



# NATIONAL COACHING INSTITUTE ONTARIO OUTLINE OF THEMES, MODULES AND UNITS

TIME THEME	YEAR 1 SEMESTER A	YEAR 1 SEMESTER B	YEAR 2 SEMESTER A	YEAR 2 SEMESTER B
TRAINING AND COMPETITIVE READINESS	<ul style="list-style-type: none"> <li>TCM1 Health &amp; Safety (4 units- 12 hrs)               <ul style="list-style-type: none"> <li>TCM1U01 Sport Specific Risk &amp; Emergency Protocol T6</li> <li>TCM1U02 Risk Management T6</li> <li>TCM1U03 Injury Prevention</li> <li>TCM1U04 Doping Testing &amp; Dilemma - WADA</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>TCM2 Talent identification &amp; selection (3 units- 9 hrs)               <ul style="list-style-type: none"> <li>TCM2U01 Identify Policies &amp; Practices T16</li> <li>TCM2U02 Developing &amp; Communicating Selection Criteria T16</li> <li>TCM2U03 Applying Testing Procedures for Selection T16</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>TCM3 Preparing for competition (7 units- 21 hrs)               <ul style="list-style-type: none"> <li>TCM3U01 Enhancing Mental Competition Readiness T8</li> <li>TCM3U02 Environmental Factors T5</li> <li>TCM3U03 Healthy Eating for Competition T4</li> <li>TCM3U04 Pre-Competition and Competition Strategies T8</li> <li>TCM3U05 Environmental Impact on Performance T5</li> <li>TCM3U06 Best Nutritional Practices for Competition T4</li> <li>TCM3U07 Effectively Debriefing Performance T8</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>TCM4 Strategic planning for training &amp; competition (5 units- 15 hrs)               <ul style="list-style-type: none"> <li>TCM4U01 Strategic Planning for Major Events T18, Opt 19</li> <li>TCM4U02 Creating an Event Plan Through Collaboration Opt 18,19</li> <li>TCM4U03 Developing &amp; Managing a Budget Opt 18</li> <li>TCM4U04 Building &amp; Using a Support Team Opt 18,19</li> <li>TCM4U05 Working with a Support Team Opt 18,19</li> </ul> </li> </ul>
	COACHING LEADERSHIP	<ul style="list-style-type: none"> <li>CLM1 Creating Your Coaching Philosophy (3 units – 9 hrs)               <ul style="list-style-type: none"> <li>CLM1U01 Coaching Values T17</li> <li>CLM1U02 Creating Mission and Philosophy T17</li> <li>CLM1U03 Developing a Philosophy T17</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>CLM3 Living Your Coaching Philosophy (3 units – 9 hrs)               <ul style="list-style-type: none"> <li>CLM3U01 Values Based Decision Making T17</li> <li>CLM3U02 Codes of Conduct T17</li> <li>CLM3U03 Values Based Conflict T17</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>CLM5 Building Effective Teams (5 units – 15 hrs)               <ul style="list-style-type: none"> <li>CLM5U01 Building Effective Team Culture T17</li> <li>CLM5U02 Planning Team Building Activities T17</li> <li>CLM5U03 Collaborative Decision Making T17</li> <li>CLM5U04 Problem Solving in Groups T17</li> <li>CLM5U05 Team Dysfunction T17</li> </ul> </li> </ul>
PERFORMANCE PLANNING		<ul style="list-style-type: none"> <li>PPM1 Profiling Sport Performance (9 units – 27 hrs)               <ul style="list-style-type: none"> <li>PPM1U01 Profiling Sport Using LTAD T12</li> <li>PPM1U02 Understanding Foundations of Sport Physiology</li> <li>PPM1U03 Assessing Physiological Factors in Sport</li> <li>PPM1U04 Assessing Nutrition for Sport Performance T4</li> <li>PPM1U05 Assessing Mental Demands in Sport T8</li> <li>PPM1U06 Optimizing Physical Abilities for Performance T2</li> <li>PPM1U07 Testing and Monitoring Physical Abilities Opt 1, 2, 5</li> <li>PPM1U08 Sharing Nutritional Considerations T4</li> <li>PPM1U09 Identifying Mental Factors Impacting Performance T8</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>PPM2 Developing Integrated Training Plans (6 units – 