



SINGAPORE CANOE FEDERATION

3 Stadium Drive #01-33 NSA Office Singapore 397630

+65 6344 6337 | info@scf.org.sg | www.scf.org.sg



SG-Coach Full Integration Level 1 Canoe Sprint Coaching Course (2023)

Modules

Module 0: Overview and Introduction to Canoe Sprint

Module 1: Coaching Philosophy and Practices

Module 2: Sport Development System

Module 3: Safe Sport and Sport Safety

Module 4: Anatomy and Physical Preparation

Module 5: Biomechanics and Technical Skills

Module 6: Sport Nutrition

Module 7: Coaching Para-athletes

Module 8: Theories of Coaching

Module 9: The Coaching Process

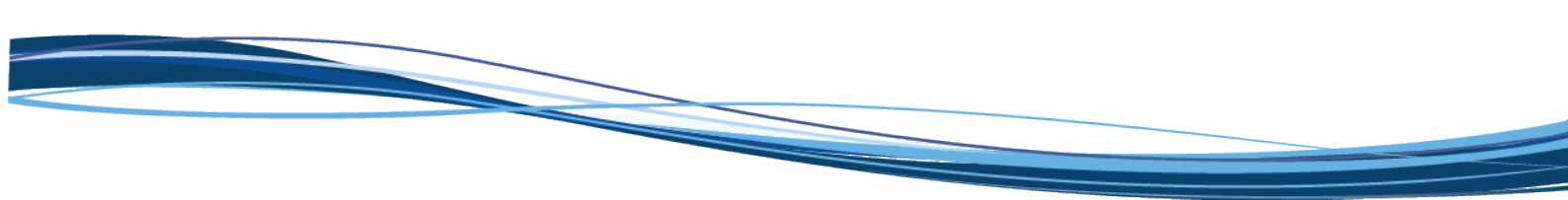
Module 10: Building a Positive Culture in Our Sport

Module 11: Practical Sessions (Kayak + Canoe)

Module 12: Coaching Attachments

Overall Schedule

- 19h E-learning + Pre-reading
- 24h Face-to-face Theory + Practical
- 10h Coaching Attachment
- 5h Competency Assessment
- MCQ Assessments: 2x 1h Examination (FSS and Theory)



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Date	Description	Remarks
16 Aug - 7 Sep	Registration	3 weeks
8 Sep	Proficiency Assessment	7.30am at MacRitchie Reservoir
8 Sep	Briefing for Course and Attachments	Online
9 Sep - 7 Oct (4 weeks)	Foundational Sports Science (FSS) SG-Coach Theory L1	Online
	Coaching Attachments	Total 10h, including compulsory ACA attachment
8, 14, 15 Oct	Sport-specific online theory & practical sessions	Refer to course schedule below
21 Oct	Coaching Competency Assessment	
1, 8 Nov	SG-Coach FSS Examination SG-Coach Theory Examination	
12 Nov	Coaching Competency Reassessment	If required



Detailed Course Schedule

Date	Time	Topic	Venue
16 Aug - 7 Sep		Registration (3.5 Weeks)	
8 Sep, Fri	0730h-0830h	Proficiency Assessment (1h)	MacRitchie Reservoir
8 Sep, Fri	1230-1300h	Briefing for Course and Attachments (0.5h)	Online
9 Sep - 7 Oct (4 weeks)		FSS & SG-Coach Theory L1 (Online)	Online
		Coaching Attachments (6h or 3 x 2h)	Various venues
7 Oct, Sat	1500-1900h	Compulsory ACA Attachment (4h)	Various venues (3 options: Jurong Lake Gardens, MacRitchie, SHWSC)
8 Oct, Sun	0730-0800h	Module 0: Overview and Introduction to Canoe Sprint (0.5h)	Sports Hub Water Sports Centre (SHWSC)
	0800-1200h	Module 5a: Sprint Canoe Biomechanics and Technical Skills (1h) Module 11a: Canoe Practical (3h)	
	1300-1500h	Module 1: Coaching Philosophy and Practices (2h)	SportSG HQ Innovation Lab
	1500-1600h	Module 2: Sport Development System (1h)	
	1600-1730h	Module 3: Sport Safety (1.5h)	
14 Oct, Sat	0700-0830h	Optional Sprint Canoe/Kayak practice or attachments	TBC
	0900-1100h	Module 8: Theories of Coaching (2h)	SportSG HQ Innovation Lab, ActiveHealth fitness
	1200-1400h	Module 4: Anatomy and Physical Preparation (2h)	
	1400-1430h	Module 6: Nutrition (0.5h)	
	1500-1900h	Module 5b: Sprint Kayak Biomechanics and Technical Skills (1h) Module 11b: Sprint Kayak Practical (3h)	SHWSC

