

**World Athletics CECS Level I Coaching Course (Singapore, 12th intake)**  
 Schedule is subject to changes due to MOH/SportSG advisory

**LEGEND FOR BOX COLORS**

	General Theory
	Planning
	Practical - Intro of Events
	Event Specific Theory
	Practical Coaching - Practice by Coaches

Duration									1800-1830	1840-1910	1920-1950	2000-2030	
Day 1 Friday 4 June 2021									ZOOM Opening Ceremony + Orientation to IAAF CECS & SGCOACH	ZOOM Coaching Philosophy	ZOOM Growth & Development	ZOOM KA/TID/YOUTH/"Double" Career	
Duration	0900-0940	0950-1030	1040-1120	1130-1210	Lunch	1400-1440	1450-1530	1540-1620	1630-1710				
Day 2 Saturday 5 June 2021	ZOOM Introduction to Functional Anatomy	ZOOM Introduction to Physiology	ZOOM Introduction to Biomechanics	ZOOM Developing Mental Skills		ZOOM Skill Teaching & Developing Technical Skills	ZOOM Skills of Communication	ZOOM Injury & Injury Prevention	ZOOM Developing a Healthy Diet				
Duration									1800-1840	1850-1930	1940-2020		
Day 3 Friday 11 June 2021									ZOOM Adaptations & Training Principles	ZOOM A Planned Approach 1	ZOOM A Planned Approach 2		
Duration	0900-0940	0950-1030	1040-1120	1130-1210	Lunch	1400-1445	1450-1535	1540-1625					
Day 4 Saturday 12 June 2021	ZOOM A Planned Approach 3	ZOOM A Planned Approach 4	ZOOM A Planned Approach 5	ZOOM Fundamentals 1 Running		ZOOM Sprints 2 Sprints Starts 2	ZOOM Hurdles 2 Relays 2	ZOOM MLD/Steeple 2 Race Walking 2					
Duration									1800-1840	1850-1930	1940-2020		
Day 5 Friday 18 June 2021									ZOOM Fundamentals II Jumps	ZOOM Long Jump 2 High Jump 2	ZOOM Triple Jump 2 Pole Vault 2		
Duration	0900-0940	0950-1035	1040-1125	1130-1215	Lunch	1330-1430	1445-1615	1630-1830					
Day 6 Saturday 19 June 2021	ZOOM Fundamentals III Throwing	ZOOM Shot 2 Discus 2	ZOOM Javelin 2 Hammer 2	ZOOM The Combined Events 2		HOA Warm Up/Cool Down Developing Speed	HOA Sprint 1 Sprint Starts 1	HOA Sprints 3 Coaches' Eye Sprints 3 Coaches' Eye					
Duration									1730-1830	1845-1945	2000-2045		
Day 7 Friday 25 June 2021									HOA Hurdles 1	HOA Hurdles 3 Coaches' Eye	HOA Testing & Developing Flexibility		
Duration	0800-0900	0915-1015	1030-1200	Lunch	1400-1600			1615-1700	1700-1800				
Day 8 Saturday 26 June 2021	HOA Relays 1	HOA Relays 3 Coaches' Eye	HOA MLD/Steeple 1 Race Walking 1		HOA MLD/Steeple 3 Coaches' Eye	HOA Race Walking 3 Coaches' Eye		HOA Testing Strength Conditioning	HOA Training with Free Weights				
Duration									1730-1830	1845-1915	1930-2045		
Day 9 Friday 2 July 2021									HOA Kids' Athletics Events RJT	HOA Circuit Training	ZOOM A Planned Approach 6 / GFL		
Duration	0800-0945	1000-1130		Lunch	1400-1545	1600-1730							
Day 10 Saturday 3 July 2021	HOA Long Jump 1 High Jump 1	HOA Long Jump 3 Coaches' Eye	HOA High Jump 3 Coaches' Eye		HOA Triple Jump 1 Pole Vault 1	HOA Triple Jump 3 Coaches' Eye		HOA Pole Vault 3 Coaches' Eye					
Duration									1730-1815	1830-2000			
Day 11 Friday 9 July 2021									HOA Shot Put 1	HOA Shot Put 3 Coaches' Eye			
Duration	0900-0900	0915-1045	1115-1200	Lunch	1400-1500	1530-1700	1715-1845						
Day 12 Saturday 10 July 2021	HOA Discus 1	HOA Discus 3 Coaches' Eye	ZOOM A Planned Approach 7 / GFL		Game for Life	HOA Javelin 1 Hammer 1	HOA Javelin 3 Coaches' Eye	HOA Hammer 3 Coaches' Eye					
Duration									1700-1745	1800-1845	1900-1945	2000-2045	
Day 13 Friday 16 July 2021									HOA Practical Assessment (Back Up)				
Duration	0800-0900	0915-1015	1030-1115	1130-1215	Lunch	1400-1445	1500-1545	1600-1645	1700-1745				
Day 14 Saturday 17 July 2021	HOA WA CECS Practical Assessment					SAO Office WA CECS Written Exam	Final Evaluation of Course	Marking/ Cert Prep	Debrief & Feedback	HOA Closing Ceremony			
Duration	1000-1100		1115-1215	1230-1330	1345-1445								
Day 15 Saturday 24 July 2021	SAO Office SportSG-ED FSS Exam		SAO Office SportSG-ED SG Theory Level 1 Exam	SAO Office SportSG-ED FSS Exam (Attempt #1)	SAO Office SportSG-ED SG Theory Level 1 Exam (Attempt #2)								