SG-COACH LEVEL 1 FULL INTEGRATION JUMP ROPE COACHING COURSE LEARNING JOURNEY - 7TH INTAKE

Phase 1

Course Registration With JRFS

Create
SportSync
account
(Local mobile
number
is required)

Launch
SportSG-ED to
access
E-Learning

1 December -24 January 2025 Skills
Competency
Assessment

Show competency in demonstrating all skills

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

25 January 2025 10am- 12pm Start & Complete E-Learning

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

Complete online feedback (e-learning)

27 Jan - 14 Feb 2025

Attend Face to face classes

Fulfil 90% attendance of 44 hours

15,16, 22 and 23 February 2025 9am - 6pm Complete mock exams on SportSG-ED

Foundation Sport Science 40 MCQ

> SG-Coach Theory 1 40 MCQ

24 Feb - 17 March 2025

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

8 March 2025 9am - 11pm Technical Knowledge MCQ

50 MCQ on paper 1 hour to complete

8 March 2025 11am - 12pm Submission of GFL Session Plan, Coaching Philosophy & RAMS

Submission to be done before competency assessment

Before End March 2025

Coaching Competency Assessment

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

22 March 2025 9am - 3pm

Attachement

50 hours
of on-site
attachment
assessment
by
course
director

Before end 2025