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Date	Time	Topic	Venue
15 Oct, Sun	0700-0830h	Optional Sprint Canoe/Kayak practice	TBC
	0900-1100h	Module 9a: The Coaching Process (2h)	SportSG Auditorium
	1200-1500h	Module 9b: Micro-coaching (3h)	SHWSC
	1500-1600h	Module 7: Coaching Para-athletes (1h)	SportSG Auditorium
	1600-1800h	Module 10: Building a Positive Culture in our Sport (2h) Panel Discussion	
21 Oct, Sat	0730-1230h	Coaching Competency Assessment (5h)	SHWSC
1 Nov, Wed 8 Nov, Wed	1900-2100h	SG-Coach FSS Examination SG-Coach Theory Examination	SportSG HQ (CoachSG Room)
12 Nov, Sun	0730h	Coaching Competency Reassessment (if required)	TBC



SG-Coach Level 1 Full Integration Canoe Sprint Coaching Course Competency Assessment Guide

Recommended Assessment Format

Task	Participants will plan a 1h coaching practical session plan and deliver 15min of programme
Duration	40 minutes
Schedule Per Participant	10 min: Pre-Assessment Preparation (when previous participant is being assessed) 5 min: Brief with Coach Developer 15 min: Assessment Session 10 min: Post-Assessment Review and Reflection with Coach Developer
Group Size	4-6 participants
Areas for Assessment	1. Coach as Leader and Role-Model <ul style="list-style-type: none">• Professionalism: Punctuality and Readiness to Coach (e.g. Equipment and attire)• Displays and promotes positive character and values 2. Planning and Organisation <ul style="list-style-type: none">• Preparation of lesson plan• Clear session objectives• Structured content/activities to achieve objectives• Appropriate allocation of time and resources• Well-planned and organised set up• Meaningful and progressive activities (individual or group) that support learning objectives 3. Delivery <p>i) Presentation Skills:</p> <ul style="list-style-type: none">• Establishes appropriate physical, visual and vocal presence• Effective style of communication for targeted participants• Appropriate use of language <p>ii) Explanation:</p> <ul style="list-style-type: none">• Clear and simple• Employment of appropriate learning styles to sustain interest and achieve objectives



iii) Active Learning/Athlete-centred Learning:

- Actively involve students in learning process
- Creates a positive and interactive learning climate
- Clear communication on session objectives
- Effective feedback on performance and outcomes
- Able to check for understanding through process of questioning

iv) Technical Knowledge/ Application:

- Proficient Technical Knowledge/ Understanding Evident
- Able to demonstrate skill effectively
- Appropriate selection of activities to achieve skill acquisition

4. Management

i) Group Management:

- Good use of space and equipment
- High Participation Rate
- Well-managed environment and athletes
- Reinforces good behaviours and effective management of negative behaviours

ii) Safety and Resources:

- Ensures safety of participants/ environment/ equipment
- Effective use of training equipment and resources e.g. space

Annex A: Exemptions and Waivers for E-learning and Theory/ Foundational Sports Science (FSS) Assessment

