



**A Professional
diploma is closer
than you think**

Age Group Sports Coaching **Diploma**



Terry Fox College

www.terryfoxcollege.ca

Program Structure



**32 hours
program**

**11
Weeks**

**Entirely
online**

**Final
exam 1
hour**

**Weekly
quiz**

**Capstone
project**

Course description



COACH

This diploma will allow you to acquire the knowledge and skills you need to understand children's physical abilities, and how sport activities can impact young athletes. It is a practical course designed to convey both knowledge and skills.

What this course covers?



- **WEEK 1: Introduction to the Diploma , Multi sport and age group athletes, Motor performance**
- **WEEK 2: Growth and maturation , Critical training periods .**
- **WEEK 3: Body systems and exercise, Physiological Aspects for age group training,**
- **WEEK 4: Neurological aspects and Enhancing performance. Teaching and Learning skills strategy.**
- **WEEK 5: Age group Annual planing, Periodization , Structuring the season, Macrocycle, Mesocycle, Microcycle.**
- **WEEK 6: Workshop ; including annual year planing. Presentation & discussion.**
- **WEEK 7: Energy system, aerobic and anaerobic; including designing sets.**
- **WEEK 8: Workshop; Presentation & discussion.**
- **WEEK 9: Testing Laboratory and Field testing, Aerobic and Anaerobic.**
- **WEEK 10: Hands-on capstone; Presentation and discussion.**
- **WEEK 11: Capstone, presentation and discussion , Final exam.**

At the end of this course you should be able to



Design age group annual plan



Create a workout breakdown structure



Sequence workout activities



Consider physiological aspects governing age group training processing



Acquire critical coaching thinking



Optimize teaching and learning skills



Identify laboratory and non-laboratory tests

Who is this program for?



The Age Group Sports Coaching Diploma predominantly targets coaches working with Learn to Train and Training to Train, preferably coaching within a year-round program.

Those who will benefit from this diploma may be:



Provincial coaches



Club coaches



Age group coaches & assistant coaches

Program Information



**PROGRAM STRUCTURE: 32 hours program/
11 weeks**



APPLY BY 07/05/2022



**STARTS: 09/05/2022
ENDS 23/07/2022**



**DIPLOMA FEES: Please visit our website for
prices and discounts**



How you will learn?



Interactive content: videos, infographics, demos etc.



Small group discussions



Project Based Learning



Apply and assess your learning through quizzes, exams and a capstone project



Downloadable material



Workshops



Real-life case studies

Who you will learn from?



Prof. Hazem Hussein

- PhD, Sports Physiology
- Board Member Coaches Association of SK.
- Chartered Professional Coach, Canada.
- Professional senior swimming certified coach, Canada, USA, UK.



Amanda Regnier

- Masters of High Performance Sport: Strength and Conditioning
- Strength coach, endurance run coach and sport science enthusiast.



Ola Elsherif

- MSc. Biomechanics, Helwan University, Egypt
- Dip. International Training, Leipzig University, Germany
- Certified Personal Trainer, USA.

Additional Informations



ENG

Teaching and course assessments will be given in English



ONLINE ACCESS: Unlimited 24h/ 7 days access to our teaching platforms



CREDENTIAL: A diploma will be awarded to students who successfully completed the course requirements. This program is accredited by ACBPT and AiiAL, and can be downloaded and shared online.

Registration requirements



Participants must provide the following to be eligible to take the course:

- 1- Evidence of relevant work experience.
- 2- Canadian high school diploma or equivalent.
- 3- A personal statement.
- 4- Applicants must be proficient in English

Technical Requirements



Email address



Access to a computer/ may use tablets or smartphones



Access to the internet



MS Office or equivalent

Credentials



Terry Fox College
School of Sport Science

Terry Fox College hereby recognizes

John Thompson

For successfully completing the

Age Group Sports Coaching Diploma

Given at Ottawa, 24th of July, 2022



Vice Dean
Terry Fox College
Sport Science & Business

Dean
Terry Fox College
Sport Science & Business

This diploma is Accredited by



The American
Canadian Board for
Professional Training

The American Institute
for International
Accreditation and
Legalization



For more information/ to register



To get more information about this course or to register, please visit the course webpage at:

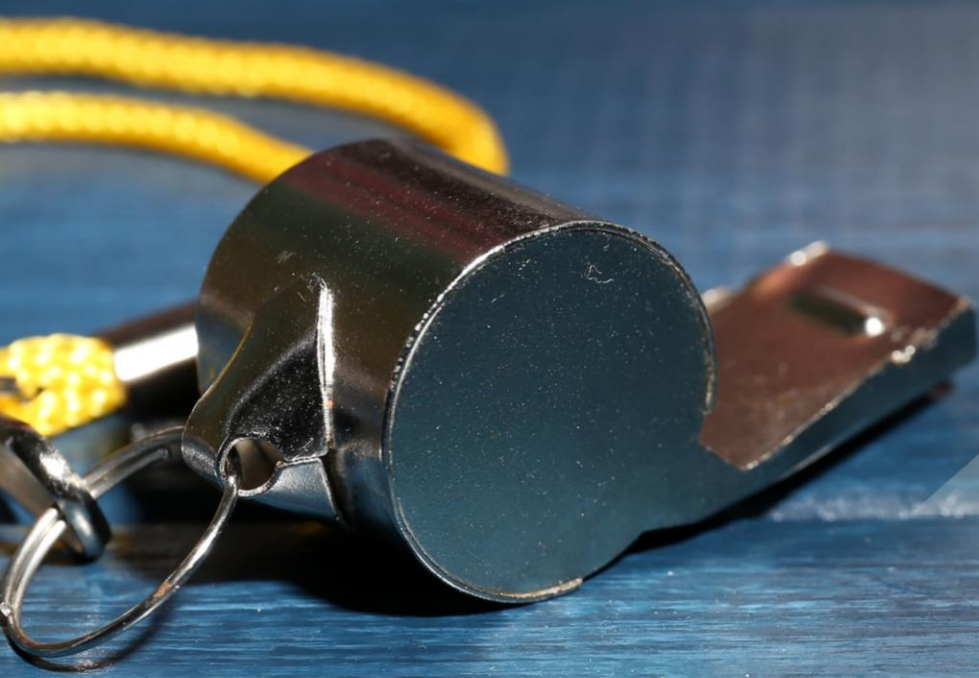
<https://terryfoxcollege.ca/age-group-sports-coaching-diploma/>

Or just scan this
bar code





Start your Journey!



CONTACT

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www.terryfoxcollege.ca