

## Multisport

NCCP General Multisport for Para Coaching	
<b>NCCP</b>	
<b><u>Fundamental Movement Skills - PD</u></b>	Break down simple skills into key components to help the child learn and understand the fundamental movement skills. Fundamental movement skills are very important to a child's physical development. When confident and competent in these skills, children can develop sport-specific and complex movement skills.
<b><u>Make Ethical Decisions – Competition Introduction</u></b>	By successfully completing the NCCP Make Ethical Decisions workshop you will be fully equipped to handle virtually any ethical situation with confidence and surety. MED is one of the NCCP's cornerstone workshops, and leaves coaches with no doubt as to what to do when the going gets tough.
<b><u>Planning a Practice – Competition Introduction</u></b>	Learn skills to Organize a well-structured practice plan with safe, age-appropriate activities you've designed to match the proficiency level of participants; Identify potential risk factors that could impact the sport and practice activities; Create an emergency action plan; Identify practice goals and design activities that offer the best training benefits for the athletic skills required in your sport.
<b><u>Nutrition – Competition Introduction</u></b>	This 40-60 minute eLearning module provides coaches with education about basic sport nutrition principles.
<b><u>Design a Basic Sport Program – Competition Introduction</u></b>	Develop a program structure based on opportunities for training and competition. Establish indicators of athlete development in the program. Develop practice plans that reflect seasonal training priorities.
<b><u>Basic Mental Skills – Competition Introduction</u></b>	Recognize signs indicating that an athlete may need to improve his/her goal setting, focus, and anxiety control skills; and develop tools to help the athlete to make improvements in these areas.
<b><u>Teaching and Learning</u></b>	Assess your own beliefs regarding effective teaching. Analyze certain coaching situations to determine if they promote learning. Create conditions that promote learning and self-esteem through: <ul style="list-style-type: none"> <li>• Appropriate consideration of the affective, cognitive and motor dimensions of learning;</li> <li>• The use of words and methods that relate to an athlete's preferred learning style.</li> </ul>

## Highly Recommended

<b>NCCP Coaching Athletes with a Disability</b> To Register: <a href="https://www.coach.ca/coaching-athletes-with-a-disability--s17345">https://www.coach.ca/coaching-athletes-with-a-disability--s17345</a>	Coaching Athletes with a Disability is a resource for coaches who are new to coaching athletes with a disability. Coaching Athletes with a Disability NCCP training provides coaches the knowledge to deliver quality, positive sport experiences for athletes, specifically with behavioural, intellectual, physical, and sensory disabilities.
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## FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Coach Enhancement Coach Bursary program. <https://www.coachesontario.ca/programs-resources/funding-for-coaches/> or email [cep@coachesontario.ca](mailto:cep@coachesontario.ca)

## Useful Links:

Need more information? Email [education@coachesontario.ca](mailto:education@coachesontario.ca) to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada [www.coach.ca](http://www.coach.ca)
- ParaSport Ontario <https://www.parasportontario.ca/>