Garnet
Garnet Global Training Center

GGT-SP-105

Sports Management & Wellbeing

Coaching Science

علوم التدريب الرياضي

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Intermediate (practitioner)**

Overview

Coaching Science focuses on how the work is actually done: the methods, checks and decisions practitioners use every day, illustrated with real cases from the region. Management programs for clubs, federations, venues and workplace wellbeing teams. It runs as a 5-day or 10-day program in English or Arabic, in classrooms in Dubai, Riyadh, Cairo, London, Istanbul and other cities, or live online, and can be delivered in-house.

What you will be able to do

- Apply the methods and standards of Coaching Science to real tasks.
- Diagnose common problems and identify root causes.
- Interpret data and results correctly and act on them.
- Follow safe, compliant and documented work practices.
- Avoid the mistakes that most often cause rework or failure.

Who should attend

Club and federation managers, coaches, venue operators and wellbeing leads. Practitioners with one to five years of experience benefit most.

Key topics

- Sport governance
- Commercial and sponsorship
- Venue operations
- Athlete development
- Fan engagement
- Health and wellbeing

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

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Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Coaching Science: principles and standards
- Commercial and sponsorship
- Group discussion and peer review

Day 2 Methods and tools in practice
- Venue operations
- Athlete development

Day 3 Diagnosis and problem solving
- Fan engagement
- Measurement and reporting

Day 4 Quality, safety and documentation
- Health and wellbeing
- Hands-on workshop on a workplace challenge

Day 5 Workshop, assessment and action plan
- Sport governance
- Common mistakes and how to avoid them

10-day outline

Day 1 Coaching Science: principles and standards
- Commercial and sponsorship
- Group discussion and peer review

Day 2 Methods and tools in practice
- Venue operations
- Athlete development

Day 3 Diagnosis and problem solving
- Fan engagement
- Measurement and reporting

Day 4 Quality, safety and documentation
- Health and wellbeing
- Hands-on workshop on a workplace challenge

Day 5 Workshop, assessment and action plan
- Sport governance
- Common mistakes and how to avoid them

Day 6 Advanced techniques and specialist practice
- Complex cases in depth
- Regional and international case studies

Day 7 Digital tools, data and automation
- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice
- Global performance benchmarks
- Checklists and templates to take away

Day 9 Capstone project
- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates
- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
15–19 Feb 2027	5-day classroom	Dubai	Arabic	4,750
1–5 Mar 2027	5-day online	Live online	Arabic	2,950
3–14 May 2027	10-day classroom	Paris	English	8,950
13–17 Dec 2027	5-day classroom	Barcelona	English	4,750
7–18 Feb 2028	10-day classroom	Barcelona	English	8,950
15–26 May 2028	10-day online	Live online	Arabic	5,450
16–20 Oct 2028	5-day classroom	Abu Dhabi	English	4,750
5–9 Nov 2028	5-day classroom	Riyadh	English	4,750
12–16 Mar 2029	5-day online	Live online	English	2,950
10–14 Jun 2029	5-day classroom	Jeddah	English	4,750

Dates	Format	City	Language	Fee (USD)
5–16 Aug 2029	10-day classroom	Riyadh	Arabic	8,950
19–23 Nov 2029	5-day classroom	Singapore	English	4,750
18–29 Mar 2030	10-day online	Live online	English	5,450
13–24 May 2030	10-day classroom	Abu Dhabi	Arabic	8,950
17–21 Jun 2030	5-day classroom	Geneva	English	4,750
5–9 Aug 2030	5-day classroom	Singapore	English	4,750

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/