



ISA CIP COURSE DELIVERY STRATEGIES

Theory

The theory component of the respective modules will be delivered in a lecture venue as per the designated guidelines and supported by the course power point presentation.

Workshops and practical sessions

Day One:

- Venue analysis
- Presentations of 'learn to surf' lesson
- Surf skills assessment of course participants

• Day Two:

Level 1 Surf Coaching Course Presenter's Guide

Lesson plan development: Classroom venue (designated groups)

Delivering the planned lesson: Group practical (on beach session)

Assessing lesson Delivery



Recommended Class Sizes

Maximum of 20 course participants to be taught and supervised by one qualified course presenter.

COURSE REQUIREMENTS

Course cost includes

- One year ISA Instructor Accreditation and E-Certificate
- One year National Federation membership
- Level 1 Surf Coaching Course Manual
- Practical Assessment Workbook
- Sports & Recreation Department(DRD) Coach certification courses
- Payment Online www.fspr.org or check payable to:

Federación de Surfing de Puerto Rico



AGENDA DAY 1

Note: Scheduled times are approximate. Course presenter can adjust content schedule and module duration times depending on weather and surf conditions, venue access and needs of the participants.

8.30am (30mins) Arrive, introductions and house keeping
About the International Surfing Association and the CIP Scheme

9.00am (1.5hrs) Module 1 - Role of the coach

10.30am (1hr) Module 2 – Safety of the Student in your care

11.30am (30mins) Module 3 - Equipment for the beginner surfer

12.00pm (30mins) Lunch

12.30pm (1hr) Module 4 - Coaching Methods

1.30pm (1.5hr) Module 4 - Coaching Methods

Practical Session 1 –Venue Analysis & Beginner Surfer Lesson Demonstration

Practical Session 3 – Surfing Skills Test Additional scenarios & overview of the day

3.00pm (1hr) Module 4 - Coaching Methods

Practical Session 1 –Venue Analysis & Beginner Surfer Lesson Demonstration



Practical Session 3 – Surfing Skills Test Additional scenarios & overview of the day

4.00pm Finish Day 1

AGENDA DAY 2

9.00am (1hr) Module 5 – Skill Development 1

10.00am (1.5hrs) Module 6 – Program Planning

11.30am (1.5hrs) Workshop

1 - Planning the lesson Practical session

2 - Group delivering the planned lesson

1.00pm (30mins) LUNCH

1.30pm (30mins) Workshop 2 - Assessing lesson delivery Course overview + additional lesson scenarios

3.30pm (30mins) Steps to Level One Accreditation

4:00pm Finish