

SG-Coach Canoe Sprint Full Integration Level 1 Coaching Course

To be certified as a SG-Coach Canoe Sprint Level Full Integration Level 1 Coach*,

- ✓ Attendance must be 100% of the course. All participants are expected to be punctual before each session (at least 5 minutes before stated class time) and actively participate in all sessions.
- ✓ Complete and submit on time all reflections, quizzes, assignments, micro-coaching assessments and online e-learning resources provided throughout the course.
- ✓ Score at least 80% (35 out of 50 questions) to pass both the SG-Coach Foundational Sports Science (FSS) and Theory Examination done on SportSG-ED (online portal) in an invigilated classroom setting
- ✓ Participants have a maximum of 2 x 2 consecutive attempts per FSS and Theory Assessment, after which an additional administration fee will be imposed for further attempts
- ✓ Complete the 10hrs coaching attachment sessions planned with respective assigned coaches or programmes
- ✓ Pass the Competency Assessment based on the continuous assessment throughout the course and a coaching session that the participant will plan, conduct and reflect on in selected craft (K1 or C1).

Upon successful completion of the modules 0-12, the participants will:

- ✓ Require a valid First-Aid and CPR Certification before they will receive the SG-Coach Level 1 Full Integration Canoe Sprint Coaching Certificate
- ✓ Require to be on the NROC and MOE-IRS registered before they can coach in MOE schools
- ✓ Be involved in a community of beginner Canoe Sprint coaches where there will be shared coaching resources, courses, discussions and communities of practice (CoP) managed by coach developer

Pre-requisites

- ✓ Must be at least 21 years of age
- ✓ Must be medically fit* (*To complete Medical Indemnity Form. Participant is required to provide a doctor's certification if answer "Yes" to any conditions.)
- ✓ Must have a 1-star or an equivalent certification
- ✓ Must have competed in at least 3-4 recognized canoe sprint or marathon competitions or time trials (local/overseas)
- ✓ Proof of swimming ability: At least SwimSafer Silver or able to swim 200m unaided (video evidence).
- ✓ Attend and pass compulsory proficiency test of technical ability in sprint canoe/kayak:
 - Able to paddle 2km (with a turn) under 11 min (MK1)/12 min (WK1)/12min 30s (MC1)/ 13min 30s (WC1)
 - Able to exhibit a general proficiency in the following technical skills:
 - Keep the craft stationary and adjust position/ manoeuvre appropriately when required
 - Execute a Start from stationary position
 - Paddle straight and within allocated lane
 - Execute a 180 deg turn within 3-4 lanes
 - Exhibit a general technical proficiency and is able to demonstrate the use of Rotation and Hip/Leg Drive in a Sprint Kayak / Canoe stroke
 - A skills assessment test post-2k time trial may be carried out to ascertain the proficiency of the participants if necessary
- ✓ Valid First Aid with AED certification
 - Participant who does not have a valid First Aid with AED certification prior to the course will need to submit the certification before CoachSG issues the coaching course certificate

Course Requirements:

- 18.5h Theory + 19h Pre-reading/E-learning
- 6h Practical + 10h Coaching Attachment
- Competency Assessment + 2x 1h examination

Module	Topic	Duration
0	Overview and Introduction to Canoe Sprint	1h + 1h pre-reading
1	Coaching Philosophy and Practices	3h + 1.5h E-learning
2	Sport Development System	30min + 1.5h E-learning
3	Safe Sport and Sport Safety	2h + 2h E-learning
4	Anatomy and Physical Preparation	1.5h + 3.5h E-learning
5	Biomechanics and Technical Skills	3h + 1.5h E-learning
6	Sport Nutrition	30min + 1.5h E-learning
7	Coaching Para-athletes	1h + 1h pre-reading
8	Theories of Coaching	2h + 1.5h E-learning
9	The Coaching Process	2h + 2h micro-coaching +1.5h E-learning
10	Building a Positive Culture in Our Sport	2h + 2.5h E-learning including 1h on sport psychology
11	Practical Session	3h Kayak, 3h Canoe
12	Coaching Attachments	10h

