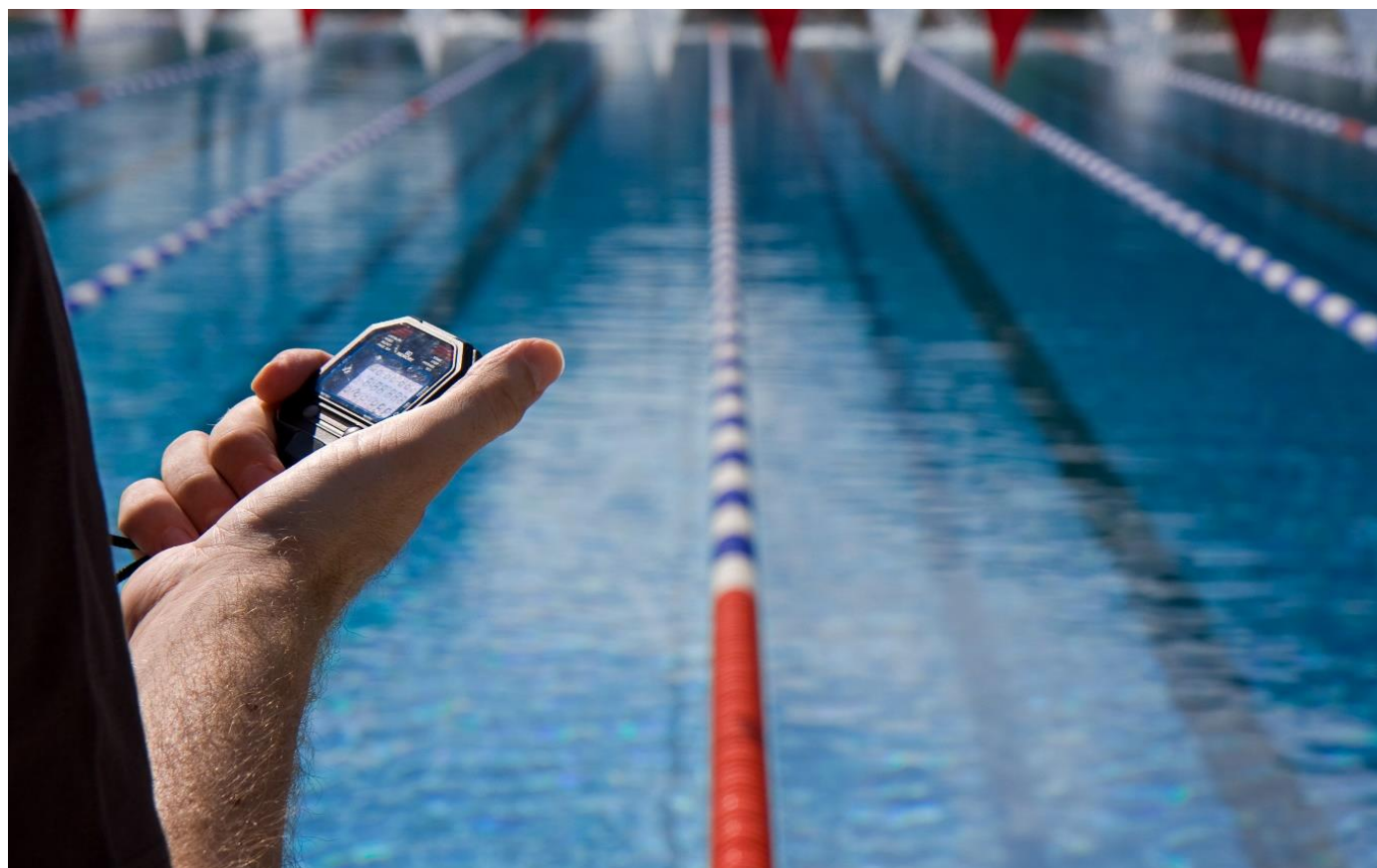




American Swimming Coaches Association (ASCA) Certification Course Level 1 & 2



Get certified online by one of the most recognized and prestigious swim coaches association in the world! With the American Swimming Coaches Association (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 Jan 2025

- 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

Registration Deadline

10 Dec 2024

Course Fees

\$385.00 (inclusive of 1-year ASCA membership)



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Grants Available (T&Cs apply)

- SkillsFuture: All Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit from the government to pay for a wide range of approved skills-related courses. Visit the SkillsFuture Credit website (www.skillsfuture.gov.sg/credit) to choose from the courses available on the Training Exchange course directory
 - Please refer to the relevant course page in mySkillsFuture (mySF). <https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2020511099>
- 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)

Course Objectives

ASCA Level 1: The Foundations of Coaching

The ASCA Level 1: Foundations of Coaching covers the fundamental principles of swimming and swim coaching. This course is designed to introduce coaches to the philosophy of sport and empower coaches on the pool deck. Topics covered include swim management, coaching communication, teaching methods, and guidance on developing young athletes.

ASCA Level 2: The Stroke School

The ASCA Level 2: Stroke School builds off the material in the Level 1 School and is designed to educate coaches on constructing the best strokes for their swimmers during practice. The primary reason parents bring their children to practice is to learn how to swim better - This is where it starts. In this online certification course, you will learn:

- Biomechanics and Scientific Principles for the Understanding of Swimming Strokes
- Teaching Progressions for Butterfly, Backstroke, Breaststroke, and Freestyle
- Effective Starts and Turns
- Skills and Methods for Better Coaching

Course Material(s)

You will have access to the following material(s) on the ASCA Online Portal:

- Supplemental PDFs (only for ASCA Level 1 Certification)
- Videos



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Assessments

Online Theory Assessments

- **ASCA Level 1 Certification Exam** - 85% to pass
- **ASCA Level 2 Certification Exam** - 80% to pass

Award

Upon completion of the course, each participant will be awarded

- **American Swimming Coaches Association Level 1 Certificate of Completion**
- **American Swimming Coaches Association Level 2 Certificate of Completion**

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 4 for more information.



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Course Modules

ASCA Level 1 Certification

Module 1	Module 2	Module 3
Introduction	Level 1 Course <ul style="list-style-type: none"> Philosophy & Ethics Teaching & Communication Organization & Administration Growth & Development Skills & Biomechanics Physical Conditioning 	Exam <ul style="list-style-type: none"> ASCA Level 1 Certification Exam Additional Resources and Content

ASCA Level 2 Certification

Module 1	Module 2	Module 3	Module 4
Introduction <ul style="list-style-type: none"> Introduction Basic Principals of Swimming and Practical Coaching Teaching Skills for Coaches 	Strokes <ul style="list-style-type: none"> Freestyle Backstroke Breaststroke Butterfly 	Starts and Turns <ul style="list-style-type: none"> Starts Turns 	Exam <ul style="list-style-type: none"> ASCA Level 2 Certification Exam Additional Resources and Content

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 www.isa.edu.sg/asca-1-and-2
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 11:00pm)
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