



NATIONAL COACHING ACCREDITATION PROGRAMME

NCAP THEORY LEVEL THREE COURSE SCHEDULE 2010

Tentative Venue: Civil Service College, 31 North Bouna Vista Rd - Course Fee: \$330.70

Take note of the following:

1. All participants must be able to read, write and understand English. Lessons and written assessments will only be conducted in English.
2. Please register online at <http://sports.ssc.gov.sg>
3. Venue for the lesson "Testing Athletes" will be at Singapore Sports Council, 230 Stadium Boulevard, Singapore 397799

			Course 3.1 1 Nov – 29 Nov
Online registration opens from:			1 Sep 2010 (9am)
Closing date will be as stated OR when a total of 20 participants have registered for the course:			1 Oct 2010 (9am)
	Time	Module	Date
1	7pm – 10pm	Training to Develop Speed	Mon, 1 Nov
2	7pm – 10pm	Training to Develop Endurance	Wed, 3 Nov
3	7pm – 10pm	Training to Develop Strength	Mon, 8 Nov
4	7pm – 10pm	Training to Develop Power	Wed, 10 Nov
5	7pm – 10pm	Advanced Recovery Training	Fri, 12 Nov
6	7pm – 10pm	Advanced MST	Mon, 15 Nov
7	7pm – 10pm	Testing Athletes (venue for this lesson is stated above)	Fri, 19 Nov
8	7pm – 10pm	Mentor Coaching	Mon, 22 Nov
9	7pm – 10pm	Coach as Resource Manager	Wed, 24 Nov
10	7pm – 10pm	Advanced Planning	Fri, 26 Nov
11	7pm – 10pm	Advanced Skill Analysis	Mon, 29 Nov