

AGENDA
NSCA INSTRUCTOR CERTIFICATION PROGRAM
LEVEL II

TEACHING THE INTERMEDIATE

EYE & EAR PROTECTION IS MANDATORY

DAY 1	8:30 AM	Welcome & Introduction – Course Overview
	9:00 AM	Commence Shooting – Review and Refresher (Back to Basics) Perception and Reality
	NOON	LUNCH
	1:15 PM	Commence Shooting – Review and Refresher continued NSCA Philosophy How to identify reasons for missing – finding the right solution Keeping delivery simple Helpful hints and teaching aids – visualization
	4:00 PM	Chokes and Loads, Gunfit, How to handle different behavior styles (Lumpers and Splitters) The Mental Game
DAY 2	8:30 AM	Commence Shooting – Candidates organize and begin shooting with students
	11:45 AM	Candidates meet and evaluate morning
	NOON	LUNCH
	1:15 PM	Candidates continue teaching under guidance – specific help in areas as needed
	4:00 PM	Shooting students critique Candidates Discussion of day and critiques Questions and Evaluations Preparation for next day
DAY 3	8:30 AM	Objectives for the day
	9:00 AM	Candidates to instruct students under guidance where necessary Accurate diagnosis – finding the right solution Keeping the delivery simple
	11:45AM	Candidates meet and evaluate morning
	NOON	LUNCH
	1:15 PM	Candidates continue teaching under guidance
	4:00 PM	Shooting students critique Candidates Discussion of day and critiques