18 hrs)               <ul style="list-style-type: none"> <li>PPM2U01 Sharing and Debriefing Sport Audit</li> <li>PPM2U02 Planning Conditioning Programs T12, T2</li> <li>PPM2U03 Planning for Prehabilitation T6</li> <li>PPM2U04 Applying Conditioning Activities in the Real World Opt 1, 2, 5</li> <li>PPM2U05 Creating the Yearly Plan T12, Opt 1, 2, 5</li> <li>PPM2U06 Developing Conditioning Plans Opt 1, 2, 5</li> <li>PPM2U07 Planning Meso and Microcycles T12, Opt 1, 2, 5</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>PPM3 Detailing the Training Plans (5 Units – 15 hrs)               <ul style="list-style-type: none"> <li>PPM3U01 Detailing the Conditioning Program Opt 1, 2, 5</li> <li>PPM3U02 Debriefing Physiological Impacts on the Plan T1</li> <li>PPM3U03 Detailing the Recovery Plan T6</li> <li>PPM3U04 Creating the Taper Plan T12</li> <li>PPM3U05 Debriefing the Planning Process T12</li> </ul> </li> </ul>
	COACHING EFFECTIVENESS	<ul style="list-style-type: none"> <li>CEM1 Analyzing Coaching &amp; Athlete Performance (4 units – 12 hrs)               <ul style="list-style-type: none"> <li>CEM1U01 Expertise in Sport</li> <li>CEM1U02 Performance Technology and Analysis</li> <li>CEM1U03 Learning and Intervention</li> <li>CEM1U04 Video Analysis Systems</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>CEM2 Skill Development &amp; Biomechanics (5 units – 15 hours)               <ul style="list-style-type: none"> <li>CEM2U01 Biomechanics Theory to Practice T10</li> <li>CEM2U02 Analyzing Movement and Force T10</li> <li>CEM2U03 Performance Analysis for Skill Development T10</li> <li>CEM2U04 Correcting Performance T10</li> <li>CEM2U05 Demonstrating Analysis and Correction T10</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>CEM3 Monitoring Athletes in Training &amp; Competition (3 units – 9 hours)               <ul style="list-style-type: none"> <li>CEM3U01 Using Tagging in Games or Competition</li> <li>CEM3U02 Statistical Analysis of Performance</li> <li>CEM3U03 Using Technology in Training</li> </ul> </li> </ul>
			<ul style="list-style-type: none"> <li>CEM4 Innovating practices &amp; coaching interventions (3 units – 9 hours)               <ul style="list-style-type: none"> <li>CEM4U01 Perception and Cognition</li> <li>CEM4U02 Developing Decision Making Practices</li> <li>CEM4U03 Planning Effective Practices and Interventions</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>CEM4 Innovating practices &amp; coaching interventions (3 units – 6 hours)               <ul style="list-style-type: none"> <li>CEM4U04 Using Technology Effectively</li> <li>CEM4U05 Integrating Innovation into the Practice</li> <li>CEM4U06 Integrating Others into Practice</li> </ul> </li> </ul>

OLD NCCP Task System  
For Level 4/5

\* Sport specific technical tasks.  
Other tasks are taken through the NCI.

- Task 1 Energy Systems
- Task 2 Strength and Conditioning
- Task 3 Performance Factors \*
- Task 4 Nutrition – Susie Langley
- Task 5 Environmental Factors
- Task 6 Recovery and Regeneration
- Task 7 Psychological Preparation for Coaches
- Task 8 Psychological Preparation for Athletes
- Task 9 Sport Specific – Skill Training \*
- Task 10 Biomechanics \* (NCI has offered this)

- Task 11
- Task 12
- Task 13
- Task 14
- Task 15
- Task 16
- Task 17
- Task 18
- Task 19
- Task 20

- Sport Specific – Strategy and Tactics \*
- Planning and Periodization
- Analyzing Performance Factors \*
- Practical Coaching – Training Camps \*
- Practical Coaching – Competitive Tour \*
- Athlete Long Term Development
- Leadership
- The Business of Coaching
- Canadian Sport systems
- National Team Program \*

M I D - P O I N T P R E S E N T A T I O N

F I N A L P R E S E N T A T I O N