

NATIONAL COACHING ACCREDITATION PROGRAMME

NCAP THEORY LEVEL 1 - COURSE SCHEDULE 2011

Venue: To be confirmed - Course Fee: \$168.80

IMPORTANT:

- All participants must be able to read, write and understand English. Lessons and written examination will only be conducted in English.
- For participants who intend to register for NCAP Theory level 1.3 to 1.6 you are to register and make payment via ICanBook system**
Please register online at www.icanbook.com.sg.
- Please only register for courses when the online registration is as indicated in the schedule.**
- Participants who intend to coach Athletics, Basketball, Cycling, Football, Rugby, Shooting or Table Tennis can attend the "Integrated NCAP Course" conducted by the S'pore Athletics Assoc. (SAA), Basketball Assoc. of S'pore (BAS), S'pore Amateur Cycling Assoc. (SACA), Football Assoc. of S'pore (FAS), S'pore Rugby Union (SRU) S'pore Shooting Assoc. (SSA) and S'pore Table Tennis Assoc. (STTA), respectively. Kindly refer to their websites for contact and further details.
- For any further enquiries, please e-mail to ssc_coaching@ssc.gov.sg.

			Course 1.1 14 Feb – 7 Mar 2011	Course 1.2 19 Apr – 24 May 2011	Course 1.3 20 Jun – 11 Jul 2011	Course 1.4 11 Aug – 15 Sep 2011	Course 1.5 3 Oct – 24 Oct 2011	Course 1.6 22 Nov – 22 Dec 2011
Online registration opens from:			14 Dec 2010 (9am)	3 Mar 2011 (9am)	20 Apr 2011 (9am)	10 Jun 2011 (9am)	3 Aug 2011 (9am)	22 Sept 2011 (9am)
Closing date will be as stated OR when a total of 100 participants have registered for the course:			13 Jan 2011 (9am)	2 Apr 2011 (9am)	19 May 2011 (9am)	11 Jul 2011 (9am)	5 Sept 2011 (9am)	21 Oct 2011 (9am)
	Time	Module	Date	Date	Date	Date	Date	Date
1	7.30pm-10.00pm	Planning and Sports Safety	Mon, 14 Feb	Tue, 19 Apr	Mon, 20 Jun	Thu, 11 Aug	Mon, 3 Oct	Tue, 22 Nov
2	7.30pm-10.00pm	Role of the Coach	Wed, 16 Feb	Thu, 21 Apr	Wed, 22 Jun	Tue, 16 Aug	Wed, 5 Oct	Thu, 24 Nov
3	7.30pm-10.00pm	Growth and Development	Fri, 18 Feb	Tue, 26 Apr	Fri, 24 Jun	Thu, 18 Aug	Fri, 7 Oct	Tue, 29 Nov
4	7.30pm-10.00pm	Development of Skills	Mon, 21 Feb	Thu, 28 Apr	Mon, 27 Jun	Tue, 23 Aug	Mon, 10 Oct	Thu, 1 Dec
5	7.30pm-10.00pm	Analysis of Skills	Wed, 23 Feb	Tue, 3 May	Wed, 29 Jun	Thu, 25 Aug	Wed, 12 Oct	Tue, 6 Dec
6	7.30pm-10.00pm	Mental Skills Training	Fri, 25 Feb	Thu, 5 May	Fri, 1 Jul	Thu, 1 Sep	Fri, 14 Oct	Thu, 8 Dec
7	7.30pm-10.00pm	Physical Preparation 1	Mon, 28 Feb	Tue, 10 May	Mon, 4 Jul	Tue, 6 Sep	Mon, 17 Oct	Tue, 13 Dec
8	7.30pm-10.00pm	Physical Preparation 2	Wed, 2 Mar	Thu, 12 May	Wed, 6 Jul	Thu, 8 Sep	Wed, 19 Oct	Thu, 15 Dec
9	7.30pm-10.00pm	Physical Preparation 3	Fri, 4 Mar	Thu, 19 May	Fri, 8 Jul	Tue, 13 Sep	Fri, 21 Oct	Tue, 20 Dec
10	7.30pm-8.30pm	Theory Exam	Mon, 7 Mar	Tue, 24 May	Mon, 11 Jul	Thu, 15 Sep	Mon, 24 Oct	Thu, 22 Dec