



NSCA LEVEL I CERTIFICATION COURSE AGENDA

Day 1 – Classroom Session and Field Work

8:30 AM Welcome and Overview of the Course (All Candidates)

8:35 AM Introductions (All Candidates)

Each coaching candidate introduces themselves to the group, tells 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 (Level I Candidates)

12:15 PM Lunch Break

1:15 PM At the Range (All Candidates)

- Conduct of a Lesson
- Getting to know the student
- Eye dominance
- Gun fit
- Diagnostic Drills
- Teaching the fundamentals (mount, stance, focal point, hold point, break point and techniques for achieving lead.
- Candidates will start coaching each other and shooting under the supervision of the Certifying Instructor(s) (“CI”)
- Focus on presenting a safety/safety briefing, conducting a lesson, teaching the fundamentals, calling a miss, basic diagnostics and trouble-shooting techniques.

4:30 PM Other topics

5:00 PM Review of Day One

Homework: Individual/Group completion of Referee Exam / Study

Day 2 - Field Work / Student Session #1

8:30 AM Introduction of the day / select topics

9:15 AM At the Range (All Candidates)

- Candidates continue coaching each other and shooting under the supervision of the CI(s).



Day 2 (Continued)

12:15 PM **Lunch Break**

1:15 PM **Instructional Session #1 begins**

Meet the students, safety briefing, eye dominance test, gun fit, lesson.
Candidates coach students under supervision of Certifying Instructor(s).

3:15 PM **Students complete written evaluations of instructional sessions.
CIs critique / lead discussion on “lessons-learned” during Session #1.**

4:15 PM **Course Examination**

5:00 PM **Dismissal**

Day 3 - Student Sessions #2 and #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, lesson.
Candidates coach students under supervision of Certifying Instructor(s).

11:15 AM **Students complete written evaluations of instructional sessions
CIs critique / lead discussion on “lessons-learned” during Session #2.**

12:00 PM **Lunch Break**

1:15 PM **Instructional Session #3 begins**

Meet the students, safety briefing, eye dominance test, gun fit, lesson.
Candidates coach students under supervision of Certifying Instructor(s).

3:15 PM **Students complete written evaluations of instructional sessions
CIs critique / lead discussion on “lessons-learned” during Session #2.**

4:00 PM **Final thoughts:** Marketing, Level II prerequisites
Candidates provide feedback on course / course content.
Mentoring and Continuing Education

4:30 PM **Graduation / Completion of Course**