
Global Certificate in Women in Sports Management

Athlete Development and Support Services

Academy: An organization that provides training and development programs for athletes, focusing on technical skills, physical conditioning, and mental preparation. Related terms: training program, athlete development, sports science. In the context of Athlete Development and Support Services, an academy plays a crucial role in providing young athletes with the necessary tools and resources to succeed in their chosen sport. For example, a football academy would provide coaching, training facilities, and mentorship to help young players develop their skills and achieve their goals.

Accountability: The process of being responsible for one's actions and decisions, ensuring that athletes, coaches, and support staff are answerable for their performance and conduct. Related terms: responsibility, transparency, governance. In Athlete Development and Support Services, accountability is essential for maintaining high standards of performance, behavior, and integrity. For instance, athletes and coaches must be accountable for their actions on and off the field, adhering to codes of conduct and regulations that promote fair play and respect.

Administration: The management and organization of sports programs, events, and services, including tasks such as planning, budgeting, and coordination. Related terms: management, leadership, governance. In the context of Athlete Development and Support Services, administration plays a vital role in ensuring the smooth operation of sports programs, including the management of facilities, equipment, and personnel. For example, the administration of a sports organization would oversee the planning and delivery of training programs, competitions, and workshops.

Athlete: An individual who participates in sports, requiring physical and mental preparation, as well as technical skills and knowledge. Related terms: player, competitor, participant. In Athlete Development and Support Services, the athlete is the central focus, with programs and services designed to support their development, well-being, and performance. For instance, athletes may receive coaching, training, and mentoring to help them improve their skills and achieve their goals.

Athlete Development: The process of supporting athletes in their development, from beginner to elite levels, focusing on technical, physical, and mental aspects. Related terms: talent development, athlete support, sports science. In the context of Athlete Development and Support Services, athlete development is a critical component, with programs and services designed to support athletes at all stages of their development. For example, an athlete development program might include coaching, training, and conditioning to help athletes improve their skills and performance.

Athlete Support: The provision of services and resources to support athletes, including medical care, mental health support, and education and career guidance. Related terms: athlete welfare, athlete well-being, support services. In Athlete Development and Support Services, athlete support is essential for ensuring the well-being and safety of athletes, both on and off the field. For instance, athletes may receive medical support, including injury treatment and rehabilitation, as well as mental health support and counseling.

Career Development: The process of supporting athletes in their career development, including education and training, networking, and employment opportunities. Related terms: athlete career support, transition planning, employment services. In the context of Athlete Development and Support Services, career development is critical for supporting athletes in their transition from sport to other careers, providing them with the skills and knowledge needed to succeed. For example, a career development program might include workshops, mentoring, and job placement services to help athletes transition to new careers.

Coach: An individual responsible for guiding and supporting athletes in their development, providing technical guidance, strategic planning, and motivational support. Related terms: trainer, instructor, mentor. In Athlete Development and Support Services, coaches play a vital role in supporting athletes, providing them with the expertise and guidance needed to improve their skills and performance. For instance, a coach might provide one-on-one coaching, team coaching, and video analysis to help athletes develop their technical skills.

Coach Development: The process of supporting coaches in their development, including education and training, mentoring, and certification programs. Related terms: coach education, coach training, coach support. In the context of Athlete Development and Support Services, coach development is essential for ensuring that coaches have the knowledge and skills needed to support athletes effectively. For example, a coach development program might include workshops, conferences, and online courses to help coaches develop their coaching skills.

Communication: The process of exchanging information and ideas between individuals and groups, including verbal and non-verbal communication, as well as written and visual communication. Related terms: interpersonal communication, public speaking, presentation skills. In Athlete Development and Support Services, communication is critical for effective collaboration and teamwork, as well as for providing athletes with clear instructions and feedback. For instance, coaches and support staff must communicate effectively with athletes, using clear and concise language to convey their messages.

Competition: An event or series of events where athletes compete against each other, requiring physical and mental preparation, as well as technical skills and knowledge. Related terms: tournament, match, game. In the context of Athlete Development and Support Services, competition is a critical component, providing athletes with the opportunity to test their skills and performance against others. For example, a competition might include a series of matches or games, with athletes competing against each other in a league or tournament format.