Assessments

1. Coaching Competency Assessment
 - If deemed “Not Yet Competent (NYC)”, a Coaching Attachment of 10 hours with an appointed coach will be required before another Competency Assessment will be granted.
2. SG-Coach Foundational Sports Science Examination (50 questions; 1h; 80% correct to pass)
3. SG-Coach Theory Examination (50 questions; 1h; 80% correct to pass)

Course Fees

- \$420/affiliate participant
- \$520/non-affiliate participant

Course Capacity

- Maximum 15 Participants
- Min Capacity 10 Participants

Course Schedule

Session	Mode	Date	Time	Topic
-	Onsite Practical (Sportshub Water Sports Centre)	3 rd October 2021 10 th October 2021	0700-1000h	Skills Proficiency Test
0	Online Theory (E-learning via SportSG-ED platform)	14 th to 31 st October 2021	N.A	All FSS n SG-Coach Theory
1	Online Theory (Zoom Session)	1 st November 2021 Monday	1830-2000h	Module 0: Overview and Introduction to Canoe Sprint (1h) Module 2: Sport Development System (30min)

2	Online Theory (Zoom Session)	3 rd November 2021 Wednesday	1800-2100h	Module 1: Coaching Philosophy and Practices (3h)
3	Practical Onsite (Sportshub Water Sports Centre)	6 th November 2021 Saturday	0700-1000h	Module 12b: Coaching Attachment - Part 1 (3h) <ul style="list-style-type: none"> - National Junior Boys Team - National Junior Girls Team - National Senior Kayak Team - National Canoe Team
4	Online Theory (Zoom Session)	6 th November 2021 Saturday	1530-1730h	Module 3: Safe Sport and Sport Safety (2h)
5	Theory and Practical Onsite (Sportshub Water Sports Centre)	7 th November 2021 Sunday	0730-1200h	Module 5b: Sprint Canoe Biomechanics and Technical Skills (1.5h) Module 11b: Canoe Practical (3h)
6	Online Theory (Zoom Session)	7 th November 2021 Sunday	1530 - 1730h	Module 4: Anatomy and Physical Preparation (1.5h) Module 6: Nutrition (30min)
7	Online Theory (Zoom Session)	8 th November 2021 Monday	1830-2030h	Module 8: Theories of Coaching (2h)
8	Online Theory (Zoom Session)	10 th November 2021 Wednesday	1830-2030h	Module 9a: The Coaching Process (2h)
9	Practical Onsite Attachment (Sportshub Water Sports Centre)	13 th November 2021 Saturday	0700-1000h	Module 12b: Coaching Attachment - Part 2 (3h) <ul style="list-style-type: none"> - National Junior boys team - National junior girls team - National Senior Kayak Team - National Canoe Team
10	Practical Onsite Attachment (MacRitchie Reservoir)	13 th November 2021 Saturday	1430-1530h 1530-1700h 1700-1830h 1830 - 1900h	Module 7: Coaching Para-athletes and briefing Module 12a: Coaching Attachment (4h) <ul style="list-style-type: none"> • Grp 1: ACA attachment, Grp 2: Paracanoes attachment • Grp 2: ACA attachment, Grp 1: Paracanoes Attachment Debrief
11	Onsite Theory and Practical	14 th November 2021 Sunday	0730-1200h	Module 5a: Sprint Kayak Biomechanics and Technical Skills (1.5h) Module 11a: Kayak Practical (3h)

12	Onsite Practical (Sportshub Water Sports Centre)	14 th November 2021 Sunday	1300-1500h	Module 9b: Micro coaching practice (2h)
12	Online Theory (Zoom Session)	17 th November 2021 Wednesday	1600-1900h	Module 10: Building a Positive Culture in our Sport (2h)
13	Onsite Practical Assessment (Sportshub Water Sports Centre)	20 th November 2021 Saturday 21 st November 2021 Sunday	1000-1320h 1500-1820h 0730-1200h	Coaching Competency Assessment (Backup session) (Backup session)
14	Onsite Online Assessment (Sportshub)	11 th December 2021 Sunday	10am – 12pm 1pm – 3pm	SG-Coach Foundational Sports Science SG-Coach Theory

Updated 13th September 2021