



National Coaching Accreditation Programme

NCAP THEORY LEVEL THREE COURSE SCHEDULE 2008

Tentative Venue: Civil Service College, 31 North Buona Vista Road

Course Fee: \$330.70 (Staff: \$248.00)

			Course 3.1 14 Apr–16 May	Course 3.2 6 Oct–10 Nov
Online registration opens on:			21 Jan 2008	7 Jul 2008
Closing date:			10 Mar 2008	8 Sep 2007
	Time	Module	Date	Date
1	7.00pm-10.00pm	PLANNING & PERIODISATION 1	MON, 14 APR	MON, 6 OCT
2	7.00pm-10.00pm	DEVELOPMENT OF SKILLS	WED, 16 APR	WED, 8 OCT
3	7.00pm-10.00pm	ANALYSIS OF SKILLS	FRI, 18 APR	FRI, 10 OCT
4	7.00pm-10.00pm	MENTAL SKILLS TRAINING 1	MON, 21 APR	MON, 13 OCT
5	7.00pm-10.00pm	MENTAL SKILLS TRAINING 2	WED, 23 APR	WED, 15 OCT
6	7.00pm-10.00pm	MENTAL SKILLS TRAINING 3	FRI, 25 APR	FRI, 17 OCT
7	7.00pm-10.00pm	PHYSICAL PREPARATION 1	MON, 28 APR	MON, 20 OCT
8	7.00pm-10.00pm	PHYSICAL PREPARATION 2	WED, 30 APR	WED, 22 OCT
9	7.00pm-10.00pm	PHYSICAL PREPARATION 3	MON, 5 MAY	FRI, 24 OCT
10	7.00pm-10.00pm	FITNESS EVALUATION*	WED, 7 MAY*	FRI, 31 OCT*
11	7.00pm-10.00pm	SPORTS NUTRITION	FRI, 9 MAY	MON, 3 NOV
12	7.00pm-10.00pm	ROLE OF SPORTS SCIENCE	MON, 12 MAY	WED, 5 NOV
13	7.00pm-10.00pm	PLANNING & PERIODISATION 2	WED, 14 MAY	FRI, 7 NOV
14	7.00pm-8.00pm	THEORY EXAM	FRI, 16 MAY	MON, 10 NOV

* Tentative Venue: Singapore Sports Council Human Performance Laboratory

Please register online at: <http://sports.ssc.gov.sg>