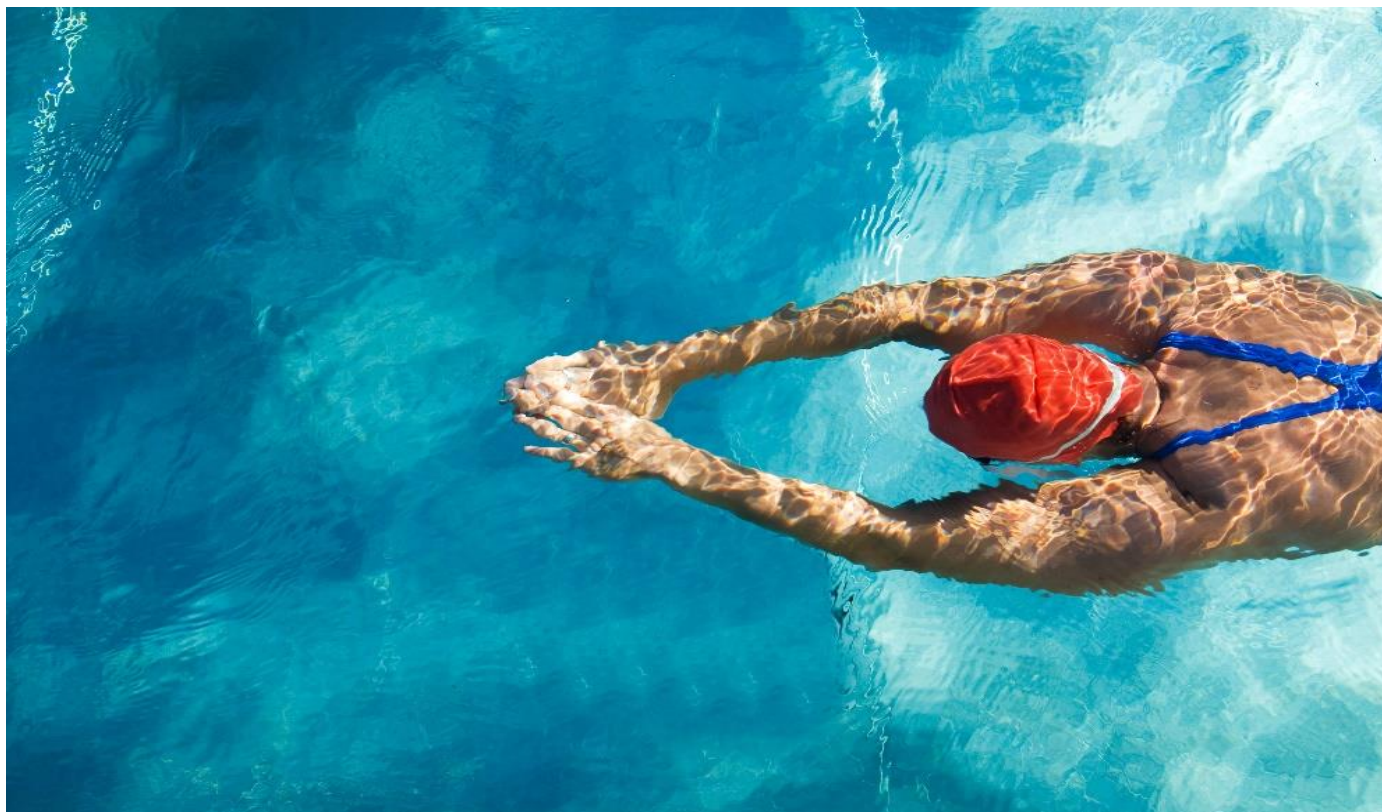


## American Swimming Coaches Association (ASCA) Certification Course Level 3



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 Jul 2025

- 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 Jun 2025

### Course Fees

\$290.00 (inclusive of 1-year ASCA membership)

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

## 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](http://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-2020511100>
- 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

## 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 4 for more information.

## Course Materials

Videos

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

## 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 4 for more information.



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

## Course Modules

Module 1	Module 2	Module 3	Module 4
<b>An Overview of the Physiology School and its Relationship with Swimming Performance</b> <ul style="list-style-type: none"> <li>The Preparation of Athletes for Peak Performance</li> <li>The Interaction Between Physiology and Other Performance Systems</li> <li>Explanations of What Training Methodology is All About</li> </ul>	<b>Principles of Training (Continued)</b> <ul style="list-style-type: none"> <li>Continuation of Discussion on the Principles of Training</li> </ul>	<b>The Physiological Basis for Performance-Based Science</b> <ul style="list-style-type: none"> <li>The Cardiovascular System and its Functions</li> <li>Skeletal Muscle</li> <li>Energy Metabolism</li> <li>Swimming Economy – Looking for the Ability to go Farther, Faster, at a Lower Energy Cost</li> <li>Definitions of Types of Training</li> </ul>	<b>The Training of Swimmers</b> <ul style="list-style-type: none"> <li>Workout Design</li> <li>Nutrition</li> </ul>
Module 5	Module 6	Module 7	ASCA Level 3 Certification Exam
<b>The Training of Swimming (Continued)</b> <ul style="list-style-type: none"> <li>Planning of Training</li> <li>Periodization of Work and Rest</li> <li>Introduction to Training Periods</li> </ul>	<b>The Planning and Execution of Training for Swimmers</b> <ul style="list-style-type: none"> <li>Training Periods (Part 2)</li> <li>Planning of Training and Writing Workouts</li> <li>Physiology as Applied to Special Populations</li> <li>Overtraining</li> <li>Tapering Discussion (Part 1)</li> </ul>	<b>Tapering and Conclusion</b> <ul style="list-style-type: none"> <li>Tapering Discussion (Part 2)</li> </ul>	<b>Exam</b> <ul style="list-style-type: none"> <li>ASCA Level 3 Certification Exam</li> </ul>

## 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-3](http://www.isa.edu.sg/asca-3)
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