

TIME →	YEAR 1 SEMESTER A	YEAR 1 SEMESTER B	YEAR 2 SEMESTER A	YEAR 2 SEMESTER B
THEME ↓				
TC – Training and Competition Readiness	TCM1 Health & Safety (4 units- 12 hrs) <ul style="list-style-type: none"> TCM1U01 Risk Management <i>T6</i> TCM1U02 Sport Specific Risk & Emergency Protocol <i>T6</i> TCM1U03 Injury Prevention TCM1U04 Doping Testing & Dilemmas – WADA and CCES 	TCM2 Talent Identification & Selection (3 units- 9 hrs) <ul style="list-style-type: none"> TCM2U01 Identify Policies & Practices <i>T16</i> TCM2U02 Developing Communication & Selection Criteria <i>T16</i> TCM2U03 Applying Testing Procedures for Selection <i>T16</i> 	TCM3 Preparing for Competition (7 units- 21 hrs) <ul style="list-style-type: none"> TCM3U01 Enhancing Mental Competition Readiness <i>T8</i> TCM3U02 Environmental Factors <i>T5</i> TCM3U03 Healthy Eating for Competition <i>T4</i> TCM3U04 Pre-Competition and Competition Strategies <i>T8</i> TCM3U05 Environmental Impact on Performance <i>T5</i> TCM3U06 Best Nutritional Practices for Competition <i>T4</i> TCM3U07 Effectively Debriefing Performance <i>T8</i> 	TCM4 Strategic Planning for Training & Competition (5 units- 15 hrs) <ul style="list-style-type: none"> TCM4U01 Strategic Planning for Major Events <i>T18, Opt 19</i> TCM4U02 Creating an Event Plan Through Collaboration <i>Opt 18, 19</i> TCM4U03 Developing & Managing a Budget <i>Opt 18</i> TCM4U04 Building & Using a Support Team <i>Opt 18, 19</i> TCM4U05 Working with a Support Team <i>Opt 18, 19</i>
LE – Coaching Leadership	LEM1 Creating Your Coaching Philosophy (3 units – 9 hrs) <ul style="list-style-type: none"> LEM1U01 Coaching Values <i>T17</i> LEM1U02 Creating Mission and Philosophy <i>T17</i> LEM1U03 Developing a Philosophy <i>T17</i> 	LEM3 Living Your Coaching Philosophy (3 units – 9 hrs) <ul style="list-style-type: none"> LEM3U01 Values Based Decision Making <i>T17</i> LEM3U02 Codes of Conduct <i>T17</i> LEM3U03 Values Based Conflict <i>T17</i> 	LEM5 Building Effective Teams (5 units – 15 hrs) <ul style="list-style-type: none"> LEM5U01 Building Effective Team Culture <i>T17</i> LEM5U02 Planning Team Building Activities <i>T17</i> LEM5U03 Collaborative Decision Making <i>T17</i> LEM5U04 Problem Solving in Groups <i>T17</i> LEM5U05 Team Dysfunction <i>T17</i> 	LEM6 Leading a Program (6 units – 18 hrs) <ul style="list-style-type: none"> LEM6U01 Determining Roles and Responsibilities <i>T19, Opt 18</i> LEM6U02 Managing Staff Performance <i>T18</i> LEM6U03 Performance Review <i>Opt 18</i> LEM6U04 Effective Communication and Communication Tools <i>Opt 18</i> LEM6U05 Developing Power and Influence <i>Opt 18</i> LEM6U06 Advocating for Change <i>T19, Opt 18</i>
PP – Performance Planning	PPM1 Profiling Sport Performance (9 units – 27 hrs) <ul style="list-style-type: none"> PPM1U01 Profiling Sport Using LTAD <i>T12</i> PPM1U02 Understanding Foundations of Sport Physiology PPM1U03 Assessing Physiological Factors in Sport <i>T1</i> PPM1U04 Assessing Nutrition for Sport Performance <i>T4</i> PPM1U05 Assessing Mental Demands in Sport <i>T8</i> PPM1U06 Optimizing Physical Abilities for Performance <i>T2</i> PPM1U07 Testing and Monitoring Physical Abilities <i>Opt 1, 2, 5</i> PPM1U08 Sharing Nutritional Considerations <i>T4</i> PPM1U09 Identifying Mental Factors Impacting Performance <i>T8</i> 	PPM2 Developing Integrated Training Plans (7 units – 21 hrs) <ul style="list-style-type: none"> PPM2U01 Sharing and Debriefing Sport Audit PPM2U02 Planning Conditioning Programs <i>T12, T2</i> PPM2U03 Planning for Prehabilitation <i>T6</i> PPM2U04 Creating the Yearly Plan <i>T12, Opt 1, 2, 5</i> PPM2U05 Applying Conditioning Activities in the Real World <i>Opt 1, 2, 5</i> PPM2U06 Developing Conditioning Plans <i>Opt 1, 2, 5</i> PPM2U07 Planning Meso and Microcycles <i>T12, Opt 1, 2, 5</i> 	PPM3 Detailing the Training Plan (5 Units – 15 hrs) <ul style="list-style-type: none"> PPM3U01 Detailing the Conditioning Program <i>Opt 1, 2, 5</i> PPM3U02 Debriefing Physiological Impacts on the Plan <i>T1</i> PPM3U03 Detailing the Recovery Plan <i>T6</i> PPM3U04 Creating the Taper Plan <i>T12</i> PPM3U05 Debriefing the Planning Process <i>T12</i> 	PPM4 Managing the Training Plan (Mentoring) <ul style="list-style-type: none"> PPM4U01 Working with Mentor <i>T12, T16</i>
EF – Coaching Effectiveness	EFM1 Analyzing Coaching & Athlete Performance (4 units – 12 hrs) <ul style="list-style-type: none"> EFM1U01 Expertise in Sport EFM1U02 Performance Technology and Analysis EFM1U03 Learning and Intervention EFM1U04 Video Analysis Systems 	EFM2 Skill Development & Biomechanics (5 units – 15 hours) <ul style="list-style-type: none"> EFM2U01 Biomechanics Theory to Practice <i>T10</i> EFM2U02 Analyzing Movement and Force <i>T10</i> EFM2U03 Performance Analysis for Skill Development <i>T10</i> EFM2U04 Correcting Performance <i>T10</i> EFM2U05 Demonstrating Analysis and Correction <i>T10</i> 	EFM3 Innovating practices & Coaching Interventions (3 units – 9 hours) <ul style="list-style-type: none"> EFM3U01 Perception and Cognition EFM3U02 Developing Decision Making Practices EFM3U03 Planning Effective Practices and Interventions 	EFM3 Innovating Practices & Coaching Interventions (3 units – 9 hours) <ul style="list-style-type: none"> EFM4U04 Using Technology Effectively EFM4U05 Integrating Others into the Practice EFM4U06 Integrating Innovation into Practice
	EFM4 Monitoring Athletes in Training & Competition (3 units – 9 hours) <ul style="list-style-type: none"> EFM4U01 Using Tagging in Games or Competition EFM4U02 Statistical Analysis of Performance EFM4U03 Using Technology in Training 	EFM4 Monitoring Athletes in Training & Competition (2 units – 6 hours) <ul style="list-style-type: none"> EFM3U04 Interpreting and Measuring Performance EFM3U05 Presenting Information to Athletes and Coaches 		

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

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
- 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 Sport Specific – Strategy and Tactics *
- Task 12 Planning and Periodization
- Task 13 Analyzing Performance Factors *
- Task 14 Practical Coaching – Training Camps *
- Task 15 Practical Coaching – Competitive Tour *

- Task 16 Athlete Long Term Development
- Task 17 Leadership
- Task 18 The Business of Coaching
- Task 19 Canadian Sport System
- Task 20 National Team Program *