

# ISA Kids Sports Coaching Certification Course



Sign up with a family/friend and enjoy special discounts!

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 9 days
<b>Course Dates (Next Intake)</b>	3, 5, 7, 10, 12, 14, 19, 22, 29 Jun 2024
<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> <li>• 3.1 ACE CECs awarded upon completion</li> </ul>
<b>Registration Deadline</b>	27 May 2024
<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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## Grants Available (T&Cs apply)

- SkillsFuture Credits: For Singaporeans 25 years old and above with minimum 75% attendance rate
- 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

## 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 10 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

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**Course Syllabus** Please refer to pages 4 – 6 for detailed course syllabus and class schedule.

**Assessment** **Theory Assessment – 70% passing mark (25 MCQs)**

Duration: 1 hour (10am to 11am)

**ISA Practical Assessment – Pass/Fail**

Duration: 2.5 hours (2pm to 4.30pm)

- Upon completion of lessons and assessments, students have to complete a **COMPULSORY** 10-hour practicum under the supervision of our instructors. More information on this will be provided during the course.

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

**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)



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## Course Schedule

3 Jun 2024 (Mon) 7pm – 10pm Session 1 (Theory) Delivered online via Zoom	5 Jun 2024 (Wed) 7pm – 10pm Session 2 (Theory) Delivered online via Zoom	7 Jun 2024 (Fri) 7pm – 10pm Session 3 (Theory) Delivered online via Zoom
<p><b><u>SETTING THE SCENE</u></b></p> <p><b>Concept of Fundamental Movement Skills</b></p> <ul style="list-style-type: none"> <li>• Introduction and Importance of FMS</li> </ul> <p><b>Reflection and Self-Awareness as a Coach</b></p> <ul style="list-style-type: none"> <li>• What is Reflection?</li> <li>• Becoming a Reflective Coach</li> </ul>	<p><b><u>THE CONTEXT OF COACHING</u></b></p> <p><b>Coaching Ethics</b></p> <ul style="list-style-type: none"> <li>• Coaching Ethics</li> <li>• Ethical Issues in Coaching</li> <li>• Values in Sports</li> <li>• Coaching Philosophy</li> </ul> <p><b>Professionalising Sports Coaching</b></p> <ul style="list-style-type: none"> <li>• Coaching Teaching as a Continuous Effort</li> <li>• Staying Current in the Field</li> <li>• Being Responsible for Growth</li> <li>• Collecting Information to Improve Teaching and Coaching Efforts</li> <li>• Observing and Analysing your Teaching and Coaching</li> </ul>	<p><b><u>THE COACH</u></b></p> <p><b>Effective Coaching and Teaching Skills</b></p> <ul style="list-style-type: none"> <li>• Designing Learning Experience and Coaching Task for Age 3-4 Years                             <ul style="list-style-type: none"> <li>○ Development of Learners</li> <li>○ Designing Instructions</li> <li>○ Assessing Learning</li> <li>○ Providing Feedback</li> </ul> </li> <li>• Designing Learning Experience and Coaching Task for Age 5-8 Years                             <ul style="list-style-type: none"> <li>○ Development of Learners</li> <li>○ Designing Instructions</li> <li>○ Assessing Learning</li> <li>○ Providing Feedback</li> </ul> </li> <li>• Designing Learning Experience and Coaching Task for Age 9-12 Years                             <ul style="list-style-type: none"> <li>○ Development of Learners</li> <li>○ Designing Instructions</li> <li>○ Assessing Learning</li> <li>○ Providing Feedback</li> </ul> </li> </ul>

