



## SG-Coach (Cycling) - Level 1

**Class size: Trainer to student ratio - 1:10**  
**Duration: 5 Full Days + Half Day Theory Assessment**

The SG-Coach (Cycling) Level One Integrated programme equips its participants with the coaching pedagogy, sport science and technical knowledge to coach novice participants in the community and / or youth sport. It also provides coaching cues and examples of activities to enable participants to adapt theory into a practical training session. Upon completion of the programme, participants will be eligible to conduct Singapore Cycle Safe (SCS) Level 1 to 3 Courses, Sports Education Programs (SEP in Schools).

SG-Coach Level One is designed for individuals who wish to coach novice participants in community and / or youth sport.

### **Foundational Sport Science Course**

Foundational Sports Science Course is part of Level 1 Singapore Coach Excellence (SG-Coach) Programme that equips its participants with the sports science knowledge to coach novice participants in community and / or youth sport.

### **SG-Coach Level 1 Theory**

The SG Coach Level 1 Theory prepare aspiring coaches with the knowledge and skills of 'how to coach' and guide one to understand 'why you coach' through the introduction of values education and principles in sport within the local ecosystem. The course contents include theories which are supported by evidence-based research and practical approaches for coaches to apply their learning on the field.

#### **Modules:**

- Values and Principles in Sport (VPS) \*Equivalent to VPS Certification
- Sports Development System
- Safe Sport\* and Sport Safety\* Equivalent to Safe Sport Certification for coaches
- Theories of Coaching
- The Coaching Process
- Building a Positive Culture

### **Foundations of Cycling (By Singapore Cycling Federation)**

Foundations of Cycling equips cyclists and coaches with the necessary knowledge and skills needed to safely maneuver on cycling paths, and cycling events in Singapore.

#### **Areas Covered:**

- Equipment Safety Checks
- Cyclist's Personal Safety Checks
- Cycling Environment & Potential Hazards to Look Out For
- Knowledge & Skill in Cycling Activity

### **Compulsory Practical and Theory Assessments**

- 1) Foundational Sport Science Exam
- 2) SG-Coach Theory Exam
- 3) Practical Assessment