Conditioning: The process of improving an athlete's physical fitness and performance, including strength training, endurance training, and flexibility training. Related terms: physical training, fitness training, exercise science. In Athlete Development and Support Services, conditioning is essential for supporting athletes in their development, helping them to improve their physical fitness and performance. For instance, a conditioning program might include weight training, cardiovascular exercise, and flexibility exercises to help athletes develop their physical fitness.

Counseling: The process of providing athletes with emotional support and guidance, including mental health support, career guidance, and personal development support. Related terms: mentoring, coaching,

therapy. In the context of Athlete Development and Support Services, counseling is critical for supporting athletes' mental health and well-being, providing them with the support and guidance needed to navigate challenges and setbacks. For example, a counselor might provide one-on-one counseling, group counseling, and workshops to help athletes develop their mental toughness and resilience.

Education: The process of providing athletes with knowledge and skills, including academic education, vocational training, and personal development education. Related terms: training, development, learning. In Athlete Development and Support Services, education is essential for supporting athletes in their development, providing them with the knowledge and skills needed to succeed in their sport and beyond. For instance, an education program might include academic courses, vocational training, and workshops to help athletes develop their life skills and career skills.

Employment: The process of providing athletes with job opportunities, including career guidance, job placement, and employment support. Related terms: career development, job placement, employment services. In the context of Athlete Development and Support Services, employment is critical for supporting athletes in their transition from sport to other careers, providing them with the skills and knowledge needed to succeed in the workplace. For example, an employment program might include workshops, mentoring, and job placement services to help athletes develop their career skills and secure employment.

Equality: The principle of treating all individuals with fairness and respect, regardless of their gender, race, age, or ability. Related terms: diversity, inclusion, fairness. In Athlete Development and Support Services, equality is essential for ensuring that all athletes have equal access to opportunities and resources, regardless of their background or circumstances. For instance, a sports organization might implement policies and procedures to promote equality and inclusion, ensuring that all athletes are treated with respect and dignity.

Evaluation: The process of assessing and evaluating athlete performance, including technical skills, physical fitness, and mental toughness. Related terms: assessment, appraisal, feedback. In the context of Athlete Development and Support Services, evaluation is critical for supporting athletes in their development, providing them with feedback and guidance to improve their performance. For example, an evaluation program might include video analysis, statistics, and coaching feedback to help athletes develop their technical skills and strategies.

Facilitation: The process of supporting and enabling athletes to achieve their goals, including coaching, mentoring, and facilitating access to resources and services. Related terms: enabling, supporting, empowering. In Athlete Development and Support Services, facilitation is essential for supporting athletes in their development, providing them with the support and resources needed to succeed. For instance, a facilitator might provide coaching, mentoring, and facilitating access to resources and services to help athletes develop their skills and strategies.

Governance: The process of overseeing and managing sports organizations, including policy development, strategic planning, and decision making. Related terms: management, leadership, administration. In the context of Athlete Development and Support Services, governance is critical for ensuring that sports organizations are managed effectively and efficiently, with clear policies and procedures in place to support

athlete development and well-being. For example, a governing body might develop policies and procedures to promote athlete safety and welfare, as well as strategic plans to support athlete development and performance.

Inclusion: The principle of creating an environment that is welcoming and inclusive of all individuals, regardless of their background or circumstances. Related terms: diversity, equality, accessibility. In Athlete Development and Support Services, inclusion is essential for ensuring that all athletes feel valued and respected, with equal access to opportunities and resources. For instance, a sports organization might implement policies and procedures to promote inclusion and diversity, ensuring that all athletes are treated with respect and dignity.

Injury: A physical or mental harm that can affect an athlete's performance and well-being, requiring medical attention and rehabilitation. Related terms: harm, trauma, rehabilitation. In the context of Athlete Development and Support Services, injury is a critical concern, with athletes requiring medical attention and rehabilitation to recover from physical or mental harm. For example, an athlete might require physical therapy, medical treatment, and psychological support to recover from an injury or trauma.

Leadership: The process of guiding and directing individuals and teams, including vision setting, strategic planning, and decision making. Related terms: management, governance, administration. In Athlete Development and Support Services, leadership is essential for supporting athletes in their development, providing them with the guidance and direction needed to succeed. For instance, a leader might provide coaching, mentoring, and strategic planning to help athletes develop their skills and strategies.

