National Coaching Accreditation Programme

NCAP THEORY SYLLABI

Coaches successfully completing the Level 1 courses (Theory & Technical) shall have introductory level knowledge in sport science. They shall have the basic knowledge of training principles and skills to effectively plan for daily training sessions and practices. They shall be suitable to coach the novice or beginner sport person.

THEORY LEVEL 1 (22½ hours)

Course Fees (Staff Fees): **$168.80** ($126.60)

Growth & Development (2½ h)
1. Understanding the psychomotor, cognitive and affective phases of development in the following age-group: 6-11 years; 11-15 years; above 15 years
2. Develop appropriate skills, strategies and activities for each age group

Role of the Coach (2½ h)
1. Develop a personal approach to coaching
2. Understand the athlete's reasons and motivation for participating in sport
3. Apply motivational strategies
4. Develop positive attitudes towards sportsmanship and fairplay

Planning & Sports Safety (2½ h)
1. Understand the general process of planning a training session
2. Understand the sequence of training components
3. Plan a training session
4. Incorporate safety factors in training sessions

Analysis of Skills (2½ h)
1. Understand the concepts essentials for analyzing skills
2. Able to observe skills systematically

Development of Skills (2½ h)
1. Recognize the factors that affect skills learning
2. Improve effective teaching methods

Physical Preparation (7½ h)
Understand the functions of:
- i. the different energy systems
- ii. the muscular system
- iii. the cardiovascular system
- iv. the different components of fitness
- v. the importance of warm-up and cool-down

Mental Skills Training (2½ h)
1. Understand the importance of developing an athlete's mental skills
2. Apply basic motivational strategies
3. Understand the basic principles of effective goal-setting
4. Understand the basic principles of effective imagery
5. Understand how self-talk affects performance

Coaches successfully completing the Level 2 courses (Theory & Technical) shall have intermediate level knowledge in sport science. They shall have the basic knowledge of training principles and skills to effectively plan for a training season of about 8-10 weeks. They shall be suitable to coach at intermediate sport competition level involving clubs and schools' competitions.

THEORY LEVEL 2 (30 hours)

Course Fees (Staff Fees): **$210.60** ($157.95)

Athlete Growth and Development (3 h)
1. Identify the physical, maturation and developmental processes as it applies to their specific group of athletes
2. Apply the maturation and development processes in their coaching planning
3. Identify the social, physiological and emotional needs of their athletes and the risks/benefits of participation in sports
4. Adapt training programs to meet the needs of specific target groups

Intermediate Planning for Coaches (3 h)
1. Explain the training terms of micro-cycle and macro-cycle
2. Explain the general characteristics of different phases and sub-phases of the training season
3. Plan a detailed micro-cycle (1 week) training plan for their athletes
4. Plan a detailed macro-cycle (4 weeks) training plan for their athletes

Skill Analysis and Development (3 h)
1. Observe and interpret the mechanics of basic movement patterns
2. Recommend modifications to a specific movement pattern to produce a more efficient movement
3. Describe the different stages of analyzing movement and skill

Physical Training Principles (3 h)
1. Identify and understand the 6 principles of training
2. Use this knowledge to develop a month long physical training plan for their athletes

Mental Skills Training (6 h)
1. Identify the motivational needs of the athletes/team by fostering intrinsic motivation and applying extrinsic incentive methods
2. Establish long and short-term goals with their athletes/team
3. Recognize the need for and apply stress management, arousal control and mental rehearsal techniques with their athletes
4. Identify factors affecting the ideal performance state
5. Develop daily practice/training/competition strategies for coaches to use

Sports Medicine (3 h)
1. Identify common sports injuries, their causes and strategies coaches could use to avoid/minimise the incidence of these injuries occurring
2. Outline the coach's role in monitoring athlete injury and assisting athletes back into their program after injury

Sports Nutrition (3 h)
Able to advise athletes on their nutritional and fluid requirements to assist their performance

Functional Anatomy for Coaches (3 h)
Develop the ability to identify and understanding the workings of various body systems and show how this knowledge relates to effectively coaching their athletes

Flexibility Training (3 h)
1. Identify and understand the physical and psychological benefits of flexibility training
2. Demonstrate an understanding of the basic principles surrounding flexibility training
3. Demonstrate an awareness and understanding of the various types of flexibility training
4. Understand the risks of flexibility training

Coaches successfully completing the Level 3 courses (Theory & Technical) shall have advanced level knowledge in sport science. They shall have the basic knowledge of training principles and skills to effectively plan for a year's training. They shall be suitable to coach at the advanced sport competition level involving local professional clubs and national teams.

THEORY LEVEL 3 (33 hours)

Course Fees (Staff Fees): **$330.70** ($248.00)

Advanced Planning for Coaches (3 h)
1. Design and present a yearly training plan consisting of micro-cycle and macro-cycle
2. Include all phases of the training year in the yearly plan
3. Incorporate physical development training, psychological development training, skill development training and recovery training in the yearly plan

Advanced Mental Skills Training (3 h)
1. Develop sports-specific, short and long-term process and outcome goals for athletes
2. Empower athletes to develop their own performance goals (process and outcome) and have ownership of this process
3. Develop a sport-specific imagery script for various purposes and situations
4. Develop arousal control and attentional focus techniques and implement these in athlete training plans

Training for Speed (3 h)
1. Outline the methods available to effectively develop speed
2. Develop a training session specifically focused on the development of speed in their athletes

Training for Strength (3 h)
1. Outline the methods available to effectively develop strength
2. Develop a training session specifically focused on the development of strength in their athletes

Training for Power (3 h)
1. Outline the methods available to effectively develop power
2. Develop a training session specifically focused on the development of power in their athletes

Training for Endurance (3 h)
1. Outline the methods available to effectively develop endurance
2. Develop a training session specifically focused on the development of endurance in their athletes

Testing Athletes (3 h)
1. Able to develop an understanding of how sports science can assist their coaching
2. Able to design a series of appropriate test protocols designed to assess performance in the following areas eg. aerobic capacity, anaerobic capacity, strength/power/speed/muscular endurance, agility & balance, flexibility, anthropometry and various skill areas

Advanced Recovery Training (3 h)
1. List the benefits of recovery training for elite athlete development
2. Outline the types of recovery training available to coaches
3. Develop a recovery training session designed specifically to assist your athletes to recover during a week training block & an annual recovery training plan for their athletes

Mentor Coaching (3 h)
1. List the benefits of mentor coaching programmes
2. Outline the skills an effective mentor requires
3. Identify how mentor coaches can benefit from a mentor coach programme

The Coach as a Resource Manager (3 h)
1. Identify the human resource requirements of their program
2. Develop a plan to demonstrate how they would effectively manage the human resources within their program

Advanced Skill Analysis (3 h)
1. Describe different intervention strategies to rectify errors in skill
2. Develop an intervention plan for their athletes
3. Explain the use of video and computer technology in skill or performance analyses