

Introduction to Competition Part A and B

The Coaching Association of Canada (CAC) provides programs and services to assist in the development, certification, and ongoing education of coaches across Canada. There are two introductory courses that are offered for all coaches: Introduction to Competition Part A and B (these courses replaced the old Theory Level 1 and 2, respectively). The Part A course provides coaches with tips on making ethical decisions, planning a practice, and nutrition while Part B introduces basic mental skills, techniques for teaching and learning, and tips on developing a basic sport program.

The Introduction to Competition Part A course is required by coaches attending regional qualifiers, as well as provincial, national and international games. The Introduction to Competition Part B course is required by coaches attending international games. Coaches that took the Part A course under the old system (Theory Level 1) are required to take the Making Ethical Decisions (MED) module found in Part A. This module consists of both a classroom and online evaluation component. Coaches in the new system must complete the MED module online evaluation after completion of the Part A course.

Both courses are offered in a classroom setting (through parks and recreation, universities, colleges, etc) or by home study. For a listing of upcoming courses, go to <http://www.coaches.bc.ca/nccp/schedule.html> or contact Cari Peters at SOBC Provincial Office.