

NCAP L2 Course Schedule

Date/ Day	Time	Topic	Course Conductors	Remarks
Mon 19 Sept	9.00am to 11.00am	Training Methods and Seasonal Planning	Kang Guan Hock	
Tea Break				
Mon 19 Sept	11.30am to 1.30pm	Adapting Training Programmes for Individual Differences	Kang Guan Hock	
Lunch Break				
Mon 19 Sept	3.00pm - 5.00pm	Practical Session Teaching Starts/Turn/Finishes#	See Puay Kheng	*Bring swimming attire
Tues 20 Sept	9.00am to 11.00am	Coaching Dryland Sessions	David Lim	
Tea Break				
Tues 20 Sept	11.30am to 1.30pm	Coaching Pool Sessions	David Lim	
Lunch Break				
Tues 20 Sept	3.00pm to 5.00pm	Practical Session Coaching Dryland & Pool Sessions	David Lim	* Bring stopwatch & shoes
Wed 21 Sept	9.00am to 11.00am	Nutrition and Sports Performance	Mariette Ong	
		Long Range Nutrition Planning		
		Nutrition before and during competition		
Tea Break				
Wed 21 Sept	11.30am to 1.30pm	Overview of Sports Psychology	Elsie Chiang	
Lunch Break				
Wed 21 Sept	3.00pm to 5.00pm	Sports Psychology	Elsie Chiang	

Thurs 22 Sept	9.00am to 11.00am	Designing Intermediate Training Sessions	Kang Guan Hock	
Tea Break				
Thurs 22 Sept	11.30am to 1.30pm	Advanced Skill Teaching and Analysis	Kang Guan Hock	
Lunch Break				
Thurs 22/9	3.00pm to 5.00pm	Brief Introduction to Sports Injuries	Dr Teh Kong Chuan	
		Common Injuries in Swimming		
		Prevention & First Aid for Sports Injuries		
		Management & Rehabilitation of Sports Injuries		
		Other Medical Conditions eg. eye, skin, ENT		
		Doping Control for Coaches		
Fri 23 Sept	9am to 11am	Competition Rules 1	TSC	
Tea Break				
Fri 23 Sept	11.30am to 1.30pm	Competition Rules 1	TSC	
Lunch Break				
Fri 23 Sept	3pm to 5pm	Video Viewing	Kang Guan Hock	
Thurs 29 Sept	6.30pm	Practical Examination	Kang Guan Hock	
			See Puay Kheng	
			Jeanne Tan	
			Mariette Ong	
			Elsie Chiang	
Fri 30 Sept	6.30pm	Theory Examination	Kang Guan Hock	
			Ahmad Ridhwan	

