





# 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** 

1 Sep 2024

- 100% Online & Self-Paced (2 months validity)
- To complete the course and pass the certification assessments within 2 months from the date you receive the access code and link to the ASCA Online Portal

**Registration Deadline** 

10 Aug 2024

**Course Fees** 

\$260.00 (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



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## American Swimming Coaches Association (ASCA) Certification Course Level 3

## 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)

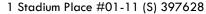
## How to Register?

Refer to page 3 for more information.





















### **American Swimming Coaches Association** (ASCA) Certification Course Level 3

#### **Course Modules**

Module 1	Module 2	Module 3	Module 4
An Overview of the Physiology School and its Relationship with Swimming Performance  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)  Continuation of Discussion on the Principles of Training	The Physiological Basis for Performance-Based Science  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  Workout Design  Nutrition
Module 5	Module 6	Module 7	ASCA Level 3 Certification Exam
The Training of Swimming (Continued)  Planning of Training Periodization of Work and Rest Introduction to Training Periods	The Planning and Execution of Training for Swimmers  Training Periods (Part 2)  Planning of Training and Writing Workouts  Physiology as Applied to Special Populations  Overtraining  Tapering Discussion (Part 1)	Tapering and Conclusion  ■ Tapering Discussion (Part 2)	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:

- 1. Register online at <a href="https://www.isa.edu.sg/asca-3">www.isa.edu.sg/asca-3</a>
- 2. Make payment upon receipt of invoice.
- 3. The access code and link to access the ASCA Online Portal will be sent via email on the 1st day of the month (Sg timing
- 4. Complete the course at your own pace within 60days from the day you receive the access code.
- 5. After passing the assessment you will be able to download your soft copy e-certificate via your Asca account







