

Tentative Schedule for SG-Coach Level 1 (Full Integration) Table Tennis Coaching Course – 57 hours (including 10.5 hours of E-Learning on SportSG-ED)

Date & Time	Module	Duration	Venue
22 Mar 2021 (Mon), 9am – 12pm	1. Coaching Philosophy and Practice	3 hrs	SportSG Auditorium
22 Mar 2021 (Mon), 1pm – 2pm	2. Sport Development System 3. The Laws of Table Tennis	1 hr	SportSG Auditorium
22 Mar 2021 (Mon), 2pm – 4pm	4. Safe Sport and Sport Safety	2 hr	SportSG Auditorium
23 Mar 2021 (Tue), 9am – 12nn	5. Anatomy and Physical Preparation (1 of 2)	3 hrs	SportSG Auditorium
23 Mar 2021 (Tue), 1pm – 4pm	5. Anatomy and Physical Preparation (2 of 2)	3 hrs	SportSG Auditorium
29 Mar 2021 (Mon), 9.30am – 12.30pm	6. Biomechanics 8. Coaching Para-Athletes and Children	3 hrs	SportSG Auditorium
29 Mar 2021 (Mon), 1.30 – 4.30pm	7. Sports Nutrition	3 hrs	SportSG Auditorium
30 Mar 2021 (Tue), 9.30am – 12.30pm	9. Theories of Coaching	3 hrs	SportSG Auditorium
31 Mar 2021 (Wed), 9am – 1pm	10. The Coaching Process	4 hrs	SportSG Auditorium
31 Mar 2021 (Wed), 2pm – 4pm	11. Building a Positive Culture in my Sport	2 hrs	SportSG Auditorium
31 Mar 2021 (Wed), 4pm – 6pm	Revision Studies	2 hrs	SportSG Auditorium
3 Apr 2021 (Sat), 9am – 12.30pm	6. Technical Skills (Group 1)	3.5 hrs	STTA

Date & Time	Module	Duration	Venue
4 Apr 2021 (Sun), 9am – 12.30pm	6. Technical Skills (Group 2)	3.5 hrs	STTA
6 Apr 2021 (Tue), 9am – 12nn	Theory Tests on SportSG-ED (Group 1)	3 hrs	STTA
6 Apr 2021 (Tue), 2pm – 5pm	Theory Tests on SportSG-ED (Group 2)	3 hrs	STTA
8 Apr 2021 (Thu), 9am – 12nn	Theory Tests on SportSG-ED (Group 3)	3 hrs	STTA
8 Apr 2021 (Thu), 2pm – 5pm	Theory Tests on SportSG-ED (Group 4)	3 hrs	STTA
10 Apr 2021 (Sat), 9am – 12.30pm	6. Technical Skills (Group 1)	3.5 hrs	STTA
11 Apr 2021 (Sun), 9am – 12.30pm	6. Technical Skills (Group 2)	3.5 hrs	STTA
17 Apr 2021 (Sat), 9am – 12.30pm	8. Technical Skills – Para (Group 1)	3.5 hrs	STTA
18 Apr 2021 (Sun), 9am – 12.30pm	8. Technical Skills – Para (Group 2)	3.5 hrs	STTA
24 Apr 2021 (Sun), 9am – 1pm	Competency Assessment (Group 1)	4 hrs	STTA
25 Apr 2021 (Sun), 9am – 1pm	Competency Assessment (Group 2)	4 hrs	STTA

Please note that:

- *Schedule is tentatively planned based on full registration. Depending on the final sign-up numbers, the schedule shall be adjusted accordingly.*
- *Participants are required to complete the compulsory E-Learning for the Coaching Theory modules on SportSG-ED prior to the start of the corresponding face-to-face classes.*
- *Participants are required to bring their personal laptops or mobile devices to access the theory tests on SportSG-ED platform.*