



# REC/SCH

## NSCA SCHOLASTIC / RECREARTIONAL CERTIFICATION COURSE AGENDA

### **Day 1**

- 8:30 AM      **Welcome and Overview of the Course**
- 8:35 AM      **Introductions**
- 9:00 AM      **RECREATIONAL / SCHOLASTIC Classroom Segment**
- 12:15 PM     **Lunch Break**
- 1:15 PM      **At the Range**
- 4-Step Pre-lesson sequence
    - Understanding the student
    - Safety briefing
    - Practical application of Pointing Test
    - Gunfit assessment
  - Problem solving of visual and gunfit issues
  - Intro to Diagnostics / Diagnostic Drills
  - Lead Methods
  - Candidates coach each other and shoot.
- 4:00 PM      **Course Examination**
- 5:00 PM      **Review of Day One**



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## **Day 2**

8:30 AM      **Q&A**

9:15 AM      **At the Range**

Candidates continue to coaching one another. Focus on calling a miss, diagnostics, trouble-shooting, and communication.

12:15 PM     **Lunch Break**

1:00 PM      **VOLUTEER STUDENTS ARRIVE**

1:15 PM      **Instructional Session begins**

Candidates coach volunteer students under supervision of the CI(s).

3:15 PM      **End of Instruction Session /  
Students Complete Written Evaluation**

3:45 PM      **Critique, Discussion, Review of lessons learned\**

CI(s) evaluate candidate coaching sessions.

4:15 PM      **Final thoughts**

4:45 PM      **Graduation / Completion of Course**