



## SINGAPORE CANOE FEDERATION

3 Stadium Drive #01-33 NSA Office Singapore 397630  
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### **SG-Coach Full Integration Level 1 Canoe Sprint Coaching Course (2024)**

#### Modules

- Module 0: Overview and Introduction to Canoe Sprint (0.5h)
- Module 1: Coaching Philosophy and Practices (2h)
- Module 2: Sport Development System (1.5h)
- Module 3: Safe Sport and Sport Safety (1h)
- Module 4: Anatomy and Physical Preparation (2h)
- Module 5: Biomechanics and Technical Skills (1.5h)
- Module 6: Sport Nutrition (0.5h)
- Module 7: Coaching Para-athletes (0.5h)
- Module 8: Theories of Coaching (1.5h + 3h microcoaching)
- Module 9: The Coaching Process (2h)
- Module 10: Building a Positive Culture in Our Sport (2h)
- Module 11: Practical Sessions (Kayak + Canoe) (3h x2)
- Module 12: Coaching Attachments (10h)

#### Overall Schedule

- 19h E-learning + Pre-reading
- 24h Face-to-face Theory + Practical
- 10h Coaching Attachment (Ad-hoc ACA 6h + 4h ACA compulsory)
- 5h Competency Assessment
- MCQ Assessments: 2x 1h Examination (FSS and Theory)



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Date (2024)	Description	Remarks
14-25 Feb	Registration	Nil
25 Feb (Sun), 0730h	Proficiency Assessment	Marina Reservoir
1 Mar (Fri), 1230h	Briefing for Course and Attachments	Online
2-23 Mar	Foundational Sports Science (FSS) SG-Coach Theory L1	Online
	ACA Coaching Attachments	Total 6h or 3 x 2h
24, 30, 31 Mar, 0730-1730h	Face to face Sport-specific Theory & Practical sessions	Refer to course schedule below
6 Apr (Sat), 1500-1900h	ACA Coaching Attachments	3 different reservoirs
10 Apr (Wed), 0730-1230h	Coaching Competency Assessment	Marina Reservoir
3 Apr (Wed), 1900-2100h	SG-Coach FSS Examination	SportSG HQ CoachSG Room
11 Apr (Thu), 1900-2100h	SG-Coach Theory Examination	SportSG HQ CoachSG Room
12 May (Sun), 0730h	Coaching Competency Reassessment	If required



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### Detailed Course Schedule

Date	Time	Topic	Venue
14-25 Feb	-	Registration	Online
25 Feb (Sun)	0730-0830h	Proficiency Assessment (1h)	Marina Reservoir
1 Mar (Fri)	1230h	Briefing for Course and Attachments (0.5h)	Online
2-23 Mar (3 weeks)	-	FSS & SG-Coach Theory L1 (Online)	Online
	-	Coaching Attachments (6h or 3 x 2h)	Various venues
24 Mar (Sun)	0730-1100h	Module 0: Overview and Introduction to Canoe Sprint (0.5h) Module 5a: Sprint Canoe Biomechanics and Technical Skills Module 11a: Canoe Practical (3h)	Sports Hub Water Sports Centre (SHWSC)
	1230-1430h	Module 1: Coaching Philosophy and Practices (2h)	SportSG HQ CoachSG Room
	1445-1545h	Module 3: Safe Sport and Sport Safety (1h)	
	1600-1730h	Module 8: Theories of Coaching (1.5h)	
30 Mar (Sat)	0730-1130h	Module 5b: Sprint Kayak Biomechanics and Technical Skills (1h) Module 11b: Sprint Kayak Practical (3/h)	SHWSC
	1300-1430h	Module 2: Sport Development System + Case Study of ACA (1.5h)	SportSG HQ CoachSG Room
	1445-1645h	Module 4: Anatomy and Physical Preparation (2h)	
	1700-1730h	Module 6: Nutrition (0.5h)	

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Date	Time	Topic	Venue
31 Mar (Sun)	0800-1000h	Module 9a: The Coaching Process (2h)	SportSG HQ CoachSG Room
	1000-1030h	Module 7: Coaching Para-athletes (0.5h)	
	1145-1445h	Module 9b: Micro-coaching (3h)	SHWSC
	1530-1730h	Module 10: Building a Positive Culture in our Sport + Panel Discussion (2h)	SportSG HQ CoachSG Room
6 Apr (Sat)	1500-1900h	Compulsory ACA Attachment (4h)	Various venues (3 options: Jurong Lake Gardens, MacRitchie, SHWSC)
10 Apr (Wed)	0730-1230h	Coaching Competency Assessment (5h) Belle/ KW/Ben/Lucas	SHWSC
3 Apr (Wed)	1900-2100h	SG-Coach FSS Examination	SportSG HQ CoachSG Room
11 Apr (Thu)	1900-2100h	SG-Coach Theory Examination	SportSG HQ CoachSG Room
12 May (Sun)	0730h	Coaching Competency Reassessment (if required)	TBC



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

### Recommended Assessment Format

<b>Task</b>	Participants will plan a 1h coaching practical session plan and deliver 20min of programme
<b>Duration</b>	40 minutes
<b>Schedule Per Participant</b>	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
<b>Group Size</b>	4-6 participants
<b>Areas for Assessment</b>	<p><b>1. Coach as Leader and Role-Model</b></p> <ul style="list-style-type: none"><li>● Professionalism: Punctuality and Readiness to Coach (e.g. Equipment and attire)</li><li>● Displays and promotes positive character and values</li></ul> <p><b>2. Planning and Organisation</b></p> <ul style="list-style-type: none"><li>● Preparation of lesson plan</li><li>● Clear session objectives</li><li>● Structured content/activities to achieve objectives</li><li>● Appropriate allocation of time and resources</li><li>● Well-planned and organised set up</li><li>● Meaningful and progressive activities (individual or group) that support learning objectives</li></ul> <p><b>3. Delivery</b></p> <p>i) Presentation Skills:</p> <ul style="list-style-type: none"><li>● Establishes appropriate physical, visual and vocal presence</li><li>● Effective style of communication for targeted participants</li><li>● Appropriate use of language</li></ul> <p>ii) Explanation:</p> <ul style="list-style-type: none"><li>● Clear and simple</li><li>● Employment of appropriate learning styles to sustain interest and achieve objectives</li></ul> <p>iii) Active Learning/Athlete-centred Learning:</p> <ul style="list-style-type: none"><li>● Actively involve students in learning process</li><li>● Creates a positive and interactive learning climate</li><li>● Clear communication on session objectives</li></ul>



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- 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