



Coaching  
Association  
of Canada

# Multi-sport Modules Competition – Introduction **PART A**



## 1 Make Ethical Decisions (3 hours 30 minutes)

Analyze a situation that has moral implications. Determine whether the situation has legal or ethical implications. Identify the ethical issues in the situation. Apply the NCCP ethical decision-making framework to respond to an ethical situation adapted to the context, and produce a response that is consistent with the NCCP Code of Ethics.



## 2 Planning a Practice (6 hours 15 minutes)

Organize activities within a practice plan that is well-structured, adapted to the participants' age, and reflects safety considerations. Distribute activities appropriately in the various parts of the practice. Identify potential risk factors for the sport and the activities. Design an emergency action plan. Identify suitable practice goals. Design activities that have appropriate characteristics for the sport, the age group, and the proficiency level of participants. Design activities in such a way as to obtain certain training effects on the athletic abilities required in the sport.



## 3 Nutrition (75 minutes)

Assess whether foods and beverages consumed by athletes before, during, and after training or competition are adequate, and offer suggestions pertaining to suitable alternatives where necessary. Design strategies to influence parents and athletes in order to promote food choices that are consistent with basic sport nutrition principles.

### THE MATERIALS

Each multi-sport module has three documents:

- Coach Workbook*
- Reference Material*
- Facilitator Guide*



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