





## ISA – SLI Sports Coaching for Kids Certification Course



**Get certified to become a qualified Sports Coach for Kids! Be equipped with the adequate knowledge and skills to assist children in developing their Fundamental Movement Skills, as well as finding the right sport for them.**

<b>Course Duration</b>	24 hours over 8 days
<b>Course Dates</b>	1, 3, 5, 8, 10, 12, 13 & 20 Nov 2021
<b>Course Fees</b>	\$663.40 (inclusive of materials)
<b>Entry Requirement</b>	<ul style="list-style-type: none"> <li>• Valid CPR-AED Certificate</li> <li>- ISA can arrange for students to take the CPR-AED Course at a discounted rate of \$69.55 per person (on first come first served basis)</li> <li>- CPR-AED Course occurs every last Saturday of the month from 9am to 1pm</li> </ul>
<b>Grants Available (T&amp;Cs apply)</b>	<ul style="list-style-type: none"> <li>• UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year for members below 40 years old, and \$500.00/year for members 40 years and above</li> </ul>
<b>Continuing Education Credits (if applicable)</b>	<ul style="list-style-type: none"> <li>• 10 CoachSG CCE Hours awarded upon completion</li> </ul>
<b>Registration Deadline</b>	25 Oct 2021
 (65) 6423 0668	 1 Stadium Place #01-11 (S) 397628
 info@isa.edu.sg	 www.isa.edu.sg



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### Course Synopsis

Fundamental Movement Skills (FMS) are a specific set of skills that involve different body parts such as feet, legs, trunk, head, arms and hands. These skills are the “building blocks” for more complex and specialised skills that kids will need throughout their lives to competently participate in different games, sports and recreational activities.

The **ISA – SLI Sports Coaching for Kids Certification Course** will equip you with the appropriate knowledge and skills to become a proficient and effective coach for kids. Finally, participants must complete 10 hours of practical attachment under the supervision of the trainer.

### Course Objectives

Upon successful completion of the course, participants will be able to:

- Understand the concepts of Fundamental Movement Skills and Long-Term Athlete Development Framework
- Describe what athletes need to be doing at specific ages and stages
- Coach the 10 skills (Catch, Kick, Vertical Jump, Overhead Throw, Ball Bounce, Leap, Dodge, Punt, Forehand Strike, Two-hand Side-arm & Strike) and assess them
- Describe the importance and various approaches to Sports and Exercise Psychology
- Explain the effects of one’s personality on exercise behavior
- Outline the benefits of exercises for children
- Identify and explain the mechanisms in which exercises can prevent and manage children with stress and anxiety
- Explain the benefits and evaluate the effectiveness of goal-setting strategies
- Learn the importance of creating a safe environment for athletes
- Explain the communication process and develop communication strategies
- Understand the 4 components of a coaching session
- Understand how to communicate effectively with stakeholders
- Establish and construct coaching philosophy
- Identify the values in sports
- Learn the common codes of ethics and apply to various situations
- Understand the appropriate development pathways for athletes

### Course Syllabus

Please refer to pages 4 for detailed course syllabus and class schedule.



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### Assessment

#### ISA Theory & Practical Assessments

##### ISA Theory Assessment – 70% passing mark

50 MCQs

20 Nov 2021, 10am – 11.30am

(Note: Re-examination will be charge at \$53.50, including GST)

##### ISA Practical Assessment

20 Nov 2021, 2pm – 5pm

### Award

Upon completion of the course, each participant will be awarded

- **ISA - SLI Sports Coaching for Kids Certification**

### Venue

#### International Sports Academy

1 Stadium Place, Kallang Wave Mall, #01-11

Singapore 397628

(opposite beach volleyball courts)

### Payment

Payment can be made via:

1. **Cash**
2. **Cheque**
3. **Online Transfer**

# ISA – SLI Sports Coaching for Kids Certification Course

## Course Schedule

Due to new measures announced for COVID-19 in Singapore, theory components that was originally meant to be delivered face to face during each session will now be delivered via Zoom. Practical components from each week will be compiled over 1 session to minimise the requirement to head to ISA Campus for weekly sessions (as per previous format). For this intake, students are only required to head to ISA Campus in small groups (in adherence to the current measures) for the practical components, unless stated otherwise.