S/N		Participants who have obtained these certifications	COURSE REQUIREMENTS AND EXEMPTIONS												
			SG-COACH THEORY L1			FOUNDATIONAL SPORT SCIENCE			SUBMISSIONS		SAFE SPORT		TECHNICAL		
		E-Modules	Exam*	F2F Sessions	E-Modules	Exam*	F2F Sessions	Coaching Philosophy	RAMs (Sport Specific)	Session plan with GFL Framework	E-Module	Test*	Competency Assessment	Test*, if any (NSA Dependent)	F2F Sessions
1	SG-Coach Theory L1 (before Apr 2021)	Participants are required to complete Modules 1-4 for updated content *Other modules are optional 6 CCE hours for completion of e-modules (for NROC coaches)	X	√	√	√	√	√	√	√	√	√	√	√	√
2	NCAP Theory L1 (before 2015)	√	X	√	√	X	√	√	√	√	√	√	√	√	√
3	Direct Waiver for the SG-Coach Theory L1 course is given to those who have graduated from the following local courses: <i>For other certifications, the coach can apply directly through CoachSG for waiver from SG-Coach Theory L1</i> National Institute of Education (NIE) Diploma / Postgraduate Diploma / Degree in Physical Education (MOE Teachers with these certificates need to apply for VPS accreditation from CoachSG) Republic Polytechnic Diploma in Sport and Exercise Science (VPS Integrated) Diploma in Sports Coaching (VPS Integrated) Part-Time Diploma in Sports (Coaching) (VPS Integrated)* <i>*Waiver takes effect for AY17 intake of students onwards . Send email to CoachSG if students belong to intake before AY17</i>	Participants are required to complete Modules 1-4 for updated content *Other modules are optional 6 CCE hours for completion of e-modules (for NROC coaches)	X	√	√	√	√	√	√	√	√	√	√	√	√
4	Values & Principles in Sport (before Jan 2021) National Standards for Youth (NSYS) for Coaching in Singapore Schools Building Capacity of Coaches and Instructors (BCCI)	√ *Participants are required to complete Module 1 to be updated with the content 1 CCE hour for completion (for NROC coaches)	√	√	√	√	√	√	√	√	√	√	√	√	√
5	Values & Principles in Sport (from Jan 2021)* *Please take note that participants with VPS from Jan 2021 would have done the following: - Completed a 3 hour GFL Practical Session - Submitted their coaching philosophy - Submitted GFL Sport Specific Session Plan However, as this is a full integration programme, participants are required to attend practical sessions and submit their session plan since it is integrated with the technical skills + practical competency assessment component.	√ Except Module 1 but will be required to complete updated content if available	√	√	√	√	√	√	√	√	√	√	√	√	√
6	Basic Sport Science (BSS)	√	√	√	Optional 7 CCE hours for completion of e-Modules (for NROC coaches) Participants are encouraged to go through the e-modules	X	√ Especially where the modules are dependent on integrated technical content (Module 5, 6 & 7)	√	√	√	√	√	√	√	√
7	Direct Waiver for the Foundational Sport Science (FSS) & Intermediate Sport Science (ISS) courses is given to those who have graduated from the following local courses. <i>For other certifications, the coach can apply through CoachSG for waiver from FSS & ISS.</i> Nanyang Technological University Degree in Sport Science and Management National Institute of Education Diploma / Postgraduate Diploma / Degree in Physical Education Republic Polytechnic Specialist Diploma in Sports and Exercise Science Diploma in Sport and Exercise Science Diploma in Sports Coaching Part-Time Diploma in Sports (Coaching) Nanyang Polytechnic Diploma in Sport and Wellness Management	√	√	√	Optional 7 CCE hours for completion of e-modules (for NROC coaches) Participants are encouraged to go through the e-modules	X	√ Especially where the modules are dependent on integrated technical content (Module 5, 6 & 7)	√	√	√	√	√	√	√	√

* All exams and tests require an 80% passing percentage

ADMIN TO NOTE

- Participants with direct waiver from SG-Coach Theory L1 and FSS still need to fulfill the necessary corresponding course requirements listed in the table above.
- NSA to filter direct waiver/exemptions using this table. Refer to info deck for more details
- Participants who have both theory and sport science exemptions and have NROC Full Membership (coach/senior coach/master coach), will only be awarded a maximum of 10 CCE hours if they complete both e-learning
- Refer to info deck for certificate issuance

SG-COACH FULL INTEGRATION PROGRAMME MODULES CORRESPONDING WITH E-LEARNING MODULES

Module 1: Coaching Philosophy & Practices Module 2: Sports Development System Module 4: Safe Sport & Sport Safety Module 9: Theories of Coaching Module 10: The Coaching Process Module 11: Building a Positive Culture in Your Sport	SG-Coach Theory L1	*Module 3 & 8 not listed here, require specific NSA content
Module 5: Anatomy & Physical Preparation Module 6: Biomechanics & Technical Skills Module 7: Sports Nutrition	Foundational Sport Science	

UPDATED MAY 2022

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