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



# ISA Kids Sports Coaching Certification Course

<p>10 Jun 2024 (Mon) 7pm – 10pm Session 4 (Theory) Delivered online via Zoom</p>	<p>12 Jun 2024 (Wed) 7pm – 10pm Session 5 (Theory) Delivered online via Zoom</p>	<p>14 Jun 2024 (Fri) 7pm – 10pm Session 6 (Theory) Delivered online via Zoom</p>
<p><b><u>THE COACH</u></b></p> <p><b>Effective Coaching and Teaching Skills</b></p> <ul style="list-style-type: none"> <li>• Task Presentation and Communication Skills                             <ul style="list-style-type: none"> <li>○ Getting Attention of the Learner</li> <li>○ Sequencing of Content and Organisation</li> <li>○ Improving Clarity of Communication</li> <li>○ Selecting and Organising Learning Cues</li> </ul> </li> <li>• Developing and Maintaining a Learning Environment                             <ul style="list-style-type: none"> <li>○ Strategies for Developing Student Self-Control and Responsibility</li> <li>○ Managing Student Discipline</li> </ul> </li> <li>• Teaching During Activity                             <ul style="list-style-type: none"> <li>○ Setting Priorities</li> <li>○ Maintaining Safe Learning Environment</li> <li>○ Clarifying and Reinforcing Tasks</li> <li>○ Maintaining a Productive Learning Environment</li> <li>○ Observing and Analysing Student Responses</li> <li>○ Providing Feedback to Learners</li> <li>○ Indirectly Contributing Behaviours: Attending to Injured Students, Engaging Off-Topic Discussions, Dealing with the Personal Needs of Students</li> </ul> </li> </ul>	<p><b><u>THE COACH</u></b></p> <p><b>Effective Coaching and Teaching Skills</b></p> <ul style="list-style-type: none"> <li>• Teaching Strategies                             <ul style="list-style-type: none"> <li>○ Direct and Indirect Instruction</li> <li>○ Types of Teaching Strategies</li> <li>○ Selecting Appropriate Teaching Strategies</li> </ul> </li> </ul> <p><b><u>THE CHILD</u></b></p> <p><b>The Thinking, Feeling and Socialising Child</b></p> <ul style="list-style-type: none"> <li>• The Thinking Child</li> <li>• The Feeling and Socialising Child</li> <li>• Teaching Personal and Social Responsibility</li> <li>• Introduction to Exercise Psychology and Understanding the Influence of Stress and Anxiety on Exercise Behaviour</li> </ul> <p><b>The Healthy Child</b></p> <ul style="list-style-type: none"> <li>• Benefits of Exercise and Sports for Children</li> <li>• Benefits of Proper Nutrition and Nutrition Education for Children</li> </ul>	<p><b><u>THE CHILD</u></b></p> <p><b>The Moving Child</b></p> <ul style="list-style-type: none"> <li>• Motor Development and Motor Learning</li> <li>• Perceptual-Motor Development</li> <li>• Phases and Stages of Motor Skill Development</li> <li>• Learning New Movement Skills</li> <li>• Assessing Movement Skills – MATCH Protocol</li> </ul> <p><b>Talent ID and Long-Term Athlete Development Model</b></p> <ul style="list-style-type: none"> <li>• LTAD Development Stages</li> <li>• Recognising Window of Opportunities</li> </ul>

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# ISA Kids Sports Coaching Certification Course

<p>19 Jun 2024 (Wed) 7pm – 10pm Session 7 (Theory) Delivered online via Zoom</p>	<p>22 Jun 2024 (Sat) 9am – 5pm (w/ 1hr break) Session 8 (Practical) Delivered at ISA Campus</p>	<p>29 Jun 2024 (Sat) 10am – 11am 2pm – 4.30pm Session 9 (Theory &amp; Practical) Delivered online via Zoom (Theory) and at ISA Campus (Practical)</p>
<p><b><u>INTRODUCTION TO KIDS ATHLETICS</u></b></p> <p>Concept of IAAF Kids Athletics’</p> <p>Overview of Events and Organisation</p>	<p><b><u>CREATING POSITIVE LEARNING EXPERIENCES FOR DIVERSE LEARNERS</u></b></p> <p><b>Age 3-4</b></p> <ul style="list-style-type: none"> <li>• Movement Activities – 10 Skills: Catch, Kick, Jump, Overhead Throw, Ball Bounce, Leap, Dodge, Punt, Forehand Strike, Two-Hand Side-Arm and Strike</li> </ul> <p><b>Age 5-8</b></p> <ul style="list-style-type: none"> <li>• Movement Activities – 10 Skills: Catch, Kick, Jump, Overhead Throw, Ball Bounce, Leap, Dodge, Punt, Forehand Strike, Two-Hand Side-Arm and Strike</li> </ul> <p><b>Age 9-12</b></p> <ul style="list-style-type: none"> <li>• Movement Activities – 10 Skills: Catch, Kick, Jump, Overhead Throw, Ball Bounce, Leap, Dodge, Punt, Forehand Strike, Two-Hand Side-Arm and Strike</li> <li>• Developmental Games</li> <li>• Developmental Dance</li> <li>• Developmental Gymnastics</li> </ul>	<p><b><u>ASSESSMENTS</u></b></p> <p><b>Theory Test (1hr)</b></p> <ul style="list-style-type: none"> <li>• Participants will complete an online theory test from 10am-11am</li> <li>• The link will only be provided via email 15 mins before the assessment</li> </ul> <p><b>Practical Assessment (2.5hr)</b></p> <ul style="list-style-type: none"> <li>• Participants to demonstrate selected skills in-person</li> </ul>

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**10 Hours Practicum**

Upon completion of lessons and assessments, students have to complete a **COMPULSORY** 10-hour practicum under the supervision of our instructors. More information on this will be provided during the course.

