



## **NISA Assistant Coach Level 1 Course Content**

### **Entry requirements:**

NISA Member  
Minimum 15 years, 16 years at assessment  
Minimum NISA test standard 1

### **Module 1**

#### **Coaching knowledge and professionalism**

- NISA policies & procedures
- Good Practice and Child Protection scUK workshop
- First Aid
- CRB

### **Module 2**

#### **NISA Theory Workshops**

- NISA workshop 1 - Professional responsibility
- NISA workshop 2 - Body Basics
- NISA workshop 3 - Working with different learners
- NISA workshop 4 - the coaching Process

### **Module 3**

#### **Sport Specific**

- NISA Continued Professional Development
- Knowledge, Understanding & Instruction of Elements
- NISA workshop 5 – On Ice

### **Module 4**

**Trainee Hours** - Level 6 & above 50 hours  
Below Level 6 100 hours  
Short Track 20 Hours

### **Module 5**

#### **Assessment**

- 15 minute on ice assessment coach a selection from the Skate UK course
- Off-ice assessment 1 hour exam