



## NATIONAL COACHING ACCREDITATION PROGRAMME NCAP THEORY LEVEL 1 - COURSE SCHEDULE 2010

Tentative Venue: Civil Service College, 31 North Bouna Vista Rd - Course Fee: \$168.80

**Take note of the following:**

1. All participants must be able to read, write and understand English. Lessons and written examination will only be conducted in English.
2. Please register online at <http://sports.ssc.gov.sg>
3. Participants who intend to coach Football, Athletics, Table Tennis or Basketball can attend the “Integrated NCAP Course” conducted by the Football Assoc. of S’pore (FAS), S’pore Athletics Assoc. (SAA), S’pore Table Tennis Assoc. (STTA) & Basketball Assoc. of S’pore (BAS) respectively. Kindly refer to their websites for contact & further details.

			Course 1.1 1 Feb – 3 Mar 2010	Course 1.2 13 Apr – 13 May 2010	Course 1.3 22 Nov – 13 Dec 2010
Online registration opens from:			1 Dec 2009 (9am)	17 Feb 2010 (9am)	22 Sep 2010 (9am)
Closing date will be as stated OR when a total of 180 participants have registered for the course:			4 Jan 2010 (9am)	16 Mar 2010 (9am)	21 Oct 2010 (9am)
	Time	Module	Date	Date	Date
1	7.30pm-10.00pm	PLANNING & SPORTS SAFETY	Mon, 1 Feb	Tue, 13 Apr	Mon, 22 Nov
2	7.30pm-10.00pm	ROLE OF THE COACH	Wed, 3 Feb	Thu, 15 Apr	Wed, 24 Nov
3	7.30pm-10.00pm	GROWTH & DEVELOPMENT	Fri, 5 Feb	Tue, 20 Apr	Fri, 26 Nov
4	7.30pm-10.00pm	DEVELOPMENT OF SKILLS	Mon, 8 Feb	Thu, 22 Apr	Mon, 29 Nov
5	7.30pm-10.00pm	ANALYSIS OF SKILLS	Wed, 10 Feb	Tue, 27 Apr	Wed, 1 Dec
6	7.30pm-10.00pm	MENTAL SKILLS TRAINING	Mon, 22 Feb	Thu, 29 Apr	Fri, 3 Dec
7	7.30pm-10.00pm	PHYSICAL PREPARATION 1	Wed, 24 Feb	Tue, 4 May	Mon, 6 Dec
8	7.30pm-10.00pm	PHYSICAL PREPARATION 2	Fri, 26 Feb	Thu, 6 May	Wed, 8 Dec
9	7.30pm-10.00pm	PHYSICAL PREPARATION 3	Mon, 1 Mar	Tue, 11 May	Fri, 10 Dec
10	7.30pm-8.30pm	THEORY EXAM	Wed, 3 Mar	Thu, 13 May	Mon, 13 Dec