1 Nov 2021 (Mon) 7pm - 10pm Theory Session 1 Delivered online via Zoom	3 Nov 2021 (Wed) 7pm - 10pm Theory Session 2 Delivered online via Zoom	5 Nov 2021 (Fri) 7pm - 10pm Theory Session 3 Delivered online via Zoom	8 Nov 2021 (Mon) 7pm - 10pm Theory Session 4 Delivered online via Zoom
<b>Communication</b> <ul style="list-style-type: none"> <li>3 dimensions of communication</li> <li>6-step communication process</li> <li>Communication methods</li> <li>Coaching Styles</li> <li>Communication Approaches</li> <li>Communication with Stakeholders</li> </ul>	<b>Coaching Philosophy</b> <ul style="list-style-type: none"> <li>Importance of sports participation to children</li> <li>Inculcating values to children</li> <li>Constructing Coaching Principles</li> <li>Codes of Ethics for Coaches</li> </ul> <b>Self-awareness</b> <ul style="list-style-type: none"> <li>Reflection, feedback and self-monitoring</li> </ul> <b>Area of Coaching Sessions</b> <ul style="list-style-type: none"> <li>Planning</li> <li>Execution</li> <li>Feedback &amp; Evaluation</li> <li>Stakeholder Management</li> </ul>	<b>Introduction of Psychology</b> <ul style="list-style-type: none"> <li>Introduction and importance of Psychology</li> <li>Interpretation of success and failure</li> </ul> <b>Introduction of Personalities on Exercise Behavior</b> <ul style="list-style-type: none"> <li>Five Factor Model of Personality</li> <li>Effects of personalities on preferred exercise program</li> </ul>	<b>Influence of Stress and Anxiety on Exercise Behaviour</b> <ul style="list-style-type: none"> <li>Definition</li> <li>Effects</li> <li>Coping strategies</li> </ul> <b>Goal Setting</b> <ul style="list-style-type: none"> <li>Importance</li> <li>Application</li> </ul>
10 Nov 2021 (Wed) 7pm - 10pm Theory Session 5 Delivered online via Zoom	12 Nov 2021 (Fri) 7pm - 10pm Theory Session 6 Delivered online via Zoom	13 Nov 2021 (Sat) 2pm - 5pm Practical Session 1 Delivered in-person at ISA	20 Nov 2021 (Sat) 10am - 5pm Theory/Practical Assessment Delivered online/ in-person at ISA
<b>Concepts of Fundamental Movement Skills (FMS)</b> <ul style="list-style-type: none"> <li>Introduction and importance of FMS</li> <li>Purpose of FMS Assessment</li> <li>Age and Sequence of Acquisition of FMS component</li> <li>Administration and Scoring Procedures</li> <li>Fundamental Motor Skills Assessment Procedures</li> <li>Interpretation of results</li> </ul>	<b>Long-Term Athlete Development (LTAD) Model</b> <ul style="list-style-type: none"> <li>Introduction and importance</li> <li>Sport Development Continuum</li> </ul> <b>Risk Management</b> <ul style="list-style-type: none"> <li>Risk Management Process</li> <li>Risk Assessment Plan</li> <li>Negligence (duty of care)</li> </ul>	<b>Practical</b> <ul style="list-style-type: none"> <li>Coaching Skills &amp; SportAnalytik</li> <li>Catch/Kick/Run/Vertical Jump/Overhead Throw/Ball Bounce/Leap/Dodge/Punt/Forehand Strike/Two-hand Side-arm/Strike</li> </ul>	<b>Theory Test (10am – 11.30am)</b> <ul style="list-style-type: none"> <li>Participants to complete the theory test online</li> </ul> <b>Practical Assessment (2pm – 5pm)</b> <ul style="list-style-type: none"> <li>Participants to demonstrate selected skills in-person</li> </ul>
<b>10 Hours Practicum</b>			
<p>Upon completion of the 8 lessons (including passing of both Theory and Practical Assessments), students have to complete a <b>COMPULSORY 10-hour practicum</b> under the supervision of our instructors in order to receive the certification. More information will be provided during the course.</p>			

Please note that course venue, dates and times are subject to change at the discretion of the International Sports Academy.



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### What is the ISA Professional Certification Series?

A series of programmes designed to provide participants with the necessary skills and knowledge to excel in the sports and fitness industry. Programmes leading to professional certifications include our highly popular Certified Personal Trainer Course leading to the internationally-recognised American Council on Exercise, our Strength and Conditioning Specialist Course leading to the gold standard National Strength and Conditioning Association Certification, as well as the ASCA swim coaching courses certified by the American Swimming Coaches Association.

### Who Should Attend?

Just a handful of our professional certification courses require some prior knowledge of sports and fitness, otherwise our courses are by and large suitable for all learners who want to get a head start in the sports and fitness industry.

### The ISA Advantage

ISA has been a trusted name in sports and fitness training and education in Singapore since 2003. We seek to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore's and the region's problems relating to health, fitness and sports.

In pursuit of our mission, we offer a full range of professional certifications, and short continuing education courses, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by industry leaders such as Virgin Active, True Fitness, the Pure Group, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness, Superfit, Sports Lifestyle Initiatives, Club Managers' Association (Singapore) and Sports Lab among others
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing your skillsets.