Mental Health: The state of an individual's emotional and psychological well-being, including stress management, anxiety reduction, and resilience building. Related terms: emotional health, psychological well-being, mental toughness. In the context of Athlete Development and Support Services, mental health is a critical concern, with athletes requiring support and guidance to manage their emotional and psychological well-being. For example, an athlete might require counseling, therapy, and stress management techniques to manage their mental health and well-being.

Mentor: An individual who provides guidance and support to athletes, including coaching, mentoring, and facilitating access to resources and services. Related terms: coach, facilitator, supporter. In Athlete Development and Support Services, mentors play a vital role in supporting athletes, providing them with the guidance and support needed to succeed. For instance, a mentor might provide coaching, mentoring, and facilitating access to resources and services to help athletes develop their skills and strategies.

Network: A group of individuals and organizations that provide support and resources to athletes, including coaches, mentors, and service providers. Related terms: community, partnership, collaboration. In the context of Athlete Development and Support Services, networks are essential for supporting athletes, providing them with access to resources and services that can help them develop their skills and performance. For example, a network might include coaches, mentors, and service providers who can offer guidance, support, and resources to help athletes achieve their goals.

Nutrition: The process of providing athletes with the food and nutrients needed to support their physical

and mental health, including meal planning, supplementation, and hydration strategies. Related terms: diet, food, nutrition planning. In Athlete Development and Support Services, nutrition is critical for supporting athletes' physical and mental health, providing them with the fuel and nutrients needed to perform at their best. For instance, a nutrition program might include meal planning, supplementation, and hydration strategies to help athletes develop their physical fitness and performance.

Participation: The process of engaging in sports and physical activity, including recreational participation, competitive participation, and high performance participation. Related terms: engagement, involvement, activity. In the context of Athlete Development and Support Services, participation is essential for supporting athletes in their development, providing them with the opportunities and resources needed to engage in sports and physical activity. For example, a participation program might include recreational activities, competitive events, and high performance training to help athletes develop their skills and performance.

Performance: The outcome of an athlete's efforts, including technical skills, physical fitness, and mental toughness. Related terms: achievement, accomplishment, success. In Athlete Development and Support Services, performance is a critical concern, with athletes striving to achieve their best possible results and outcomes. For instance, an athlete might focus on developing their technical skills, physical fitness, and mental toughness to improve their performance and achieve their goals.

Physical Training: The process of improving an athlete's physical fitness, including strength training, endurance training, and flexibility training. Related terms: conditioning, exercise, fitness. In the context of Athlete Development and Support Services, physical training is essential for supporting athletes in their development, providing them with the physical fitness and performance needed to succeed. For example, a physical training program might include weight training, cardiovascular exercise, and flexibility exercises to help athletes develop their physical fitness and performance.

Policy: A document or statement that outlines the principles and guidelines for a sports organization, including governance, management, and administration. Related terms: procedure, protocol, guideline. In Athlete Development and Support Services, policies are critical for ensuring that sports organizations are managed effectively and efficiently, with clear policies and procedures in place to support athlete development and well-being. For instance, a policy might outline the principles and guidelines for athlete selection, coaching, and support services.

Psychology: The study of human behavior and mental processes, including cognition, emotion, and motivation. Related terms: sports psychology, mental health, well-being. In the context of Athlete Development and Support Services, psychology is essential for supporting athletes' mental health and well-being, providing them with the tools and strategies needed to manage their emotional and psychological well-being. For example, a psychologist might provide counseling, therapy, and stress management techniques to help athletes manage their mental health and well-being.

Rehabilitation: The process of restoring an athlete's physical and mental health, including medical treatment, physical therapy, and psychological support. Related terms: recovery, treatment, therapy. In Athlete Development and Support Services, rehabilitation is critical for supporting athletes who have

suffered an injury or illness, providing them with the medical attention and support needed to recover and return to their sport. For instance, a rehabilitation program might include physical therapy, medical treatment, and psychological support to help athletes recover from an injury or illness.

Safety: The state of being free from harm or danger, including physical safety, emotional safety, and psychological safety. Related terms: risk management, injury prevention, well-being. In the context of Athlete Development and Support Services, safety is essential for ensuring that athletes are protected from harm or danger, with clear policies and procedures in place to promote athlete safety and welfare. For example, a safety program might include risk management, injury prevention, and emergency response planning to help athletes stay safe and healthy.

