowing stroke with instructional cueing.
- The student will be able to demonstrate cues for common technique errors.
- The student will be able to demonstrate how to correctly set up the Performance Monitor for a workpiece.
- The student will be able to demonstrate a brief row, showing different paces.
- The student will be able to demonstrate correct post-rowing etiquette.

Part 3

PRO Course Study Guide

Step 1: Required Reading (Approximate time: 2 hours)

- Reach pages 6 - 36 in the Model D/E Indoor Rower User Manual (located in the “Machine Anatomy Lecture”)
- Reach Chapters 1 - 4 in the Indoor Rowing Foundation Instructor’s Manual

Step 2: Practical Skills Application (approximate time: 1.25 hours)

1. Using the rowing technique video at <https://www.youtube.com/watch?v=3028IIDxm48&feature=youtu.be> as a model, perfect your rowing technique while instructively cueing for proper execution as well as labeling the components of the rowing stroke. (Recommended SPM: 24)
2. Select fundamental workout plan #F1 or #F2, pages 37 - 47, to use for an abbreviated 15-minute workout with some peer coaches. Briefly go through the goal of the workout, pre-workout setup, warmup, workout setup, body of workout, cool down, and post workout etiquette. Practice verbally instructing throughout the piece.
3. Select one of the workout plans on pages 48 - 60 to use for an abbreviated 15-minute workout with a small group. Following the same pointers above.
4. Practice engaging and disengaging the monorail as well as teaching proper machine setup and post-rowing etiquette.
5. Set up the machine for an interval workout with 1 minute of work followed by a rest interval. Row for 10 intervals, practicing rowing at a higher intensity while maintaining proper form and verbal instructions cueing.

Step 3: Inter Module Quiz (approximate time: 1.5 hours)

- Complete each module quiz with a score of 90% or higher.
- Quizzes are “open book” so please take your time.

Step 4: Practical Assessment (approximate time: 3 - 4 hours)

- Using the Video Submission Guide, submit a video of your teaching for competency review.
- A score of 90 must be achieved in order to pass the practical assessment.

NOTE: Individuals not achieving competency (90 points+) in either segment of the assessments will be asked to correct and resubmit their assessments in order to successfully complete the PRO Course.