

DAY 1

Introduction to Sportvision

The introduction to Sportvision is for those who have no prior knowledge of Sportvision or who remain a little sceptical about the scientific basis for this area of study.

Learning outcomes

An appreciation of the scientifically justifiable need for this area of study and the opportunity to ask difficult questions; a better understanding of the role of "eye exercises" and the role of Sportvision appliances in protection and sporting performance.

Programme

Time	Introduction to Sportvision Practice
08.45	Registration
09.15	The Evidence: Summary of compelling research, which shows a proven link between sporting and visual performance.
10.00	Case Histories: A selection of sportsmen and women who have benefited directly from a full Sportvision assessment.
11.00	Tea/Coffee
11.45	The principles of Sportvision refraction and the problem of denial: The refraction is critical to a successful outcome, sportvision moves this process to a higher level of understanding.
12.30	Clinical Dispensing: Cosmesis is important, but Sportvision justifies: dispensing at the highest clinical level and the importance of a close working relationship with the Optometrist.
13.00	Lunch
14.15	Contact lenses: Contact lenses are an important mode of correction in sport and have particular considerations in most individual events.
15.00	Sport lenses and materials: An introduction to the technology of sport lens design.
15.30	Tea/coffee
15.45	The occupation of Sport: Sport is the largest and most diverse occupational consideration in ophthalmic Optics. The visual requirements in every sport are different. The laws of Sportvision presented in "The Evidence" will be applied to various sports to evolve strategies to meet the needs of athletes.
16.15	Workshop: Hands on experience with the Sportvision battery of screening tests in their use to measure and demonstrate.
17.30	Close - Total 7 Hrs



DAY 2

How to set up a Sportvision Practice

Setting up a Sportvision practice is a very practical approach to translating interest into commercial advantage, from the level of an immediate increase in profitability with virtually no start up costs, to major investment in a customised Sportvision Practice.

Learning outcomes

Awareness of how to use screening to promote the practice as well as increase sport specific knowledge. Workshops will give experience in the use of analytical equipment and measuring and ordering for sports lenses. Examples of charging will be given and the legality of Sportvision practice and the special duty of care to athletes will be discussed.

Programme

Time	How to set up a Sportvision Practice
08.45	Registration
09.15	The role of Sportvision screening: Screening is a fundamental tool of sportvision practice the test are used as a preliminary assessment and demonstration in single assessments as well as in the field with a whole squad of athletes. The PR benefits scientific understanding come in equal measures.
10.00	Diagnosis of visual deficiency: Diagnosis depends on an understanding of the laws of sportvision as applied to any particular sport and how even subtle deficiencies can be directly related to deficits in sporting performance.
11.00	Tea/Coffee
11.45	Workshop, The use and understanding of Analytical equipment: as a means of measurement, comparison and a way of delivering therapy.
13.00	Lunch
14.15	Workshop, Sportvision appliances: Specific details in the measuring ordering and fitting of sports lenses followed by hands on look at prescription sports appliances.
15.30	Tea/coffee
15.45	Legal aspects: Some areas of concern in Sportvision practice including duty of care and indemnity cover.
16.15	Membership of the Sportvision Group: Outline of plans for the formation of the Sportvision Group and the role of the Sports Vision Association.
17.30	Close - Total 7 Hrs

DAY 3

Sportvision, Holistic Eye Care

Holistic eye care justifies the argument that Sportvision is the future of Ophthalmic Optics. It is a necessary module for those who wish to take the Diploma in Sportvision practice.

Learning outcomes

Delegates will be taken through the contribution Sportvision has made to the understanding of visual performance and how it relates to occupational and sporting performance; and ultimately to behaviour, nutrition exercise, sport medicine and sport physiology.

Programme

Time	Holistic Eye Care
08.45	Registration
09.15	The laws of Sportvision: How an understanding of eye dominance leads to these laws. The role of Sportvision tests will be explained.
10.00	The importance of exercise: Eye speed and athletic potential will be discussed as a means of demonstrating the importance of matching sport and physiological type. (Workshop)
11.30	Tea/Coffee
11.45	The psychology of vision and competition: Vision is directly or indirectly related to 80% of sensory information. The effect of a disruption is underestimated and misunderstood. Understanding the role of vision in sporting performance allows many of the mysteries of sporting excess to be explained.
12.15	Drug abuse: The side effects of common performance enhancers and what motivates athletes to take them.
13.00	Lunch
14.15	Workshop: Hands on experience of a logical approach to vision therapy and how to measure it. Discussion of course work and dissertation for Diploma delegates.
15.30	Tea/coffee
15.45	Sport and behaviour: Sport represents the pinnacle of visual performance and may be a better measure of learning difficulties than reading speed or static visual acuity. Recent research is discussed.
16.15	Diet and sub-clinical disease: A role for Optometry in the prevention of disease is proposed using the measurement of visual performance as a barometer to the general health.
17.30	Close - Total 7 Hrs

DAY 4

The Diploma in Sportvision Practice

Venues AND dates to be confirmed

The Diploma in Sportvision Practice is a comprehensive guide for commercial practice. It distills the research and experience of 15 years from the point of entry into British Optometry to the present day where the link between vision and sporting performance is firmly established and understood. It will prepare practitioners to meet the growing demand from athletes and the general public for this deeper understanding of optometry, which explains so much of the visual process in sport and extrapolates the lessons to many other occupations and disabilities.

Learning outcomes

Delegates will have submitted course work, which will demonstrate their ability to use simple descriptive statistics to analyse data. They will also be required to undertake a small research project for which they should allow about 20 hours over the three month intervening period. On the morning of the exam day they will give a 10 minute presentation of their project; this presentation will be supported by a written report 2 x A4 sides long (N10 Arial). The course work will be marked prior to the exam day and all delegates will be invited to listen to the presentations which themselves will be unique and may cast new light on the subject. All will be published in the transactions of the Diploma in Sportvision Practice and on the Sportvision Web site. Assistance will be given to achieve journal publications. The final section of the exam day will be a multi choice question exam which will not be time limited (but nominally an hour) and all course notes will be available to candidates before and during the exam. Depending on attendance the results will be announced on the same day. Non-diploma delegates may attend the project presentations.

Assessment

Delegates will be assessed on their course work, project content and presentation and the MCQ exam. Successful candidates will be awarded the Diploma in Sportvision Practice and College CET.

Programme

Time	Diploma in Sportvision Practice (exam day)
09.30	Registration
10.00	Presentations
13.00	Lunch
15.00	MCQ Exam
16.15	Close/introduction to Sportvision Group