



NATIONAL COACHING ACCREDITATION PROGRAMME

NCAP THEORY LEVEL 2 - COURSE SCHEDULE 2010

Tentative Venue: Civil Service College, 31 North Bouna Vista Rd - Course Fee: \$210.60

Take note of the following:

1. All participants must be able to read, write and understand English. Lessons and written examination will only be conducted in English.
2. Please register online at <http://sports.ssc.gov.sg>

			Course 2.1 8 Mar – 31 Mar	Course 2.2 5 Oct – 11 Nov
Online registration opens from:			8 Jan 2010 (9am)	5 Aug 2010 (9am)
Closing date will be as stated OR when a total of 30 participants have registered for the course:			8 Feb 2010 (9am)	6 Sep 2010 (9am)
	Time	Module	Date	Date
1	7.00pm – 10pm	SPORTS MEDICINE	Mon, 8 Mar	Tue, 5 Oct
2	7.00pm – 10pm	SPORTS NUTRITION	Wed, 10 Mar	Thu, 7 Oct
3	7.00pm – 10pm	SKILL ANALYSIS & DEVELOPMENT	Fri, 12 Mar	Tue, 12 Oct
4	7.00pm – 10pm	GROWTH & DEVELOPMENT	Mon, 15 Mar	Thu, 14 Oct
5	7.00pm – 10pm	FUNCTIONAL ANATOMY	Wed, 17 Mar	Tue, 19 Oct
6	7.00pm – 10pm	MENTAL SKILLS TRAINING 1	Fri, 19 Mar	Thu, 21 Oct
7	7.00pm – 10pm	MENTAL SKILLS TRAINING 2	Mon, 22 Mar	Tue, 26 Oct
8	7.00pm – 10pm	PHYSICAL TRAINING PRINCIPLES	Wed, 24 Mar	Thu, 28 Nov
9	7.00pm – 10pm	FLEXIBILITY TRAINING	Fri, 26 Mar	Tue, 2 Nov
10	7.00pm – 10pm	INTERMEDIATE PLANNING FOR COACHES	Mon, 29 Mar	Tue, 9 Nov
11	7.00pm – 8pm	THEORY EXAM	Wed, 31 Mar	Thu, 11 Nov