



In partnership with

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coach education
at Leeds Metropolitan University

1st4sport Level 1 Certificate in Coaching Strength and Conditioning for Sport

The 1st4sport Level 1 Certificate in Coaching Strength and Conditioning for Sport is designed to provide candidates with the foundation level of knowledge needed to **build well-constructed** strength and conditioning programmes by helping candidates understand how to deliver coaching sessions, under the direct supervision of a qualified strength and conditioning coaches. Minimum age is 16.

Applicable to all sports, this qualification also provides an introduction to the principles and practices of coaching safe, ethical strength and conditioning activities to athletes of all ages. This will enable candidates to seek employment as a strength and conditioning coaching assistant role in a club, school or equivalent environments.

For further course outline and content please see the details following.

Course Dates

Saturday 4th February 2012 and Saturday 25th February 2012

Course Times

09:00 – 17:00

Course Cost

£250 (including VAT)

Course Venue

University of Gloucestershire, Oxstalls Campus, GL2 9HW

To apply, please complete the **Coach Education Application Form** and send with full payment to:

Carnegie Coach Education
Leeds Metropolitan University
Carnegie Annexe
Headingley Campus
Leeds, LS6 3QS
Email: coacheducation@leedsmet.ac.uk
Telephone: 0113 812 7437

Cheques must be made payable to **LEEDS METROPOLITAN UNIVERSITY**



THE UK
CENTRE FOR
COACHING
EXCELLENCE



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1st4sport Level 1 Certificate in Coaching Strength and Conditioning



Introduction

The Level 1 Certificate in Coaching Strength and Conditioning, (L1CCSC) has been developed with 1st4sport Qualifications. It is a vocationally related qualification studying both practical and theoretical aspects of coaching strength and conditioning. The L1CCSC is accredited on the National Qualifications Framework.

Qualification Aim

Deliver aspects of coaching sessions under direction, and assist a qualified strength and conditioning coach

Qualification Objectives

On successful completion of the L1CCSC, you should be able to:

- demonstrate an ability to safely organise and supervise strength and conditioning activities, including circuit sessions and warm ups
- promote and establish working relationships and high standards of behaviour with players/athletes, coaches, parents and officials in the overall development of strength and conditioning
- demonstrate an understanding of:
 - generic coaching skills
 - resistance training using body weight exercises, dumb bells and medicine balls
 - dynamic warm ups and basic static stretching exercises
 - basic speed and agility training
 - fundamentals of strength training
 - functions of the human body
 - long term athlete development
 - coach and player development
 - good practice in player/athlete management and coaching
 - health and safety
- demonstrate an ability to identify and adapt strength and conditioning activities and sessions for a variety of different age groups and design circuits using a wide range of exercises



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Qualification Outline

The course operates either as a two or three day course over two weekends. The course is largely practical based, and you will be given several opportunities to coach and develop your coaching throughout the course.

The L1CCSC sits at Level 1 of the National Qualifications Framework. The NOS for Sport & Recreation have been developed by people from the industry with a vast range of knowledge and experience. The standards provide a benchmark of good practice for coaches, teachers and instructors.

Assessment

Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course. There is also a multiple choice test.

Prerequisites

Candidates are required to be 16 years of age or over before they can be registered for the qualification.

Application

Course costs £250 including VAT. Coaches receive a Level 1 Coaching Resource Pack