Science: The study of human movement and performance, including biomechanics, physiology, and psychology. Related terms: sports science, exercise science, human movement. In Athlete Development and Support Services, science is essential for supporting athletes in their development, providing them with the knowledge and tools needed to improve their performance and achieve their goals. For instance, a sports scientist might provide coaching, consulting, and research services to help athletes develop their technical skills and physical fitness.

Selection: The process of choosing athletes for teams, programs, or events, including trials, assessments, and evaluations. Related terms: recruitment, talent identification, team selection. In the context of Athlete Development and Support Services, selection is critical for identifying and developing talented athletes, providing them with the opportunities and resources needed to succeed. For example, a selection program might include trials, assessments, and evaluations to help identify and develop talented athletes.

Sports Management: The process of overseeing and managing sports organizations, including governance, management, and administration. Related terms: sports administration, sports leadership, sports governance. In Athlete Development and Support Services, sports management is essential for ensuring that sports organizations are managed effectively and efficiently, with clear policies and procedures in place to support athlete development and well-being. For instance, a sports manager might oversee the management of sports programs, facilities, and services to support athlete development and performance.

Strategy: A plan or approach for achieving a goal or objective, including short term and long term planning, as well as technical and tactical planning. Related terms: planning, tactics, approach. In the context of Athlete Development and Support Services, strategy is essential for supporting athletes in their development, providing them with the plans and approaches needed to achieve their goals and succeed in their sport. For example, a coach or mentor might develop a training plan, competition plan, and recovery plan to help an athlete achieve their goals and succeed in their sport.

Support: The process of providing athletes with the resources and services needed to succeed, including coaching, mentoring, and facilitating access to resources and services. Related terms: assistance, guidance, facilitation. In Athlete Development and Support Services, support is critical for ensuring that athletes have the resources and services needed to succeed, providing them with the guidance and direction needed to achieve their goals. For instance, a support program might include coaching, mentoring, and facilitating access to resources and services to help athletes develop their skills and performance.

Talent: The innate ability or natural talent that an athlete possesses, including technical skills, physical abilities, and mental toughness. Related terms: ability, aptitude, potential. In the context of Athlete Development and Support Services, talent is essential for identifying and developing athletes with the potential to succeed in their sport, providing them with the opportunities and resources needed to develop their skills and performance. For example, a talent identification program might include assessments, evaluations, and trials to help identify and develop athletes with the potential to succeed in their sport.

Team: A group of athletes who work together to achieve a common goal, including communication, cooperation, and collaboration. Related terms: squad, group, collective. In Athlete Development and Support Services, teams are essential for supporting athletes in their development, providing them with the opportunities and resources needed to succeed. For instance, a team might include coaches, trainers, and support staff who work together to help athletes develop their skills and performance.

Training: The process of improving an athlete's technical skills, physical fitness, and mental toughness, including practices, drills, and exercises. Related terms: practice, drill, exercise. In Athlete Development and Support Services, training is essential for supporting athletes in their development, providing them with the opportunities and resources needed to improve their technical skills, physical fitness, and mental toughness. For example, a training program might include practices, drills, and exercises to help athletes develop their technical skills and physical fitness.

Transition: The process of moving from one stage or phase to another, including career transition, educational transition, and personal transition. Related terms: change, movement, progression. In Athlete Development and Support Services, transition is critical for supporting athletes in their transition from sport to other careers, providing them with the skills and knowledge needed to succeed in their next phase of life. For instance, a transition program might include career counseling, education and training, and personal development support to help athletes transition to new careers and phases of life.

Well-being: The state of being healthy and happy, including physical well-being, emotional well-being, and psychological well-being. Related terms: health, happiness, quality of life. In the context of Athlete Development and Support Services, well-being is essential for ensuring that athletes are healthy and happy, with clear policies and procedures in place to promote athlete well-being and safety. For example, a well-being program might include health education, fitness training, and stress management techniques to help athletes develop their physical and mental well-being.

Women in Sports: The participation and involvement of women in sports, including athletes, coaches, and administrators. Related terms: gender, equality, diversity. In Athlete Development and Support Services, women in sports are essential for promoting gender equality and diversity in sports, providing women with the opportunities and resources needed to succeed in their sport. For instance, a women in sports program might include scholarships, mentoring, and leadership development to help women athletes and coaches develop their skills and performance.