

**NCCP COMPETITION - DEVELOPMENT  
MULTI-SPORT MODULES  
HOME STUDY  
(Revised May 2015)**

A home study course is available for the Competition - Development modules of the National Coaching Certification Program (NCCP).

A home study course is just that -- a course you study at home, on your own time.

To be eligible for a NCCP home study course you must:

- be interested in coaching or actively coaching
- explain your *extenuating circumstances* (see definitions)
- **Recommended Prerequisite:** Competition - Introduction Part A or Part B or Theory 2

**Definition**

- Extenuating Circumstances are circumstances which prevent a coach from accessing a regular course because of lack of availability during acceptable times or because of distance.

**How do I Apply?**

1. Fill in the attached application form and send to:

**Alberta Sport Connection**  
c/o Adam Sollitt  
Suite 500, HSBC Building  
10055 - 106 Street, Edmonton, AB T5J 1G3

**Please note:**

- the application form must be accompanied by 2 separate cheques
- 1- cheque for **Module Fee** and payable to the **noted Learning Facilitator**
- 1- cheque for **Material** and payable to **Alberta Sport Connection**
- payment must accompany the original signed application form
- the fee is forfeited if the home study is not returned by the due date



**Module Fee:**

Module	Fee/Material	Learning Facilitator
Coaching and Leading Effectively	\$200.00/\$15.00	Don McGavern
Psychology of Performance	\$180.00/\$10.00	Don McGavern
Managing Conflict	\$150.00/\$10.00	Don McGavern
Developing Athletic Abilities	\$200.00/\$10.00	Sean Maw
Leading Drug Free Sport	\$100.00/\$7.50	Sean Maw
Prevention and Recovery	\$180.00/\$10.00	Sean Maw

A refund of the module fee can be made only in exceptional circumstances, and will be subject to a cancellation charge.

1. **Complete** the description of your extenuating circumstances.
2. If you are a trained or certified coach, please **attach** a copy of your NCCP Coach Transcript <https://thelocker.coach.ca/Account/Login?ReturnUrl=%2faccess%2faccount%2fprofile>

*Following receipt of the application and approval to complete the Home Study:*

3. All necessary materials (coach workbook, reference material) will be **sent to the candidate** upon acceptance.
4. Home study materials **must be returned to the learning facilitator** within **3 months** of mailing to the candidate.

The due date is indicated on the letter sent to the candidate upon receipt of materials.

5. **You will be notified**, by letter, of your results and your workbook will be returned to you with comments from the learning facilitator. If you are unsuccessful in the completion of the Home Study course by the specified time line, a \$50.00 re-marking fee may be levied.
6. When you have **successfully completed** the module, you will receive a “trained” certificate and your coaching transcript will be updated by CAC.

**NCCP COMPETITION - DEVELOPMENT  
MULTI-SPORT MODULES  
HOME STUDY APPLICATION FORM**

Name:	_____	Phone (R):	_____
Address:	_____	(B):	_____
		Email:	_____
City/Prov:	_____	Birthdate:	_____
Postal Code:	_____	NCCP#:	_____

I wish to apply for the following module(s):

Coaching and Leading Effectively  
Prevention and Recovery  
Psychology of Performance

Leading Drug Free Sport  
Managing Conflict  
Developing Athletic Abilities

My **extenuating circumstances** are as follows:

If coaching, please list sport(s):	If coaching, with what club or organization:

Applicant's Signature:

Date:

I have enclosed the following:

If trained or certified in the NCCP, a copy of my Coach Transcript  
An explanation of my extenuating circumstances  
2 Cheques in the amount of \_\_\_\_\_ LF/Fee and \_\_\_\_\_ Alberta Sport Connection/  
Material

Please submit application and cheques to:

**Alberta Sport Connection**  
c/o Adam Solitt  
Suite 500, HSBC Building  
10055 - 106 Street, Edmonton, AB T5J 1G3



**NCCP COMPETITION DEVELOPMENT  
MULTI-SPORT MODULES**

**Module Hours and Learning Outcomes**

<b>Module</b>	<b>Hours</b>	<b>Learning Outcomes</b>
<b>Managing Conflict</b>	4.5	<ul style="list-style-type: none"> <li><input type="checkbox"/> Recognize common sources of conflict in sport and take steps to prevent conflict</li> <li><input type="checkbox"/> Select an effective approach to situations involving conflict</li> <li><input type="checkbox"/> Effectively listen and speak for yourself in conflict situations</li> <li><input type="checkbox"/> Accept conflict as natural and feel more confident about your ability to prevent and resolve conflict</li> </ul>
<b>Leading Drug Free Sport</b>	3.5	<ul style="list-style-type: none"> <li><input type="checkbox"/> Describe their roles and responsibilities as a coach with respect to anti-doping</li> <li><input type="checkbox"/> Identify CCES resources and services</li> <li><input type="checkbox"/> Use ethical decision-making tools in a doping-prevention context</li> <li><input type="checkbox"/> Apply a process for doping prevention that is based on the <i>Decision-making Model</i> and the <i>NCCP Code of Ethics</i>.</li> </ul>
<b>Psychology of Performance</b>	7	<ul style="list-style-type: none"> <li><input type="checkbox"/> Develop individualized competition focus plans for the athletes or teams you coach</li> </ul>
<b>Coaching and Leading Effectively</b>	10	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make interventions that enhance learning and build and reinforce group and team cohesion and commitment</li> <li><input type="checkbox"/> Develop expectations about the behaviour and commitment needed to achieve individual and team goals</li> <li><input type="checkbox"/> Communicate effectively and respectfully with both athletes and those supporting their performance</li> <li><input type="checkbox"/> Use feedback to improve and correct performance and behaviour</li> </ul>
<b>Prevention and Recovery</b>	7.5	<ul style="list-style-type: none"> <li><input type="checkbox"/> Incorporate the 12 PAK of performance and prevention into your coaching</li> <li><input type="checkbox"/> Incorporate dynamic warm-ups into your coaching</li> <li><input type="checkbox"/> Ensure that biomechanical forces are shared as needed</li> <li><input type="checkbox"/> Develop functional evaluations for athletes' return to practice or competition</li> <li><input type="checkbox"/> Use recovery and regeneration techniques in your coaching</li> </ul>
<b>Developing Athletic Abilities</b>	9  2	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prioritize the athletic abilities required in your sport</li> <li><input type="checkbox"/> Evaluate athletes' sport-specific fitness and athletic abilities</li> <li><input type="checkbox"/> Establish and sequence training priorities and training variables in each phase of your training program</li> <li><input type="checkbox"/> Develop both skills and athletic abilities in practices</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pre task - online</li> </ul>