



PAISAC – International support Program to the African and Caribbean Sport

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The training activities in applied sports sciences of the PAISAC project

The training in **applied sports sciences** is a central part of the PAISAC project and is carried out under the auspices of the Coaching Association of Canada. The CAC is responsible for the development of the **National Coaching Certification Program (NCCP)** in Canada, which covers 5 levels: Parts A and B Introduction (Comp-Int), Development (Comp-Dev), levels 4 and 5, and course contents of the *Coaching Theory*. This last section is one of the three components of the NCCP. The training activities comprised in the two other components - the *Technical* and *Practical* components – are both under the responsibility of the Canadian and Quebec Federations.

The NCCP Program is a coach training and certification program for all coaches in more than 60 sports in Canada. The NCCP is moving towards a competency-based approach where coaches are:

- trained in NCCP outcomes relevant to the participants that they are coaching;
- evaluated by demonstrating coaching outcomes to a specified standard.

The core competencies of coaching are valuing, interacting, leading, problem-solving, and critical thinking. These competencies will be woven throughout all NCCP training and evaluation activities.

The new structure of NCCP is based on the participants' needs, which are identified within streams and contexts.

Streams are:

Community Sport

Initiation *Sp-Init*
Ongoing participation *CSp-Ong*

Competition

Introduction *Comp-Int*
Development *Comp-Dev*
High performance *Comp-Hp*

Instruction

Beginners *Inst-Beg*
Intermediate performers *Inst-Imd*
Advanced performers *Inst-adv*

The training in Applied Sport Sciences within the Competition stream

In the framework of the different theoretical training sessions, the **Competition stream** is offered to the scholarship holders of Olympic Solidarity by PAISAC. Within the Competition stream they take part in the following training courses in **Applied Sports Sciences** (theoretical component of sports training).

The courses of **Parts A and B – Introduction (Comp-Int) and Development-competition (Comp-Dev)** of the theoretical component that will be described hereafter, are mandatory for all coaches in training of PAISAC, according to their respective functions with their athletes, their previous academic background and their coaching experience.

The modules of the *Coaching Theory* component are as follows:

PART A – Introduction (*Comp-Int*)

- Introduction to the program
- Coaching in an ethical way
- Developing a training session
- Support to the athlete in a training or in a competition situation – nutrition

PART B – Introduction (*Comp-Int*)

- Development of a sports program
- Support to the athlete in a training situation – teaching-learning
- Support to the athlete in a training or in a competition situation – basic mental abilities

Introduction context

New sport participants are taught basic sport skills and athletic abilities in a fun and safe environment and are typically prepared for local and/or regional level competitions.

Development (*Comp-Dev*)

This level intended for coaches who are leaders in their coaching programs within the sports system. This level constitutes the last step for coaches of athletes in development. The course content is focused on psychological and physiological aspects, important for the annual planning of the sports specific training.

Development context

Developing athletes are coached to refine basic sport skills, to develop more advanced skills and tactics, and are generally prepared for performing at provincial and/or national level competitions.

In addition, each coach in training attends **complementary and subsidiary activities** such as:

- *A workshop (one day per week) within his/her sports discipline in the corresponding Quebec Sports Federation;*
- *Two (2) to four (4) practical training sessions per week at the high performance training centre of the Federation under the supervision of a head coach;*
- *One information session at the World Anti-Doping Agency and one anti-doping training session including particular case studies given in collaboration with the Canadian Centre for Ethics and Sport;*
- *One training session respectively at the Coaching Association of Canada, at the Canadian Olympic Committee and at the International Sport Directorate of the Canadian Heritage;*
- *One introductory course to information technology (Windows, Word, Outlook and Internet or Excel and PowerPoint);*
- *One information activity on the prevention of HIV/AIDS;*
- *One specific course on the prospect of women leadership for female coaches.*