



INWA course for NT and IT - Zagreb 03.-05.10.2022.



	Monday, October 3		Tuesday, October 4		Wednesday, October 5
Theme	Backgrounds of Nordic Walking	Theme	Training Nordic Walking	Theme	Info and implementation of Teaching Nordic Walking
14:00	Opening	9:00	Posture, gait analysis	9:00	Nordic Walking Equipment's: Nordic Walking poles and clothing Shoes
14:15	Introduction of the participants	10:30	Break	10:00	Written test (for NT and IT)
14:30	Introduction and background of Nordic Walking History and background of Nordic Walking Health issues – NW as a healthy fitness exercising 3 levels of Nordic Walking: health, fitness and sport	10:45	Teaching Nordic Walking technique trough 10 steps, part 1	10:45	Break
		13:00	Lunch	11:00	How to start INWA Nordic Walking in your country: INWA presentation and educational system of INWA *** How to plan Nordic Walking instructor courses, course contents and example of a timetable *** Tools for building Nordic Walking activities for public and promoting Nordic Walking
		13:45	Teaching Nordic Walking technique trough 10 steps, part 2		
		15:00	Video shooting		
16:15	Break	15:30	Evaluation video	12:30	
16:30	Nordic Walking researches and benefits of Nordic Walking	16:00	Teaching skills basic Nordic Walking technique	13:30	Working groups
18:00	Break	17:45	Break	15:45	Checking the test Discussions about unclear points
18:15	Heart rate, Borg scale and other indicators of intensity	18:00	Teaching techniques of Nordic Walking: basic technique, uphill, and downhill Typical mistakes and linking technique corrections to 10 steps program Tools to analyse Nordic Walking technique (video)	17:00	Closing the course
19:00				Questions and homework	
19:00	Dinner	19:30	Dinner		

Participation for the course is €400. The payment goes to the INWA account: IBAN FI22 1572 3000 3662 60, SWIFT: NDEAFIHH, Nordea Bank Plc 1572 Helsinki – Senaatintori, Finland.