



United States Sports Academy

Certification in Sport Coaching



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CERTIFICATION IN SPORT COACHING

DESCRIPTION

The Certification in Sports Coaching is designed to equip students with the essential knowledge and skills, helping them to succeed in coaching all levels of sports, focusing on sports coaching methodology, sports psychology, sports medicine, sports strength and conditioning, sports administration, sports facilities and event management, sports nutrition and sports coaching technology. It consists of 6 modules.

ACCREDITATION

This course has been accredited by the Southern Association of Colleges and Schools Commission on Colleges.

The USSA has been approved by the United States Department of Defense to offer its courses to members of the Armed Forces, including members of the Army National Guard.

JOB ROLES

The following is an indicative list of the potential job role(s) for this qualification:

- High performance coach
- Sports Coach / Community Coach
- Assistant Strength & Conditioning Coach
- Sports Trainer in rehabilitation centres

CERTIFICATION IN SPORT COACHING

COURSE DURATION

The delivery for the Certification in Sport Coaching is 4 months, full time, and 11 months, part-time.

Course Title: (PART-TIME)	Certification in Sport Coaching
Total No. of Months:	11
Total No. of Days Per Week:	2
Total No. of Hours Per Day:	3 - 6
<u>Total Contact Hours</u> <u>(FULL-TIME/PART TIME)</u>	240

NOTE:

The number of hours listed above are subject to change. Students will be eligible for the certification so long as they fulfil the requisite number of hours, and successfully complete all the assessments as required of them.



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ENTRY REQUIREMENTS

Minimum Age : 16

Minimum Academic Qualification : 3 O Level passes at C6 or higher, NITEC, or Higher NITEC or formal education equivalent to O levels, Australian Qualification Framework Certificate III

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English Language Proficiency : O Level Pass in English at C6 or higher or IELTS 5.0

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COURSE STRUCTURE

The structure of this programme is as follows:

<u>Compulsory Core Modules</u>	
Unit Number	Course Description
CEM 543	Sports Administration
CEM 583	Sports Facilities and Events Management
CEB 371	Sports Coaching Methodology
CEB 386	Sports Psychology
CER 332	Sports Strength and Conditioning
CED 346	Sports Medicine

For the duration of the full-time program, students will attend a full-day course, comprising 3.5 hours of classroom lectures and tutorials. For the part-time program, students will attend lessons twice a week comprising of 3 hours of classroom lectures and tutorials.

Students will sit for a written examination at the end of each module. On passing all the modules, students will be awarded with the certificate.



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UNIT DESCRIPTIONS

CEM 543 – Sports Administration

This unit will help the student understand the sport manager's position and the environment in which performance occurs.

CEM 583 – Sports Facilities and Events Management

This unit studies the principles involved in planning, marketing, producing and evaluating sports events and facilities.

CEB 371 – Sports Coaching Methodology

This unit covers theories and their practical application in teaching sports and sports skills. It is designed to enable students in gaining competence in applying competitive tactics and strategies appropriate to the sport environment. Particular emphasis is placed on developing a coaching philosophy with an emphasis in coaching ethics, conducting effective and efficient practice sessions, utilizing game management strategies, and skill analysis.

CEB 368 – Sports Psychology

This unit covers skills and application of psychological principles used in sports. It provides an insight into how psychological factors, such as anxiety, motivation, concentration, and confidence of coaches and trainees can affect performance in sports.

CER 332 – Sports Strength and Conditioning

This unit is designed to study the fundamental principles of training and nutrition in sports. It provides students a solid knowledge of strength and conditioning as it relates to anatomical and physiological systems challenged by sport conditioning, strength training, and an awareness of fitness and nutrition programs which can be used to enhance individual and team performance in sport.

CED 346 – Sports Medicine

This unit is designed to give students a basic understanding of sport-related injuries and how to recognize and provide emergency treatment, along with ensuring proper follow-up medical care. It covers the basic principles of sports injuries and rehabilitation to allow students to manage medical problems in sports and thereby improving the compliance of athletes in the management of sports-related problems.



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DELIVERY METHODS

The course will be delivered using one or more of the following methods:

- Classroom;
- Theory; or
- Practical.

ASSESSMENT METHODS

Assessment methods can include one or more of the following:

- Questions and answers;
- Panel of workplace presenters/personal trainers;
- Simulation;
- Role plays;
- Written and/or oral examinations;
- Projects and case studies;
- Observation;
- Third party report; or
- Practical demonstration and assessment.

RECOGNITION OF PRIOR LEARNING

Recognition of Prior Learning (RPL) is a process where a candidate may be granted credit or partial credit towards a qualification in recognition of skills and knowledge gained through work experience and/or formal training. For additional information relating to RPL for this course, please contact our admissions team.

CERTIFICATION IN SPORT COACHING

QUALIFICATION FEE (LOCAL STUDENTS)

FEES STRUCTURE	
Fees Breakdown	Total Payable (S\$) (with GST)
Application Fee (Non-Refundable)	190.50
Fee Protection Scheme	83.00
Course fee	3,200.00
Course material fee	180.00
Examination fee	780.00
TOTAL FEES PAYABLE	4,160.00
NO. OF INSTALMENTS	2
INSTALMENT AMOUNT	Approximately 2,080.00

CERTIFICATION IN SPORT COACHING

QUALIFICATION FEE (INTERNATIONAL STUDENTS)

FEES STRUCTURE	
Fees Breakdown	Total Payable (S\$) (with GST)
Application Fee (Non-Refundable)	345.50
Medical Insurance Renewal Fee	345
Fee Protection Scheme	109.00
Fees for Banker's Guarantee (Non-Refundable)	To be determined
Course fee	4,500.00
Course material fee	180.00
Examination fee	780.00
TOTAL FEES PAYABLE	5,460.00
NO. OF INSTALMENTS	2
INSTALMENT AMOUNT	2,730.00

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MISCELLANEOUS FEE (APPLICABLE TO BOTH LOCAL AND INTERNATIONAL STUDENTS)

MISCELLANEOUS FEES	
Purpose of Fee	Amount (with GST S\$)
Deferment Fee (if applicable)	235.40
Re-Assessment per unit	214.00
Re-Module per unit	856.00
Penalty for late payment (each week of late payment)	10.70
Printing cost per Sheet	0.20
Replacement of student ID	21.40
Medical Insurance (if applicable)	96.30
ISA T-Shirt	30.00

Note: Miscellaneous Fees refer to any optional fees which the students pay only when applicable.



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About ISA

The International Sports Academy (ISA) was officially opened in 2005 and has been appointed as the sole partner in Singapore by the United States Sports Academy (USSA), to provide quality academic sports certifications and diplomas. The ISA was founded in order to meet the growing need for sports education in Singapore. With the growing interest in sports to promote a healthier lifestyle and a means of social cohesion, the sporting industry has grown substantially over the past years. The ISA provides the much needed knowledge and skills required to empower individuals with the right tools to achieve success in the sporting industry today.

Our Mission

Preparing the next generation of sports leaders for the industry of tomorrow.

Our Vision

To become the region's leader in sports education, providing the tools to empower individuals with both knowledge and skills required to achieve success in the sporting world.

Our Values

PASSION | PURPOSE | PROGRESS

Our Culture

An environment where our passion for sports meets the love of learning.

Where success is not quantified by just the end result, but rather by the calibre of the pursuit.