



**SG-Coach Full Integration Level 1
Canoe Sprint and Canoe Polo Coaching Course (2026)**

Overall Schedule

Activity	Expected Duration
e-Learning & Pre-reading	19 hours
Theory & Practical (Face-to-face)	39 hours
Coaching Attachment	Canoe Polo: 24 hours Canoe Sprint: 16 hours
Competency Assessment	1 hour (each grp abt 5h)
Examinations (FSS and/or Theory), if applicable	2 x 1 hour each

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 (Canoe Polo / Kayak + Canoe)

Module 12: Coaching Attachments + Assessment



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Course Fees

Discipline	Fee	
	Affiliate	Non-Affiliate
Canoe Polo	\$420	\$520
Canoe Sprint	\$570	\$670

Date (2026)	Time	Description	Remarks
18 Dec - 4 Jan	~ 3 weeks	Registration	Nil
7 Jan	0700 - 0800	Canoe Sprint Proficiency Assessment	Marina/MacRitchie Reservoir
7 Jan	1230 - 1330	Briefing on Course and Attachments	Online
10-30 Jan	3 weeks	<ul style="list-style-type: none"> Foundational Sports Science (FSS) SG-Coach Theory L1 	Online
	3 weeks	Canoe Sprint Coaching Attachments	Total 12h
31 Jan (Sat)	0930 - 1230	Canoe Sprint Module 5a: Sprint Canoe Biomechanics and Technical Skills Practical with Micro-Coaching	Water Sports Centre (WSC)
	1230 - 1330 1500 - 1900	Lunch Compulsory ACA Attachment	MacRitchie Reservoir
	0900 - 1800	Canoe Polo Module 5: Canoe Polo Practical (Technical and Tactical Skills)	Bedok Reservoir
1 Feb (Sun)	0800 - 1100 1100 - 1230 1230 - 1500 1500 - 1800	Canoe Sprint Module 5b: Sprint Kayak Biomechanics and Technical Skills Practical with Micro-Coaching Lunch Canoe Sprint Technical Discussion and Planning & Paracanoe Programme Micro-Coaching	WSC
	0900 - 1800	Canoe Polo Module 5: Canoe Polo Practical (Technical and Tactical Skills)	Bedok Reservoir

7 Feb (Sat)	0900 - 0930	All Module 0: Overview and Introduction to Canoe Sprint and Canoe Polo	WSC
	0930 - 1130	Module 1: Coaching Philosophy and Practices	
	1130 - 1230	Lunch	
	1230 - 1330	Module 3b: Safe Sport	
	1330 - 1630	Module 4: Anatomy and Physical Preparation Module 6: Nutrition	
	1630 - 1800	Module 2: Sport Development Systems and Story of ACA	
8 Feb (Sun)	0800 - 1000	All Module 8: Theories of Coaching	WSC
	1000 - 1200	Module 9: The Coaching Process	
	1200 - 1300	Lunch	
	1300 - 1430	Module 3a: Sport Safety	
	1500 - 1700	Module 10: Building a Positive Culture in our Sport	
	1700 - 1800	Preparation for Assessment	
28 Feb (Sat)	AM Session: 0800 - 1200	All Coaching Competency Assessment (Selection of one 4h slot)	WSC
1 Mar (Sun)	PM Session: 1300-1700		
TBC		<ul style="list-style-type: none"> Coaching Competency Reassessment (if required) 	WSC
Any time within 3 months from Coaching Competency Assessment		<ul style="list-style-type: none"> SG-Coach FSS Examination SG-Coach Theory Examination (if applicable)	Republic Polytechnic
Within 1 year from Coaching Competency Assessment		Canoe Polo Coaching Attachments	20h

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

Recommended Assessment Format

Task	Participants will plan a 1h coaching practical session plan and deliver 20min 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 20 min: Assessment Session 15 min: Post-Assessment Review and Reflection with Coach Developer
Group Size	4-6 participants
Areas for Assessment	<p>1. Coach as Leader and Role-Model</p> <ul style="list-style-type: none"> Professionalism: Punctuality and Readiness to Coach (e.g. Equipment and attire) Displays and promotes positive character and values <p>2. Planning and Organisation</p> <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 <p>3. Delivery</p> <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 <p>iii) Active Learning/Athlete-centred Learning:</p> <ul style="list-style-type: none"> • 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 <p>iv) Technical Knowledge/Application:</p> <ul style="list-style-type: none"> • Proficient Technical Knowledge/Understanding Evident • Able to demonstrate skill effectively • Appropriate selection of activities to achieve skill acquisition <p>4. Management</p> <p>i) Group Management:</p> <ul style="list-style-type: none"> • Good use of space and equipment • High Participation Rate • Well-managed environment and athletes • Reinforces good behaviours and effective management of negative behaviours <p>ii) Safety and Resources:</p> <ul style="list-style-type: none"> • Ensures safety of participants/environment/equipment • Effective use of training equipment and resources, e.g. space
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