INTERNATIONAL SPORTS ACADEMY

ISA Kids Sports Coaching Certification Course



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)	5, 6, 7, 13 & 14 Mar 2027
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	26 Feb 2027
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)

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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). https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2023036432
- 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

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Course Syllabus

Please refer to pages 4 – 6 for detailed course syllabus and class schedule.

Assessment

Theory Assessment – 70% passing mark (25 MCQs)
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 $54.50, 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
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Course Schedule

5 Mar 2027 (Fri) 8am – 3pm Session 1 Delivered at ISA Campus	6 Mar 2027 (Sat) 8am – 3pm Session 2 Delivered at ISA Campus
THE CHILD **The Thinking, Feeling and Socialising Child** • The Thinking 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 **The Moving Child** • Motor Development and Motor Learning • Perceptual-Motor Development • Phases and Stages of Motor Skill Development • Learning New Movement Skills **Case Studies: Assessing Stages of Fundamental Movement Skills** **Talent ID and Long-Term Athlete Development Model** • LTAD Development Stages • Recognising Window of Opportunities	**SETTING THE SCENE** **Concept of Fundamental Movement Skills** • Introduction and Importance of FMS **Practical: Assessing Fundamental Movement Skills – FMS rubrics and MATCH Protocol** **Reflection and Self-Awareness as a Coach** • What is Reflection? • Becoming a Reflective Coach **THE CONTEXT OF COACHING** **Coaching Ethics** • Coaching Ethics • Ethical Issues in Coaching • Values in Sports • Coaching Philosophy **Professionalising Sports Coaching** • Teaching and Coaching 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

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7 Mar 2027 (Sun) 8am – 3pm Session 3 Delivered at ISA Campus	13 Mar 2027 (Sat) 8am – 3pm 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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Please note that course dates and times are subject to change a

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14 Mar 2027 (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

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