

# NCCP ONLINE FOUNDATIONS OF COACHING



National Coaching  
Certification Program

Theory Modules of  
Sport and Club Coach

*Complete the theory courses common to both Sport Coach and Club Coach online  
and then complete the technical portions in-person!*

## Course Info

The Foundations of Coaching Course consist of the theory modules that are required for NCCP Sport Coach and Club Coach.

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 microphone and webcam.

Learning Facilitators: Barb Vida and Amber Gilbert

## Schedule

Pre-Requirements

1. [Emergency Action Plan \(EAP\) e-learning \(15 min, free\)](#)
2. [Long Term Athlete Development e-learning \(60 min, \\$25\)](#)

Live Modules (Mondays 6:00 – 9:00)

3. May 10- Coaches Role, Safety, Teaching and Learning\*
4. May 17 -Energy Systems, Strength, Planning a Practice\*

\*Both of the Live Modules have about 30 min of pre-assignments to complete prior to attending each module. Information will be sent closer to the date of the course.

## 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](mailto:Sam.Collier@bcathletics.org) . You will not pay more than your highest membership fee; i.e., the cost will be the difference of your current membership and the coach membership
- Visit [www.bcathletics.org/Membership/](http://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/NCCPonlineMay2021](http://www.trackiereg.com/NCCPonlineMay2021)



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



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## Course Descriptions

The Foundations of Coaching Course is the pre-requisite to Sport and Club Coach

### 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)

### 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

## Certification Status

To be fully NCCP TRAINED in Sport or Club Coach, coaches must complete all of the following.

- All pre-requirements (Emergency Action Plan and Long Term Athlete Development)
- The Foundations of Coaching (This course)
- The in person practical portion of Sport or Club Course
- Make Ethical Decisions: a 4 hour multi-sport module offer online. To be completed before or after the course [Click here for a schedule.](#)

To be NCCP Certified in Sport or Club Coach, coaches must complete their evaluation consisting of submitting a coaching portfolio online and having an evaluator observe their practice. [Click here for more information.](#)



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

