

# 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**