



## National Coaching Accreditation Programme (NCAP) Theory Level 1 Course Schedule 2012

**Venue\***: Singapore Sports Council, Spex House – 230 Stadium Boulevard S397799 **Course Fee**: \$168.80

Please 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 [www.icanbook.com.sg](http://www.icanbook.com.sg) based on the commencement dates as given below.
3. Participants who intend to coach Athletics, Basketball, Cycling, General Gymnastics, Football, Table Tennis or Rugby can attend the Integrated NCAP Course conducted by the respective National Sports Associations. Please refer to <http://coaches.ssc.gov.sg> for their contact details.
4. For other enquiries, please e-mail [ssc\\_coaching@ssc.gov.sg](mailto:ssc_coaching@ssc.gov.sg).

	<b>Course 1.1</b> 1 Feb – 22 Feb 2012	<b>Course 1.2</b> 3 Apr – 8 May 2012	<b>Course 1.3</b> 1 Jun – 22 Jun 2012	<b>Course 1.4</b> 2 Aug – 6 Sep 2012	<b>Course 1.5</b> 1 Oct – 22 Oct 2012	<b>Course 1.6</b> 1 Nov – 6 Dec 2012		
Online registration commencement date:	5 Dec 2011 (9am)	2 Feb 2012 (9am)	2 Apr 2012 (9am)	1 Jun 2012 (9am)	3 Aug 2012 (9am)	3 Sept 2012 (9am)		
Closing date will be as stated OR when a total of 100 participants have registered for the course:	3 Jan 2012 (9am)	2 Mar 2012 (9am)	2 May 2012 (9am)	2 Jul 2012 (9am)	3 Sept 2012 (9am)	1 Oct 2012 (9am)		
	<b>Time</b>	<b>Module</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>	
1	7.30pm- 10.00pm	Planning and Sports Safety	Wed, 1 Feb	Tue, 3 Apr	Fri, 1 Jun	Thu, 2 Aug	Mon, 1 Oct	Thu, 1 Nov
2	7.30pm- 10.00pm	Role of the Coach	Fri, 3 Feb	Thu, 5 Apr	Mon, 4 Jun	Tue, 7 Aug	Wed, 3 Oct	Tue, 6 Nov
3	7.30pm- 10.00pm	Growth and Development	Mon, 6 Feb	Tue, 10 Apr	Wed, 6 Jun	Tue, 14 Aug	Fri, 5 Oct	Thu, 8 Nov
4	7.30pm- 10.00pm	Development of Skills	Wed, 8 Feb	Thu, 12 Apr	Fri, 8 Jun	Thu, 16 Aug	Mon, 8 Oct	Thu, 15 Nov
5	7.30pm- 10.00pm	Analysis of Skills	Fri, 10 Feb	Tue, 17 Apr	Mon, 11 Jun	Tue, 21 Aug	Wed, 10 Oct	Tue, 20 Nov
6	7.30pm- 10.00pm	Mental Skills Training	Mon, 13 Feb	Thu, 19 Apr	Wed, 13 Jun	Thu, 23 Aug	Fri, 12 Oct	Thu, 22 Nov
7	7.30pm- 10.00pm	Physical Preparation 1	Wed, 15 Feb	Tue, 24 Apr	Fri, 15 Jun	Tue, 28 Aug	Mon, 15 Oct	Tue, 27 Nov
8	7.30pm- 10.00pm	Physical Preparation 2	Fri, 17 Feb	Thu, 26 Apr	Mon, 18 Jun	Thu, 30 Aug	Wed, 17 Oct	Thu, 29 Nov
9	7.30pm- 10.00pm	Physical Preparation 3	Mon, 20 Feb	Thu, 3 May	Wed, 20 Jun	Tue, 4 Sep	Fri, 19 Oct	Tue, 4 Dec
10	7.30pm- 8.30pm	Theory Exam	Wed, 22 Feb	Tue, 8 May	Fri, 22 Jun	Thu, 6 Sep	Mon, 22 Oct	Thu, 6 Dec

\*Subject to changes

Updated: 22 Nov 2011