



## LEVEL ACADEMY

### Introductory Esports Programme

#### Programme Details

Programme Duration: 10 sessions  
Session Duration: 2 hours each

#### Aims and Objectives

This training programme aims to:

- Encourage participants to train and compete in a healthy and stimulating environment;
- Target a combination of physical, mental, emotional and social well-being for the trainees;
- Raise awareness towards a healthy gaming lifestyle;
- Impart soft skills including but not limited to presentation and public speaking skills, interview skills, etiquette etc.
- Impart learner autonomy and agency onto athletes to encourage self-development through critical analysis and creative solutions.
- Incorporate training for different games and skill sets in a systematic manner;
- Impart transferable skills with a particular focus on Collaboration, Communication, Critical Thinking and Creativity (21<sup>st</sup> Century Skills for the workplace)
- Discard any stereotypes associated with video gaming.
- Promote careers related to esports in line with the recently announced government strategy on esports and game development.

#### Programme Rationale

Pro-footballers are highly educated model athletes who leave nothing to chance. Clubs command entire armies of coaches and advisors to help their players cope with the various challenges on and off the field. Comparatively, esports athletes live the life of an amateur.

A career as an esports athlete usually begins and ends much earlier in comparison to other professional sport related careers. Due to the reflexes required to react in time to constant high-pressure scenarios and strategies, most esports athletes would ideally turn pro at the age of 17 and eventually reach their peak by their mid-twenties. The foundations for a successful career as a professional eSports athlete therefore lay in one's youth. If someone wants to get to the top of their game, proper guidance and training needs to start early on.

Through systematic education and established support systems, professional athletes not only learn technique and play styles, but also how to live as a professional from their teenage years.

Our aim is to address this gap of professional guidance and deliver a concise but all-encompassing program that will help guide players to reach their full potential.

#### Programme Description

This programme serves as an introduction to the Esports industry from the perspective of an athlete. Participants will attend a series of 10 x 2-hour sessions that will focus on the following topics:

- Overview of the esports industry



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- The games
- Responsible play
- Techniques and Strategies
- Professional athlete lifestyle
- Physical fitness
- Self-promotion through content creation

### Target Group and Eligibility

This programme is aimed at individuals who share a passion for video games yet have no experience at a competitive level.

Minimum Age: 10  
No. of participants per group: 8

### Delivery

Training will be delivered across 40 lessons of 45 minutes each grouped into modules of 2 lessons each.

#### Sample Session Structure:

45 mins	Workshop - Guest Speaker
10 mins	Contextualisation + Learner training
15 mins	Coordination (targeted focus on key skills)
15 mins	Case simulations followed by self / peer assessment and feedback
10 mins	Break and preparatory discussion prior to simulation
15 mins	Simulation (with focus on observation and analysis of target areas)
10 mins	Cool down and reflection

Guest speakers will be brought in on a regular basis to deliver training related to their respective discipline. Target areas shall include:

- (i) nutrition (nutritionist)
- (ii) proper seating posture and stretching (physiotherapist),
- (iii) mental and social well-being (psychotherapist and psychologist).
- (iv) physical training. Healthy body – Healthy mind (gym instructor)
- (v) self-promotion – Online content creation – streaming / youtube (Local full-time streamer)
- (vi) tournament organisation (Local tournament organiser)
- (vii) professional lifestyle – (Pro-esports athlete + professional footballer)