

# 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.

Coaches also need the practical portions in-person course to be fully trained, which can be taken before or after this online theory course. (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\* must be completed prior to the first session

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

Live Modules (Tuesdays, Sept 21 and 28<sup>th</sup>, 6:00 – 9:15pm)

3. Session 1- Coaches Role, Safety, Teaching and Learning\*
4. Session 2 -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: \$60.00

For non-BCA COACH Members: \$100 .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/NCCPonlineSept2021](http://www.trackiereg.com/NCCPonlineSept2021)



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	
<p>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.</p> <p>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.</p>	<p>In person portion - 1.5 days</p> <ul style="list-style-type: none"> <li>• Technical: Sprints, Endurance, Jumps, Throws</li> <li>• Strength (practical)</li> </ul>
Club Coach Track and Field	
<p>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).</p> <p>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.</p>	<p>In person portion - 2 days</p> <ul style="list-style-type: none"> <li>• Technical Event</li> <li>• Strength (practical)</li> <li>• Seasonal Planning</li> </ul>

## 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 more information and how to access the course](#)

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.bcatletics.org/Coaches/Education/>  
or contact [jennifer.brown@bcathletics.org](mailto:jennifer.brown@bcathletics.org)



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