

# ISA Kids Sports Coaching Certification Course



**Get certified to become a qualified Sports Coach for Kids! Be equipped with the knowledge and skills to assist children in developing their Fundamental Movement Skills, as well as learning general sports skills.**

<b>Course Duration</b>	31.5 hours over 8 days
<b>Course Dates (Next Intake)</b>	27 Feb, 1, 3, 6, 8, 11, 18 & 25 Mar 2023
<b>Course Fees</b>	\$750.00
<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>	20 Feb 2023
<b>Entry Requirements</b>	Valid CPR-AED Certification (you may obtain your CPR + AED certification with ISA at a subsidised rate, if you don't already have one)



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## Course Synopsis

Developing Fundamental Movement Skills (FMS) are essential to children's physical, cognitive and social development and its correlation to leading an active lifestyle. These skills are developed in childhood and subsequently refined into more complex and specialised sport-specific skills for kids to competently participate in different games, sports and recreational activities.

The ISA Sports Coaching for Kids Certification course will address the various locomotor, manipulative or object control and stability skills which will equip you with the appropriate knowledge and skills to become a proficient coach for kids. Participants must complete 14 hours of practical attachment under the supervision of the trainer.

## Course Objectives

Upon successful completion of the course, participants will understand:

- 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
- Understand the psychological aspects of exercise and sports
- Outline the benefits of exercises for children
- Identify and explain the mechanisms in which exercises can prevent and manage children with stress and anxiety
- Learn the importance of creating a safe environment for athletes
- Explain the communication process and develop communication strategies
- Understand the 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 – 5 for detailed course syllabus and class schedule.

## Assessment

### Theory Assessment – 70% passing mark (50 MCQs)

Duration: 1 hour 30mins

### ISA Practical Assessment

Duration: 3 hours

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



# ISA Kids Sports Coaching Certification Course

- Award** Upon completion of the course, each participant will be awarded **Certificate of Completion of the ISA Kids Sports Coaching Certification Course**
- 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**





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## Course Schedule

<b>27 Feb 2023 (Mon)</b> <b>7pm – 10pm</b> <b>Session 1 (Theory)</b> <b>Delivered online via Zoom</b>	<b>1 Mar 2023 (Wed)</b> <b>7pm – 10pm</b> <b>Session 2 (Theory)</b> <b>Delivered online via Zoom</b>	<b>3 Mar 2023 (Fri)</b> <b>7pm – 10pm</b> <b>Session 3 (Theory)</b> <b>Delivered online via Zoom</b>
<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>Principles of Coaching</b> <ul style="list-style-type: none"> <li>• Establish and construct coaching philosophy</li> <li>• Identify value in sports</li> <li>• Code of ethics</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 to Exercise &amp; Sports Psychology</b> <ul style="list-style-type: none"> <li>• Introduction and importance of Psychology</li> <li>• Interpretation of success and failure</li> </ul> <b>Influence of Stress and Anxiety on Exercise Behavior</b> <ul style="list-style-type: none"> <li>• Definition</li> <li>• Effects</li> <li>• Coping strategies</li> </ul> <b>Benefits of Exercises &amp; Sports for Children</b>
<b>6 Mar 2023 (Mon)</b> <b>7pm – 10pm</b> <b>Session 4 (Theory)</b> <b>Delivered online via Zoom</b>	<b>8 Mar 2023 (Wed)</b> <b>7pm – 10pm</b> <b>Session 5 (Theory)</b> <b>Delivered online via Zoom</b>	<b>11 Mar 2023 (Sat)</b> <b>10am – 1pm</b> <b>Session 6 (Practical)</b> <b>Delivered at ISA Campus</b>
<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> </ul>	<b>Long-Term Athlete Development (LTAD) Model</b> <ul style="list-style-type: none"> <li>• LTAD Development Stages</li> <li>• Recognizing window of opportunities</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>

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





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## Course Schedule

<b>11 Mar 2023 (Sat)</b> <b>2pm – 5pm</b> <b>Session 7 (Practical)</b> <b>Delivered at ISA Campus</b>	<b>18 Mar 2023 (Sat)</b> <b>10am – 1pm</b> <b>Session 8 (Theory &amp; Practical)</b> <b>Delivered at ISA Campus</b>	<b>18 Mar 2023 (Sat)</b> <b>2pm – 5pm</b> <b>Session 9 (Theory &amp; Practical)</b> <b>Delivered at ISA Campus</b>
<b>Kid's Athletic (Foundation)</b> <ul style="list-style-type: none"> <li>• Concept of kids athletic</li> <li>• Skill demands according to age and coordination ability</li> <li>• Scoring system</li> </ul>	<b>IAAF Kids' Athletics</b> <ul style="list-style-type: none"> <li>• Concepts of "IAAF Kids' Athletics"</li> <li>• Events                             <ul style="list-style-type: none"> <li>○ Events for the 7/8 years old</li> <li>○ Events for the 9-10 years old</li> <li>○ Events for the 11-12 years old</li> </ul> </li> <li>• Event Scoring</li> <li>• Organisation</li> <li>• Forms and Tables</li> </ul>	<b>IAAF Kids' Athletics</b> <ul style="list-style-type: none"> <li>• Concepts of "IAAF Kids' Athletics"</li> <li>• Events                             <ul style="list-style-type: none"> <li>○ Events for the 7/8 years old</li> <li>○ Events for the 9-10 years old</li> <li>○ Events for the 11-12 years old</li> </ul> </li> <li>• Event Scoring</li> <li>• Organisation</li> <li>• Forms and Tables</li> </ul>
<b>25 Mar 2023 (Sat)</b> <b>10am – 11.30am</b> <b>2pm - 5pm</b> <b>Session 10 (Assessment)</b> <b>Delivered online via Zoom (Theory) and at ISA Campus (Practical)</b>		
<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>		

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