

WAOS ATHLETE CERTIFICATE

The WAoS online course aims to provide an understanding as well as the tools needed for young people to become successful and knowledgeable athletes. The course has been designed and written by content writers who work regularly with athletes and has been overseen by an expert reference group representing a number of international federations. Students completing the course will receive the WAoS Athlete Certificate.

Five online modules cover topics such as support team and relationships, values and integrity in sport, health and wellbeing (including mental health), social media and the media, and your overall journey as an athlete.

THE ONLINE MODULES

- Support team and relationships
- Values and integrity in sport
- Health and wellbeing (including mental health)
- Social media and the media
- Your journey as an athlete

BENEFITS OF THE COURSE

The course is targeted at student athletes from 15 – 18 years of age who want to gain a broader understanding as well as the tools needed to become successful and knowledgeable athletes.

COURSE CONTENT

What will athletes get out of the course?

On completion of the course, athletes will;

- Have gained a greater understanding and insight of the complexities of being an athlete
- Know that an athlete cannot excel and act alone, they need a supportive team around them
- Realise that they must take responsibility for their own actions by taking a proactive approach and acting with integrity in all situations
- Ensure whilst taking care of physical health that mental health and wellbeing are included in any programme undertaken
- Be aware of the importance of personal branding and building networks
- Comprehend that the athletes journey is not always simple and straight forward, planning, organisation and building resilience need to be taken into account

- Strive for sport-life balance with education being a key driver
- Understand that life continues after sport and athletes should take steps at all stages to be prepared for this.

HOW IS THE COURSE DESIGNED AND ORGANISED?

- The course is designed with the learner in mind, guiding them through their journey on an easy-to-use platform
- The course will take 4.5 hours to complete in its entirety.
- The Athlete Certificate will then be issued for immediate download. Students can take the course in their own time, keeping track of their progress along the way:
- Videos, animations and learning activities appear throughout to enable self reflection and enhance the learning experience.

HOW TO APPLY – WHO IS ELIGIBLE

In order to apply and profit from the offer for the [WAoS Athlete Certificates](#) the National Ski Association must send an email to stefanie.gerber@fisski.com with the following information:

- Add Code FISAthlete2022 in the email title
- Add the total Number of Certificates you apply for
- Eligible are athletes aged between 15 to 18 years with a valid FIS Code
- Add a list with the Athletes First and Second Name, FIS Code and Discipline

Please be aware that we will only take requests from the official FIS National Ski Associations. Each FIS National Ski Association can apply for a max. of 100 Certificates. As soon as we checked your application we will provide you with the WAoS Athlete Certificates.

We are looking forward to a lot of interested FIS National Ski Associations and their perspective Athletes.