



## National Coaching Accreditation Programme (NCAP) Theory Level 3 Course Schedule for 2012

**Venue\***: Singapore Sports Council, Spex House – 230 Stadium Boulevard S397799 **Course Fee**: \$330.70

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. Participants must possess NCAP Theory Level 1 and Level 2 Certification.
3. Please register online at [www.icanbook.com.sg](http://www.icanbook.com.sg) based on the commencement dates as given below.
4. For other enquiries, please e-mail [ssc\\_coaching@ssc.gov.sg](mailto:ssc_coaching@ssc.gov.sg).

			<b>Course 3.1</b> 7 May – 30 May 2012	<b>Course 3.2</b> 11 Sep – 16 Oct 2012
Online registration commencement date:			5 Mar 2012 (9am)	13 Jul 2012 (9am)
Closing date will be as stated OR when a total of 20 participants have registered for the course.			5 Apr 2012 (9am)	13 Aug 2012 (9am)
	<b>Time</b>	<b>Module</b>	<b>Date</b>	<b>Date</b>
1	7.00pm – 10.00pm	Training to Develop Speed	Mon, 7 May	Tue, 11 Sep
2	7.00pm – 10.00pm	Training to Develop Endurance	Wed, 9 May	Thu, 13 Sep
3	7.00pm – 10.00pm	Training to Develop Strength	Fri, 11 May	Tue, 18 Sep
4	7.00pm – 10.00pm	Training to Develop Power	Mon, 14 May	Thu, 20 Sep
5	7.00pm – 10.00pm	Advanced Recovery Training	Wed, 16 May	Tue, 25 Sep
6	7.00pm – 10.00pm	Mentor Coaching	Fri, 18 May	Thu, 27 Sep
7	7.00pm – 10.00pm	Testing Athletes	Mon, 21 May	Tue, 2 Oct
8	7.00pm – 10.00pm	Coach as Resource Manager	Wed, 23 May	Thu, 4 Oct
9	7.00pm – 10.00pm	Advanced Mental Skills Training	Fri, 25 May	Tue, 9 Oct
10	7.00pm – 10.00pm	Advanced Skill Analysis	Mon, 28 May	Thu, 11 Oct
11	7.00pm – 10.00pm	Advanced Planning	Wed, 30 May	Tue, 16 Oct