



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.

Course Duration 31.5 hours over 9 days

Course Dates (Next Intake) 3, 5, 7, 10, 12, 14, 19, 22, 29 Jun 2024

Course Fees \$750.00

Continuing Education Credits (if applicable)

• 10 CoachSG CCE Hours awarded upon completion

• 3.1 ACE CECs awarded upon completion

Registration Deadline 27 May 2024

Entry Requirements

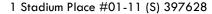
Valid CPR-AED Certification (you may obtain your CPR + AED certification with ISA at a subsidised rate, if you don't already have

one)



(65) 6423 0668











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

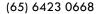
Upon successful completion of the course, participants will understand:

- 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













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

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

Duration: 1hour (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)















Course Schedule

3 Jun 2024 (Mon)
7pm - 10pm
Session 1 (Theory)
Delivered online via Zoom
SETTING THE SCENE

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

Concept of Fundamental Movement Skills

 Introduction and Importance of FMS

Reflection and Self-Awareness as a Coach

- What is Reflection?
- Becoming a Reflective Coach

Coaching Ethics

- Coaching Ethics
- Ethical Issues in Coaching

THE CONTEXT OF COACHING

- Values in Sports
- Coaching Philosophy

Professionalising Sports Coaching

- Coaching Teaching as a Continuous Effort
- Staying Current in the Field
- Being Responsible for Growth
- Collecting Information to Improve Teaching and Coaching Efforts
- Observing and Analysing your Teaching and Coaching

THE COACH

Effective Coaching and Teaching Skills

- Designing Learning
 Experience and Coaching
 Task for Age 3-4 Years
 - Development of Learners
 - Designing Instructions
 - Assessing Learning
 - o Providing Feedback
- Designing Learning Experience and Coaching Task for Age 5-8 Years
 - Development of Learners
 - Designing Instructions
 - Assessing Learning
 - o Providing Feedback
- Designing Learning Experience and Coaching Task for Age 9-12 Years
 - Development of Learners
 - Designing Instructions
 - Assessing Learning
 - Providing Feedback

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



10 Jun 2024 (Mon)
7pm – 10pm
Session 4 (Theory)
Delivered online via Zoom

THE COACH

THE CHILD

Teaching Skills

Effective Coaching and The M

12 Jun 2024 (Wed)

7pm - 10pm

Session 5 (Theory)

Delivered online via Zoom

The Moving Child

THE CHILD

 Motor Development and Motor Learning

14 Jun 2024 (Fri)

7pm - 10pm

Session 6 (Theory)

Delivered online via Zoom

- Perceptual-Motor Development
- Phases and Stages of Motor Skill Development
- Learning New Movement Skills
- Assessing Movement Skills
 MATCH Protocol

Talent ID and Long-Term Athlete Development Model

- LTAD Development Stages
- Recognising Window of Opportunities

THE COACH

Effective Coaching and Teaching Skills

- Task Presentation and Communication Skills
 - Getting Attention of the Learner
 - Sequencing of Content and Organisation
 - Improving Clarity of Communication
 - Selecting and Organising Learning Cues
- Developing and Maintaining a Learning Environment
 - Strategies for Developing
 Student Self-Control and
 Responsibility
 - Managing Student Discipline
- Teaching During Activity
 - Setting Priorities
 - Maintaining Safe Learning Environment
 - Clarifying and Reinforcing Tasks
 - Maintaining a Productive Learning Environment
 - Observing and Analysing Student Responses
 - Providing Feedback to Learners
 - Indirectly Contributing
 Behaviours: Attending to
 Injured Students, Engaging
 Off-Topic Discussions,
 Dealing with the Personal
 Needs of Students

The Thinking, Feeling and

Teaching Strategies

Instruction

Strategies

Direct and Indirect

Types of Teaching

Selecting Appropriate

Teaching Strategies

• The Thinking Child

Socialising Child

- The Feeling and Socialising
 Child
- Teaching Personal and Social Responsibility
- Introduction to Exercise
 Psychology and
 Understanding the Influence
 of Stress and Anxiety on
 Exercise Behaviour

The Healthy Child

- Benefits of Exercise and Sports for Children
- Benefits of Proper Nutrition and Nutrition Education for Children

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19 Jun 2024 (Wed)
7pm – 10pm
Session 7 (Theory)
Delivered online via Zoom

22 Jun 2024 (Sat)
9am – 5pm (w/ 1 hr break)
Session 8 (Practical)
Delivered at ISA Campus

29 Jun 2024 (Sat)
10am — 11am
2pm — 4.30pm
Session 9 (Theory & Practical)
Delivered online via Zoom
(Theory) and at ISA Campus
(Practical)

INTRODUCTION TO KIDS ATHLETICS

Concept of IAAF Kids Athletics'

Overview of Events and Organisation

CREATING POSITIVE LEARNING EXPERIENCES FOR DIVERSE LEARNERS

Age 3-4

Age 5-8

Movement Activities – 10
 Skills: Catch, Kick, Jump,
 Overhead Throw, Ball
 Bounce, Leap, Dodge, Punt,
 Forehand Strike, Two-Hand
 Side-Arm and Strike

Age 9-12

- Movement Activities 10
 Skills: Catch, Kick, Jump,
 Overhead Throw, Ball
 Bounce, Leap, Dodge, Punt,
 Forehand Strike, Two-Hand
 Side-Arm and Strike
- Developmental Games
- Developmental Dance
- Developmental Gymnastics

ASSESSMENTS

Theory Test (1hr)

- Participants will complete an online theory test from 10am-11am
- The link will only be provided via email 15 mins before the assessment

Practical Assessment (2.5hr)

 Participants to demonstrate selected skills in-person

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

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.

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