



II

NSCA LEVEL II CERTIFICATION COURSE AGENDA

Day 1

8:30 AM **Welcome and Overview of the Course**

8:35 AM **Introductions**

Each coaching candidate introduces themselves to the group, tell where they are from, what they expect to learn from the course and their goal as a Level II certified coach.

9:00 AM **Level II Classroom Segment**

12:15 PM **Lunch Break**

1:15 PM **At the Range**

- Gun fitting 101
- Advanced Eye Dominance
- Advanced problem solving of eyes and gun fit
- Advanced Diagnostics
- 5 Lead Methods
- Level II Candidates will start coaching each other and shooting.

4:30 PM **Other topics**

5:00 PM **Review of Day ZERO**

Homework: Referee Exam / Study for Course Exam

Day 2

8:30 AM **Introductions**

9:15 AM **At the Range**

Candidates will continue coaching one another. Focus on advanced diagnostics and trouble-shooting techniques.

12:15 PM **Lunch Break**



II

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

Course trainers evaluate coaching candidates.

3:30 PM Discussion / Review of lessons learned

4:15 PM Course Examination

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

Course trainers evaluate coaching candidates.

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 III

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

4:30 PM Graduation / Completion of Course