



In partnership with

**carnegie**  
coach education  
at Leeds Metropolitan University

## **1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport**

The 1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport is designed to provide candidates with the level of knowledge needed to **build and lead well-constructed** strength and conditioning programmes through an understanding of how to plan, conduct and evaluate strength and conditioning sessions. Minimum age is 18.

**Applicable to all sports**, candidates will also develop an understanding of safe, ethical and effective strength and conditioning coaching. This will enable them to seek employment as a strength and conditioning coach in a number of settings such as a sports club, or with an athlete or team in an education/youth environment.

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

### **Course Dates**

Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> April 2012;  
Saturday 16<sup>th</sup> June and Sunday 17<sup>th</sup> June 2012

### **Course Times**

09:00 – 17:00

### **Course Cost**

£350 (including VAT)

### **Course Venue**

University of Gloucestershire, Oxstalls Campus GL2 9HW

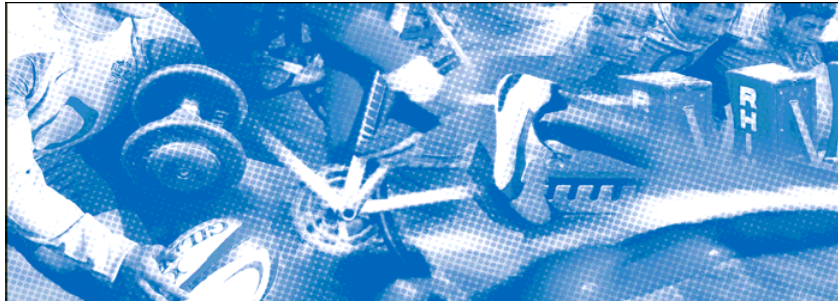
**To apply**, please complete the **Coach Education Application Form** and send with full payment to:

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

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



## Level 2 Certificate in Coaching Strength and Conditioning



### Introduction

The Level 2 Certificate in Coaching Strength and conditioning, (L2CCSC) has been developed together with 1<sup>st</sup>4sport Qualifications. It is a vocationally related qualification studying both practical and theoretical aspects of coaching strength and conditioning. The L2CCSC is accredited on the National Qualifications Framework

### Qualification Aim

Enables the candidate to 'Prepare for, deliver and review coaching session's' *E.g.* Coach a group of players/athletes – club coach/ teacher in strength and conditioning

### Qualification Objectives

On successful completion of the L2CCSC, candidates should be able to:

- develop an appreciation of the ethical coaching process, the needs of the player and related issues in sports science
- plan, conduct and evaluate a series of strength and conditioning coaching sessions in a systematic and progressive manner
- coach the basic skills and techniques of strength and conditioning including the back squat, dead lift and other major multi joint exercises
- understand the principles of training and exercise physiology
- coach a basic speed and agility session and understand the principles of speed training
- understand the principles of endurance training
- understand the principles of overload and progression and be able to design programmes accordingly
- understand the key movements of the body
- promote and establish positive working relationships and high standards of behaviour with – and among – players/athletes, other coaches, parents and officials
- ensure the health and safety of players and others within the coaching environment and be able to respond to accidents and emergencies
- develop greater responsibility for their own learning and development
- promote the sport of strength and conditioning in a positive and constructive manner

## Qualification Outline

The course operates as a four or five day course. The course is primarily practical based, and you will be given several opportunities to coach and develop your coaching throughout the course. There are also home study tasks including the planning, delivery and review of coaching sessions.

The L2CCSC contributes to the provision of the underpinning knowledge and understanding of the Level 2 National Occupational Standards (NOS) for Coaching, Teaching and Instructing (CTI) and the breadth of the Technical Definition for Strength and conditioning. The standards provide a benchmark of good practice.

## Prerequisites:

Candidates are required to be 18 years of age or over before they can be registered for the qualification. Although there are no pre course requirements candidates will benefit from having attended a Level 1 Strength and Conditioning Coaching Course, or having an involvement with the coaching / teaching of basic strength and conditioning and/or possessing a basic physical education or sport science background.

## Assessment

Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course. Candidates should also fulfil the home-study tasks. There is also a multiple choice test and two assessed practical sessions. The candidate has two years from registration to complete the course, but it is strongly recommended that candidates complete all units by the end of the course. In order to receive certification the candidate must hold a current first aid qualification (or equivalent), that includes CPR.

## Application

Coaches should apply using the application forms on the RFU web-site to their local Approved Coaching Centre. Course costs £350 including VAT. Coaches receive a Level 2 Coaching Resource Pack.

