



NSCA LEVEL I CERTIFICATION COURSE AGENDA

Day 1

8:30 AM Welcome and Overview of the Course

8:35 AM Introductions

Each coaching candidate introduce 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.

9:00 AM Level I Classroom Segment

12:15 PM Lunch Break

1:15 PM At the Range

- Conduct of a Lesson
- Getting to know the student
- Eye dominance
- Gun fit
- Teaching the fundamentals (mount, stance, focal point, hold point, break point and techniques for achieving lead.
- Diagnostic Drills
- Candidates will start coaching each other and shooting.

4:30 PM Other topics

5:00 PM Review of Day One

Homework: Referee Exam / Study for Course Exam

Day 2

8:30 AM Classroom / Objectives for the Day

9:00 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 Session #1 begins

Meet the students, safety briefing, eye dominance test, gun fit, instruction
Candidates coach students under supervision of Certifying Instructor.

3:00 PM Student Written Evaluation of instructional sessions

3:30 PM Discussion / Review of lessons learned

4:15 PM Course Examination

Homework: None / Referee Exam

Day 3

8:30 AM Classroom/Objectives for the Day

9:15 AM Instructional Session #2 begins

Meet the students, safety briefing, eye dominance test, gun fit, instruction
Candidates coach students under supervision of Certifying Instructor.

11:00 AM Student Written Evaluation of instructional sessions

11:30 AM Discussion / Review of lessons learned

12:00 PM Lunch Break

1:15 PM Instructional Session #3 begins

Meet the students, safety briefing, eye dominance test, gun fit, instruction
Candidates coach students under supervision of Certifying Instructor.

3:00 PM Student Written Evaluation of instructional sessions

Course trainers evaluate coaching candidates.

3:30 PM Discussion / Review of lessons learned

4:00 PM Final thoughts: Marketing, Level II

Candidates evaluate course trainers and course content.
Mentoring and Continuing Education

4:30 PM Graduation / Completion of Course