



NSCA LEVEL I CERTIFICATION COURSE AGENDA

Day 1

8:30 AM Welcome and Overview of the Course

8:35 AM Introductions

Each coaching candidate introduces 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.

Classroom Segment

Certification standards and objectives
NSCA Instructional philosophy
Safety first
The Fundamentals (Eyes, Movement, Trust)
Other topics

12:15 PM Lunch Break

1:15 PM At the Range

Certifying Instructor(s) will use this session to explain the basic conduct of a lesson, starting with getting to know the student, eye dominance and gun fit, followed by patterning, teaching the fundamentals, mount, stance, focal zone, hold point, break point and techniques for achieving lead. Candidates will start coaching each other and shooting.

4:30 PM Other topics

When to demonstrate, when/how to touch, controlling shells, misfires, shotguns, ammunition, chokes and loads.

5:00 PM Evaluation of Day One

Homework: Referee Exam

Day 2

8:30 AM The Teaching Tool Kit

9:15 AM At the Range

Candidates will continue coaching one another. Focus on presenting a safety/safety briefing, conducting a lesson, teaching the fundamentals, calling a miss, basic diagnostics and trouble shooting techniques.



12:15 PM **Lunch Break**

1:15 PM **Instructional Sessions Begin**

Meet the students and group safety briefing

Candidates coach Clients (students) under supervision of course trainer(s)

3:45 PM **Evaluations**

Supervised coaching Clients (students) give input on coaching candidates.

Course trainers evaluate coaching candidates.

4:15 PM **Course Examination** (Also can be administered on Day 3)

Day 3

8:30 AM **Classroom/Objectives for the Day**

9:15 AM **At the Range**

Candidates coach Clients (students) under supervision of course trainer(s)

12:15 PM **Lunch Break**

1:15 PM **Return to the Range**

Continue supervised coaching.

3:30 PM **Evaluations**

Supervised coaching Clients (students) give input on coaching candidates.

Course trainers evaluate coaching candidates.

4:00 PM **Final thoughts:** Marketing, Level II and Level III

Candidates evaluate course trainers and course content.

Mentoring and Continuing Education

4:30 PM **Graduation / Completion of Course**