



**CALL TO REGISTER**

Certified by



To all triathletes, sports coaches, graduates in physiology, kinesiology or sport related careers and interested in general to participate in the course:

## **Level 1 "Sport Initiation in Triathlon" online course**

### **Objective**

Development of the essential abilities to carry out the teaching-learning process by applying the theory and methodology of training in sports initiation with technical progressions in transitions and the three segments of Triathlon.



## COURSE STRUCTURE

**Part  
1**



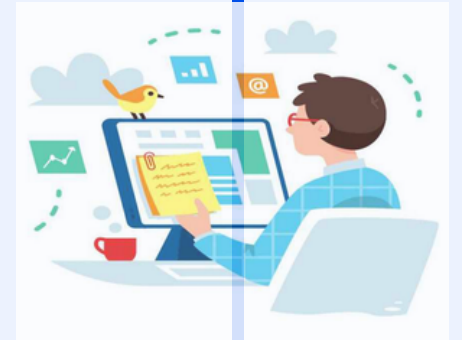
### Content

The student completes the weekly activities, at any time and from anywhere in the world.  
Learning resources: books, assignments, quizzes, forums, videos, 2D and 3D graphics, games, interactive activities and live videoconferences.



From **May 31**  
to  
**Nov 8, 2021.**

**Part  
2**



### Practice and Evaluation

The student will apply the acquired knowledge in real situations and will submit evidence during evaluation.

#### Face to face online lessons will be:

June 15, 29, July 6, Aug 10, 17, Oct 5, Oct 12 at **7pm Mexico City time.**  
***These lessons are mandatory, the participant can only miss 1 lesson.***

From **November  
8 to 22, 2021.**

## REQUIREMENTS FOR CERTIFICATION

Part 1. To fulfill a minimum of 90% of the activities in order to be eligible for the second part of the program.

Part 2. Complete 100% of the activities and have a passing grade in the evaluation in order to be certified.



*The fulfillment of the two phases is the responsibility of the student enrolled in the course and is essential to be certified as a Level 1 coach, if any of the above requirements are not met, the Triathlon University can terminate the student enrollment in the course.*



## CONTENT OF THE COURSE

- Triathlon History
- Sports Ethics
- Sport teaching and learning
- Biological Basis
- Concepts in Nutrition
- Immediate Attention and Prevention of Sports Injuries
- Technical Preparation: Swimming, Cycling and Running
- Theory and Methodology of Triathlon Training I

## ENROLLMENT REQUIREMENTS

- Minimum high school education completed.
- Minimum age, 17 years old.
- Pay the corresponding fee.
- Complete the registration process described below.

## TUITION AND PAYMENT

- **\$ 390.00 USD**
- Payment by credit card via paypal (service charges apply).



<http://www.triatlonmexico.com/universidad/inscripcion/>

**1** Make the corresponding payment.

**2** Upon completion of the **Paypal** payment process, you will receive an email with the confirmation of your registration.

**3** We will contact you at the email address you have registered, you will receive a "*Welcome message*" **the day the course begins.**

**4** Remember that access to the course will be until **May 31, 2021.**

## Registration Process

***If you have any problems during the registration process please contact***

Claudia Beristain: [cberistain@triatlon.com.mx](mailto:cberistain@triatlon.com.mx)

*\*The applicant must register by writing down personal information without spelling mistakes, email for use on the platform and course communication also the applicant must notify any change of email to the organizers of the course.*



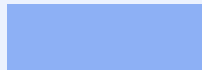
*\*\*It is the applicant's responsibility to verify his/her access to the course and notify any technical problems immediately.*



## LEVEL 1 VALIDATION

If you have a degree in Sports Science, Physical Culture or related, in addition to having the technical knowledge and experience of the three segments of Triathlon and transition zones, you can validate the level 1:

Send to [university@triatlon.com.mx](mailto:university@triatlon.com.mx) and [cberistain@triatlon.com.mx](mailto:cberistain@triatlon.com.mx) the following documents in digital format:

-  Letter requesting the validation of level 1 and the reasons why you require the certification of this level.
-  Professional certificate.
-  Professional degree.

The documents are submitted to the Triathlon University technical committee for acceptance and continuation of the validation process and to be eligible for the following point.

- Send payment (\$ 390 USD dollars) proof of validation of level 1 to the email [university@triatlon.com.mx](mailto:university@triatlon.com.mx) and [cberistain@triatlon.com.mx](mailto:cberistain@triatlon.com.mx)
- Must present an online exam for L1.

***If online exam does not achieve a pass grade, the payment is not refundable, it is used for enrollment to Level 1 of the current year. In case of passing, the validated student must complete the entire registration process for level 2.***

---

**Aspects not foreseen.** Aspects not foreseen in registration will be resolved by Americas Triathlon..

**SINCERELY**

**Liber García**  
President  
Americas Triathlon

**Edgar Rodríguez Torres**  
Training Director  
University of Triathlon