



American Swimming Coaches Association (ASCA) Certification Course Level 3



Get certified online by one of the most recognized and prestigious swim coaches association in the world! With 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-month validity)

- To complete the course and pass the certification assessments within 2 month from the date you receive the access code and link to the ASCA Online Portal

Course Fees

\$210.00 (inclusive of 1-year ASCA membership)

Grants Available (T&Cs apply)

- SkillsFuture: 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)

Entry Requirement

ASCA Level 1 & 2 Certification of Completion

(65) 6423 0668



1 Stadium Place #01-11 (S) 397628

info@isa.edu.sg



www.isa.edu.sg



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Course Objective

ASCA Level 3: The Planning and Executive of Training for Swimmers of All Ages

The ASCA Level 3: The Planning and Executive of Training for Swimmers of All Ages is a review of how the body can react and adapt to training, as well as serving as a resource for developing knowledge on training structure. The 7-part video series features Coach John Leonard teaching the full Level 3 course. The course is available for instant access which gives practical knowledge on how to develop a long-term and short-term training plan, and how to incorporate progressions to bring about improvements. It begins with a review of the interaction of various physical and mental systems, continues with the scientific background for training, descriptions of training methodologies and terms, and then proceeds to discuss the planning of training for both new, developmental swimmers and accomplished swimmers of all ages, up to and including Senior and Masters swimmers.

Course Modules

Please refer to page 3 for more information.

Course Materials

Videos

Assessment

Online Assessment

- **ASCA Level 3 Certification Exam** – 80% to pass

Award

Upon completion of the course, each participant will be awarded

- **American Swimming Coaches Association Level 3 Certificate of Completion**

*In order to obtain the full Level 3 Certificate, participants will need to fulfill certain performance achievement criteria. Please check with us on the details.

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

Module 1	Module 2	Module 3	Module 4
An Overview of the Physiology School and its Relationship with Swimming Performance <ul style="list-style-type: none"> The Preparation of Athletes for Peak Performance The Interaction Between Physiology and Other Performance Systems Explanations of What Training Methodology is All About 	Principles of Training (Continued) <ul style="list-style-type: none"> Continuation of Discussion on the Principles of Training 	The Physiological Basis for Performance-Based Science <ul style="list-style-type: none"> The Cardiovascular System and its Functions Skeletal Muscle Energy Metabolism Swimming Economy – Looking for the Ability to go Farther, Faster, at a Lower Energy Cost Definitions of Types of Training 	The Training of Swimmers <ul style="list-style-type: none"> Workout Design Nutrition
Module 5	Module 6	Module 7	ASCA Level 3 Certification Exam
The Training of Swimming (Continued) <ul style="list-style-type: none"> Planning of Training Periodization of Work and Rest Introduction to Training Periods 	The Planning and Execution of Training for Swimmers <ul style="list-style-type: none"> Training Periods (Part 2) Planning of Training and Writing Workouts Physiology as Applied to Special Populations Overtraining Tapering Discussion (Part 1) 	Tapering and Conclusion <ul style="list-style-type: none"> Tapering Discussion (Part 2) 	Exam <ul style="list-style-type: none"> ASCA Level 3 Certification Exam

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 receiving the access code and link to access the ASCA online portal. The course will be run as follows:

- Register online at www.isa.edu.sg/asca-3
- Make payment upon receipt of invoice.
- 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.
- Complete the course at your own pace within 2 months from the day you receive the access code and link.

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.

