



Module	Title	Hours	Objectives
1	Values and Principles in Sport	6	<ul style="list-style-type: none"> • Identify the values and principles in sports • Establish, articulate and demonstrate your coaching philosophy • Establish, articulate and demonstrate standards in coaching • Describe appropriate behaviours of a coach • Incorporate the teaching of values in coaching • State the common focus behind organisational values for coaches by Sport Singapore and Ministry of Education for coaches • Understand the values behind anti-doping and adopting a decision-making approach when faced with challenges
2	Coaching Delivery and Philosophies Physical Literacy	8	<ul style="list-style-type: none"> • Understand the factors that influence learning • Identify the different stages of learning • Identify and incorporate the four elements of learning into training programs. • Develop and Implement Coaching delivery methods. • Understanding physical literacy and its implications towards development of an athlete. • Develop and implement physical literacy into coaching structure • To assess and develop the fundamental motor skills required for sports.
3	Sport Development Systems	1	<ul style="list-style-type: none"> • Identify the layers of the sports development continuum and motivations and intentions of different target audience at each layer • Name key organisations and their programmes (local and international) and the roles they play in the sports development continuum • Describe the relevance and impact of the environment to coaching practice

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4	Communication and Relationship Building	4	<ul style="list-style-type: none"> • Describe the communication model and process in the context of coaching • Develop communication strategies for parents/employers and officials • Describe Tuckman's stages of group development • Identify the characteristics of a team • Describe Hackman's Five Factors Model • Apply Hackman's Five Factors Model in sport group management • Knowledge on giving constructive feedback on athletes • Communicating goals and simple targets to athletes
5	Water Safety in Coaching Risk Management and Designing of Sports Training	6	<ul style="list-style-type: none"> • Understand what risk assessment is and why it is important • Describe the three steps of risk assessment • Develop a risk management plan • Describe the safety framework for schools' sports coaches • To equip coaches with essential knowledge to teach swimming in an aquatic environment safely.
6	Lesson Planning Class Organisation	6	<ul style="list-style-type: none"> • Identify the importance of session and seasonal plans • Design and deliver a single session plan • Overview of a season plan • List the considerations of a self-evaluation questionnaire and how to use it and reflect on your own coaching • Identify qualities of a good instructor / coach • Recognise factors that influence planning • Application of Instructional strategies & methods • Principles of class organization



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7	Hydrodynamics Stroke Techniques including Rules of Strokes (All 4 strokes) Survival Techniques	14	<ul style="list-style-type: none"> • List and define for laws of motion • Define and explain the three types of drag forces • Understanding mechanics of different swimming strokes • Ability to explain or communicate clearly movements of different strokes • Ability to construct effective instruction and feedback
8	Long Term Athlete Development	4	<ul style="list-style-type: none"> • To understand the Long-Term Athlete Development Model and develop programs per the pathway. • Understand the Growth and Development in children • Sports Science Support (Nutrition, Physiology, Psychology) • To set realistic goals and develop skills to achieve them
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