

# Foundation Workshop



## Who?

The UKSCA Foundation Workshop in S&C is aimed at anyone:

- looking to enter the profession and wanting a clear and progressive development pathway
- wishing to add key strength and conditioning training modalities to their existing role e.g. PE teachers, sports specific coaches, personal trainers, undergraduate students.

## What?

The UKSCA Foundation Workshop in S&C focuses on key practical coaching skills, giving you the ability to add essential strength and conditioning skills to your current coaching practice.

## How?

2-day workshop.

## LEARNING OUTCOMES

Coaches will be able to:

- Describe and demonstrate a warm-up session aimed at preparing an athlete for gym based speed, agility or conditioning activities
- Identify common errors in posture and movement and apply strategies to correct these
- Describe collection, start, descent, ascent, return, posture/alignment, breathing, safety, spotting and dropping in relation to the back squat, overhead squat, front squat, single leg squat variations, bench press, press behind the neck and push press
- Describe start position, grip, stance, ascent, descent, posture/alignment, breathing, safety, and dropping in relation to the deadlift, clean 1st pull, stiff leg deadlift, single leg deadlift variations, power shrug and pull from thigh
- Demonstrate practical competence in a range of linear acceleration, sprint and multidirectional movement skills
- Demonstrate delivery of key coaching points relating to drills and whole skill completion for strength training, acceleration, speed and multidirectional movement skills
- Demonstrate delivery of key coaching points relating to completion of bodyweight, trunk strength and medicine ball activities
- Identify basic principles of aerobic and anaerobic conditioning
- List key components of session structure of steady state, fartlek and interval based conditioning sessions
- Identify strengths and areas for improvement in their coaching behaviour

## SCOPE OF PRACTICE

The above proven competencies should enable you to practice within the auspices of your sports club, educational institution or health and fitness environment. It is not indicative of a coach's ability to operate independently and is not a qualification of full professional competency.