

NCCP ONLINE FOUNDATIONS OF COACHING



National Coaching
Certification Program

For Sport Coach,
Club Coach, Road Running

*Complete the theory courses common to Sport Coach, Club Coach, and Road Running
and then complete the technical portions in-person!*

Course Info

The Foundations of Coaching Course is offered online during this physically distance period. It consist of 5 theory modules that are required for NCCP Sport Coach, Club Coach, and Road Running.

Once coaches complete these modules, they can take the practical portions in-person once it is safe to do so (see next page for details)

The modules will be delivered on Zoom with a live learning facilitator, interactive opportunities with other participants, and electronic manuals. You will need a computer or tablet with a mic and webcam.

Learning Facilitator: Master Learning Facilitator Barb Vida

Schedule

Live Modules (Wednesdays, 7:00 – 8:30pm)

1. May 6- Coaches Role and Safety
2. May 13 - Teaching and Learning
3. May 20 -Energy Systems and Strength
4. May 27 - Planning a Practice

*Modules 1, 3 and 4 have about 30 min of pre-assignments. Info to be sent on registration.

REGISTRATION

Registration Fees (+GST)

For BCA COACH Members: \$80.00

For non-BCA COACH Members: \$120 .00

A BCA Coach Membership (65.00+GST*).

- If you do not have one you can sign up with your course registration.
- *If you are already a BCA member but not a coach member, contact Sam.Collier@bcathletics.org . You will not pay more than your highest membership fee; the cost will be the difference of your current membership and the coach membership
- Visit www.bcathletics.org/Membership/ for more information

This is an NCCP course and requires an NCCP #. You can register for one for free here: <https://thelocker.coach.ca/>

Register Here: www.trackiereg.com/NCCPonline



For more information for on coach education
visit <https://www.bcathletics.org/Coaches/Education/>
or contact jennifer.brown@bcathletics.org



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Course Descriptions

The Foundations of Coaching Course is the pre-requisite to each of the following courses:

Sport Coach Track and Field

An introduction to Track and Field. This course teaches the basic skills of all events in track and field as well as how to plan a practice and a month.

It is ideal for the generalist coach that may be coaching introductory-intermediate level athletes in a multiple events, often in a school or club, at a junior high –high school level.

In person portion - 1.5 days

- Technical: Sprints, Endurance, Jumps, Throws
- Strength (practical)
- Planning Review

Club Coach Track and Field

This is an event/specific that teaches a more in-depth technical analysis for one event group and how to plan a season. Coaches can sign-up for either sprints, endurance, jumps, and throws (including para-throws).

It is ideal for the school coach/educator, club coach or parent coaching intermediate level athletes at the high school level and would like to learn more about a specific event group rather than all events.

In person portion - 2 days

- Technical Event
- Strength (practical)
- Seasonal Planning

Road Running Instructor Course

An introduction to Road Running Instruction. Whether you are coaching road runners to competition or leading in-training running groups, this workshop will provide you with the knowledge and confidence to help you with your programs and how to plan a season.

In person portion - 1 day

- Technical
- Injury Management
- Seasonal Planning

NOTE: All courses also require the NCCP multi-sport module called Making Ethical Decisions (4hrs) to be fully TRAINED in their course (context). Without it, they are *in-training*. [Click here](#) to find them offered online.



For more information for on coach education
visit <https://www.bcatletics.org/Coaches/Education/>
or contact jennifer.brown@bcathletics.org

