

NSCA LEVEL I CERTIFICATION COURSE AGENDA

Day 1

08:30 AM Welcome and Overview of the Course

08:35 AM Introductions

Each coaching candidate introduce themselves to the group, tell where they are from, what they expect to learn from the course and their goal(s) as a certified coach.

NSCA Philosophy of Instruction
Course Standards and Objectives
Essential Interpersonal Coaching Skills
Keys to Effective Instruction
Safety First

10:00 AM Break

10:15 AM At the Range

Course trainer will use this session to explain the Basic Skills for Sporting Clays: Shotgun mount, stance, focal zone, hold point, break point and techniques for achieving lead. Candidates will start coaching and shooting.

12:00 Noon Lunch

01:15 PM Return to the Range

Candidates will continue coaching one another. Focus on the Basic Skills and Trouble Shooting techniques.

04:00 PM Shotguns, Ammunition, Gun fit, Chokes and Loads.

04:45 PM Evaluation of Day One

Day 2

08:30 AM The Teaching Tool Kit

09:15 AM At the Range

Meet the students and group safety briefing
Candidates coach Clients (students) under supervision of course trainer(s)

12:00 Noon Lunch

01:15 PM Return to the Range

Candidates coach Clients (students) under supervision of course trainer(s)

04:30 PM Evaluations

Supervised coaching Clients (students) give input on coaching candidates.
Course trainers evaluate coaching candidates.

Day 3

08:30 AM Classroom/Objectives for the Day

09:15 AM At the Range

Candidates coach Clients (students) under supervision of course trainer(s)

12.00 Noon Lunch

01:15 PM Return to the Range

Continue supervised coaching.

03:00 PM Complete Referee and Level One Tests

Becoming a Professional Instructor

Marketing, Level II and Level III

Coaching candidates evaluate course trainers and course content.

04:30 PM Completion of Course