



## American Swimming Coaches Association (ASCA) Certification Course Level 1 & 2



Get certified online by one of the most recognized and prestigious swim coaches association in the world! With the American Swimming Coaches Association (ASCA), you will be certified through a progression of courses that has become the world standard for coaching education since 1985, certifying more than 11,000 coaches in more than 18 nations around the globe.

### Course Duration

100% Online & Self-Paced (2-months validity)

- To complete the course and pass the certification assessments within 2 months from the course commencement date

### Course Fees


\$260.00 (inclusive of 1-year ASCA membership)

### Grants Available (T&Cs apply)

- SkillsFuture: up to \$260.00 for Singaporeans 25 years old and above
- UTAP: 50% of unfunded course fees for NTUC members  
Minimum 75% attendance rate required, capped at \$250.00/year for members below 40 years old, and \$500.00/year for members 40 years and above

### Continuing Education Credits (if applicable)

10 CoachSG CCE Hours awarded upon completion  
(only for NROC Registered Coaches)

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## Course Objectives

### ASCA Level 1: The Foundations of Coaching

The ASCA Level 1: Foundations of Coaching covers the fundamental principles of swimming and swim coaching. This course is designed to introduce coaches to the philosophy of sport and empower coaches on the pool deck. Topics covered include swim management, coaching communication, teaching methods, and guidance on developing young athletes.

### ASCA Level 2: The Stroke School

The ASCA Level 2: Stroke School builds off the material in the Level 1 School and is designed to educate coaches on constructing the best strokes for their swimmers during practice. The primary reason parents bring their children to practice is to learn how to swim better - This is where it starts. In this online certification course, you will learn:

- Biomechanics and Scientific Principles for the Understanding of Swimming Strokes
- Teaching Progressions for Butterfly, Backstroke, Breaststroke, and Freestyle
- Effective Starts and Turns
- Skills and Methods for Better Coaching

## Course Material(s)

You will have access to the following material(s) on the ASCA Online Portal:

- Supplemental PDFs (only for ASCA Level 1 Certification)
- Videos

## Assessments

Online Theory Assessments

- **ASCA Level 1 Certification Exam** - 85% to pass
- **ASCA Level 2 Certification Exam** - 80% to pass

## Award

Upon completion of the course, each participant will be awarded

- **American Swimming Coaches Association Level 1 Certificate of Completion**
- **American Swimming Coaches Association Level 2 Certificate of Completion**

## Membership

All participants must sign up as ASCA members to take the course. A 1-year ASCA membership costs \$123, with access to the following:

- ASCA Talks Library (over 250 ASCA Talks including every ASCA World's Clinic Talk ever placed online excluding the most recent year's World Clinic Talk)
- ASCA Certifications
- ASCA Discussions on Coaching Talk Library
- ASCA Newsletter (12 issues per year)
- American Swimming Magazine (6 issues per year)
- Exclusive discounts on the ASCA Store (15% off all items)

## Payment

Payment can be made via:

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

## How to Register?

Refer to page 3 for more information.



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## Course Modules

### ASCA Level 1 Certification

Module 1	Module 2	Module 3
<b>Introduction</b>	<b>Level 1 Course</b> <ul style="list-style-type: none"> <li>Philosophy &amp; Ethics</li> <li>Teaching &amp; Communication</li> <li>Organization &amp; Administration</li> <li>Growth &amp; Development</li> <li>Skills &amp; Biomechanics</li> <li>Physical Conditioning</li> </ul>	<b>Exam</b> <ul style="list-style-type: none"> <li>ASCA Level 1 Certification Exam</li> <li>Additional Resources and Content</li> </ul>

### ASCA Level 2 Certification

Module 1	Module 2	Module 3	Module 4
<b>Introduction</b> <ul style="list-style-type: none"> <li>Introduction</li> <li>Basic Principles of Swimming and Practical Coaching</li> <li>Teaching Skills for Coaches</li> </ul>	<b>Strokes</b> <ul style="list-style-type: none"> <li>Freestyle</li> <li>Backstroke</li> <li>Breaststroke</li> <li>Butterfly</li> </ul>	<b>Starts and Turns</b> <ul style="list-style-type: none"> <li>Starts</li> <li>Turns</li> </ul>	<b>Exam</b> <ul style="list-style-type: none"> <li>ASCA Level 2 Certification Exam</li> <li>Additional Resources and Content</li> </ul>

## HOW TO REGISTER?

This is a 100% online, self-paced course. All participants must complete the course (including passing the theory assessments) within 2 months after the course commencement date. The course will be run as follows:

1. Register online at [www.isa.edu.sg/asca-1-and-2](http://www.isa.edu.sg/asca-1-and-2)
2. Make payment upon receipt of invoice.
3. The access code and link to access the ASCA Online Portal will be sent via email approximately 10 working days after payment has been made.
4. Complete the course at your own pace within 2 months from the course commencement date when you receive the access code and link.
5. Once you have passed the theory assessment, you may obtain the e-certificate directly from the ASCA Online Portal. A hard copy of the certificate may be issued upon request and at additional cost.





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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-recognized 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.

