SG-COACH LEVEL 1 FULL INTEGRATION JUMP ROPE COACHING COURSE LEARNING JOURNEY - MAY 2024 INTAKE

Phase 1

Course Registration With JRFS

Create SportSync account (Local mobile number is required)

Launch SportSG-ED to access E-Learning

13 April
11 May 2024

Skills Competency Assessment

Show competency in demonstrating all skills

40
Single Rope skills
Long Rope skills
Double Dutch Skills
Chinese Wheels skills

11 May 2024
10am- 12pm

Start & Complete E-Learning

-3 weeks to complete E-Leaning (FSS & SG-Coach Theory 1

Complete online feedback (e-learning)

13 May - 1 June 2024

Attend Face to face classes

Fulfil 90% attendance of 44 hours

28 to 31 May 2024
9am - 6pm

or

25 & 26 May
1& 2 June 2024
9am - 6pm

Complete mock exams on SportSG-ED

Foundation Sport Science 40 MCQ

SG-Coach Theory 1 40 MCQ

27 May -30 June 2024

Phase 2

Foundation Sport Science & SG-Coach Theory Test

50 MCQ on SportSG-ED
1 hour at CoachSG to complete

TBA

Technical Knowledge Revision

Revision on demonstrating and coaching all technical skills required

23 June 2024
9am - 11am

Technical Knowledge MCQ

50 MCQ on paper
1 hour to complete

23 June 2024
11am - 12pm

Submission of GFL Session Plan, Coaching Philosophy & RAMS

Submission to be done before competency assessment

Before End June 2024

Coaching Competency Assessment

Show competency in demonstrating and coaching all technical skills required by assessor

30 June 2024
9am - 3pm

Attachement

50 hours of on-site attachment assessment by course director

Before end 2024