



NATIONAL COACHING ACCREDITATION PROGRAMME

NCAP THEORY LEVEL 2 - COURSE SCHEDULE 2011

Venue: To be confirmed - Course Fee: \$210.60

IMPORTANT:

1. All participants must be able to read, write and understand English. Lessons and written examination will only be conducted in English
2. **For participants who intend to register for NCAP Theory Level 2.2 and 2.3, you are to register and make payment via ICanBook system**
3. **Please register online at www.icanbook.com.sg**
4. Participants who intend to coach Shooting can attend the “Integrated NCAP Course” conducted by the S’pore Shooting Assoc. (SSA). Kindly refer to their website for contact and further details.
5. **Please only register for courses when the online registration is as indicated in the schedule.**
6. For any further enquiries, please e-mail to ssc_coaching@ssc.gov.sg.

			Course 2.1 21 Feb – 16 Mar 2011	Course 2.2 7 Jun – 12 Jul 2011	Course 2.3 11 Nov – 5 Dec 2011
Online registration opens from:			21 Dec 2010 (9am)	7 Apr 2011 (9am)	9 Sept 2011 (9am)
Closing date will be as stated OR when a total of 30 participants have registered for the course:			20 Jan 2011 (9am)	6 May 2011 (9am)	10 Oct 2011 (9am)
	Time	Module	Date	Date	Date
1	7pm – 10pm	Sports Medicine	Mon, 21 Feb	Tue, 7 Jun	Fri, 11 Nov
2	7pm – 10pm	Sports Nutrition	Wed, 23 Feb	Thu, 9 Jun	Mon, 14 Nov
3	7pm – 10pm	Skill Analysis and Development	Fri, 25 Feb	Tue, 14 Jun	Wed, 16 Nov
4	7pm – 10pm	Growth and Development	Mon, 28 Feb	Thu, 16 Jun	Fri, 18 Nov
5	7pm – 10pm	Functional Anatomy	Wed, 2 Mar	Tue, 21 Jun	Mon, 21 Nov
6	7pm – 10pm	Mental Skills Training 1	Fri, 4 Mar	Thu, 23 Jun	Wed, 23 Nov
7	7pm – 10pm	Mental Skills Training 2	Mon, 7 Mar	Tue, 28 Jun	Fri, 25 Nov
8	7pm – 10pm	Physical Training Principles	Wed, 9 Mar	Thu, 30 Jun	Mon, 28 Nov
9	7pm – 10pm	Flexibility Training	Fri, 11 Mar	Tue, 5 Jul	Wed, 30 Nov
10	7pm – 10pm	Intermediate Planning For Coaches	Mon, 14 Mar	Tue, 7 Jul	Fri, 2 Dec
11	7pm – 8pm	Theory Exam	Wed, 16 Mar	Thu, 12 Jul	Mon, 5 Dec