





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** 28 hours over 5 days

Course Dates (Next Intake) 6, 7, 8, 14 & 15 Mar 2026

**Course Fees** \$750.00

**Continuing Education Credits** (if applicable)

10 CoachSG CCE Hours awarded upon completion

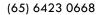
3.1 ACE CECs awarded upon completion

27 Feb 2026 **Registration Deadline** 

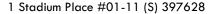
Valid CPR-AED Certification (you may obtain your CPR + AED **Entry Requirements** certification with ISA at a subsidised rate, if you don't already have

one)















## Grants Available (T&Cs apply)

- SkillsFuture Credits: 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).

    <a href="https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2023036432">https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2023036432</a>
- 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.

## 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



(65) 6423 0668



1 Stadium Place #01-11 (S) 397628









**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)

(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**

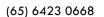
6 Mar 2026 (Fri) 10am — 5pm Session 1 Delivered at ISA Campus	7 Mar 2026 (Sat) 10am – 5pm Session 2 Delivered at ISA Campus
THE CHILD	SETTING THE SCENE
<ul> <li>The Thinking, Feeling and Socialising Child</li> <li>The Thinking Child</li> <li>The Feeling and Socialising Child</li> <li>Teaching Personal and Social Responsibility</li> <li>Introduction to Exercise Psychology and</li> <li>Understanding the Influence of Stress and Anxiety on</li> </ul>	Concept of Fundamental Movement Skills  Introduction and Importance of FMS  Practical: Assessing Fundamental Movement Skills — FMS rubrics and MATCH Protocol
Exercise Behaviour  The Healthy Child	Reflection and Self-Awareness as a Coach  What is Reflection?  Becoming a Reflective Coach
<ul> <li>Benefits of Exercise and Sports for Children</li> <li>Benefits of Proper Nutrition and Nutrition Education for Children</li> </ul>	THE CONTEXT OF COACHING Coaching Ethics
<ul> <li>The Moving Child</li> <li>Motor Development and Motor Learning</li> <li>Perceptual-Motor Development</li> </ul>	<ul> <li>Coaching Ethics</li> <li>Ethical Issues in Coaching</li> <li>Values in Sports</li> <li>Coaching Philosophy</li> </ul>
<ul> <li>Phases and Stages of Motor Skill Development</li> <li>Learning New Movement Skills</li> </ul>	Professionalising Sports Coaching  Teaching and Coaching as a Continuous Effort
Case Studies: Assessing Stages of Fundamental Movement Skills	<ul><li>Staying Current in the Field</li><li>Being Responsible for Growth</li></ul>
Talent ID and Long-Term Athlete Development Model  LTAD Development Stages  Descripting Window of Opportunities	<ul> <li>Collecting Information to Improve Teaching and Coaching Efforts</li> <li>Observing and Analysing your Teaching and</li> </ul>

Coaching



**Recognising Window of Opportunities** 





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6 Mai 2026 (3011)
10am – 5pm
Session 3
Delivered at ISA Campus

# 14 Mar 2026 (Sat) 10am — 5pm Session 4 Delivered at ISA Campus

#### **Effective Coaching and Teaching Skills**

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

## Practical: Creating Positive Learning Experiences for Diverse Learners

- Age 3-4
- Age 5-8
- Age 9-12

#### **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







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# 15 Mar 2026 (Sun) Session 5 Delivered at ISA Campus/ Online

#### **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 at ISA Campus (2.5hr)

Participants to demonstrate selected skills in-person from 2pm- 4.30pm

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



