



UKSCA

The UK Strength & Conditioning Association

# UKSCA

# Workshop and Assessment Day Programme



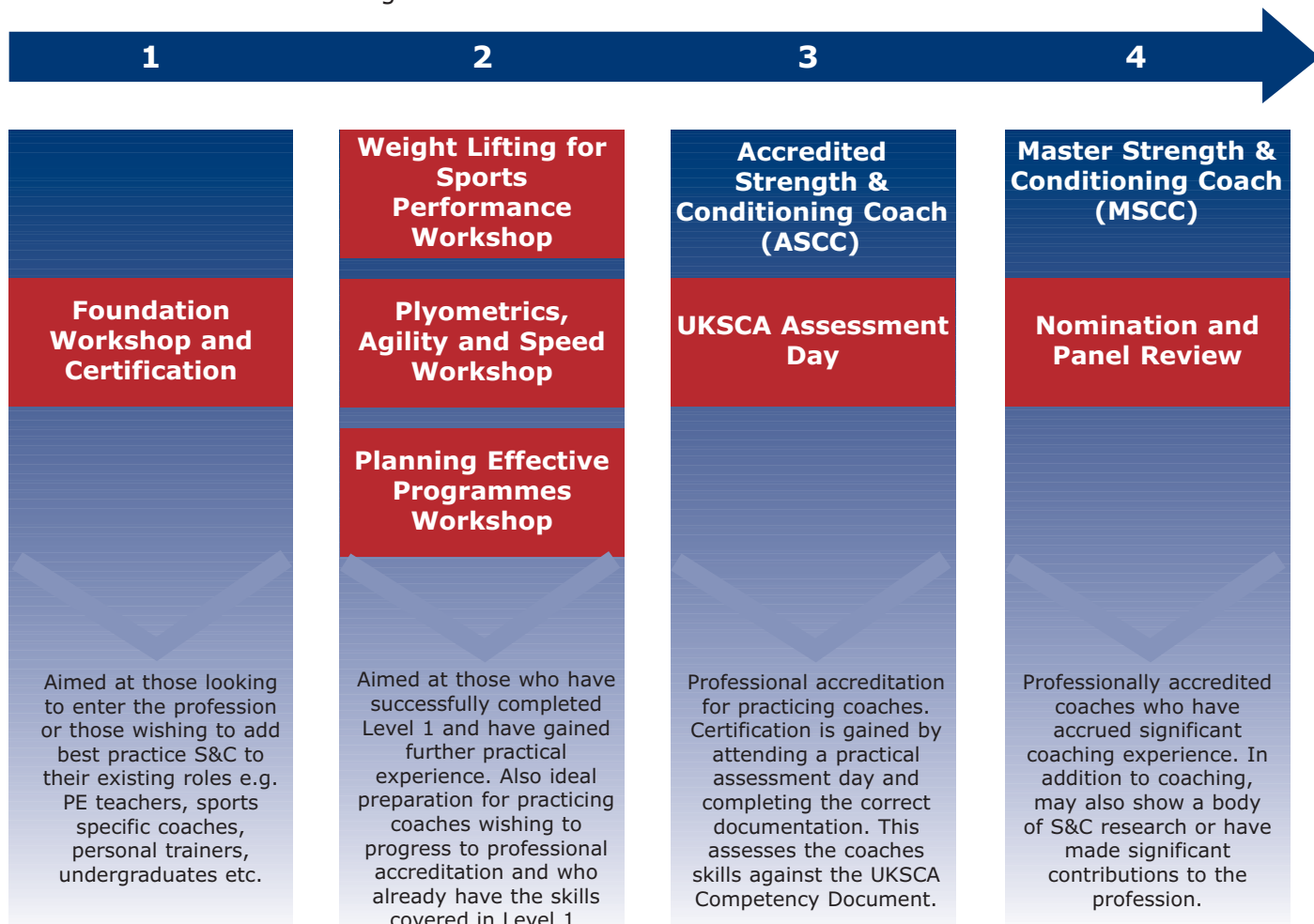
**2012**

# UKSCA Coach Development Map

The levels on the map can provide a traditional progressive route, however all components within the model can be completed independently if the coach feels they are appropriate for their current skill level and development needs. Check the learning outcomes for each level to ensure you can meet this level of competency before progressing to the next.

## Practice is Key

We strongly recommend that developing coaches gain as much practical experience and practice of the skills learnt before moving to education or assessment at the next level.



## About the UKSCA

With the support of UK Sport, the Association was launched in May 2004, with an inaugural AGM. The Association has the following aims:

- To establish and maintain high professional standards for UK Strength & Conditioning Practitioners
- The promotion and dissemination of good practice, knowledge and research appropriate to strength & conditioning practitioners
- To facilitate communication among UKSCA members
- To represent the interests of the membership of the UKSCA

## Education and the UKSCA

Education is an integral part of how the Association meets its foundation aims and objectives. By offering a wide range of high quality workshops, led by experts in the strength and conditioning field, attendees are exposed to good practice and provided with knowledge, skills and understanding appropriate to their development needs.

The Association is always considering new ways of delivering, as well as expanding the educational options available to make our education programme relevant and challenging for experienced coaches out in the field, as well as those just starting out in S&C.



# 1 Foundation Workshop and Certification



## Who?

*Level 1 Foundation Workshop and Certification is aimed at anyone:*

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

## What?

*Level 1 Foundation Workshop and Certification 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 including assessment and certification on the second day.*

## LEARNING OUTCOMES

*Level 1 Certified Strength & Conditioning 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 a Level 1 Foundation strength & conditioning coach to practice within the auspices of their 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.

## 2 Weight Lifting for Sports Performance Workshop



*This 2-day, practical workshop is designed as preparation for those looking to become UKSCA Accredited and for those looking to introduce Olympic lifts into their strength & conditioning programmes. It covers key technical and coaching points as well as providing the knowledge to incorporate these lifts into training programmes to improve sports performance.*

### **LEARNING OUTCOMES**

*By the end of the workshop coaches will be able to:*

- Identify the importance of neurological adaptation as a result of strength training
- Design a dynamic warm-up and explain the principles of this type of warm-up in relation to explosive exercise including weight lifting
- List key safety factors when working in a weight lifting environment
- Demonstrate the following weight lifting movements with good technique and list the key technical and safety points for each of them
  - Back Squat
  - Front Squat
  - Overhead Squat
  - Stiff Leg Dead Lift
  - Squat clean and its derivatives
  - Snatch and its derivatives
  - Overhead presses and jerks
- Describe and explain the use of Combination lifts and Complex Training
- Describe a simple weight lifting programme including the need for variation in loading, which would compliment an overall strength and conditioning programme
- Evaluate their competence to supervise athletes training in a weight lifting environment. Additional areas for discussion during the workshop
- Simple biomechanical analysis of movements in sport and comparison to the movements involved in the learned weight lifting techniques
- The priority energy systems used in a variety of sports
- The importance of mid-section strength to sound sport specific performance and how to develop it using a range of methods including dumbbells, medicine ball and body weight exercises.

## 2 Planning Effective Programmes Workshop



*This 2-day workshop is designed as preparation for those looking to become UKSCA Accredited and for those looking to enhance their planning and programming skills in strength & conditioning. The content is based on best practice supported by scientific evidence and will provide you with the knowledge and understanding to create effective programmes to improve sports performance.*

### **LEARNING OUTCOMES**

*The learning outcomes are centred on the acquisition of fundamental theoretical understanding, as well as practical application of key knowledge surrounding the planning and design of effective strength & conditioning programmes. Students should be able to:*

1. Discuss the objectives of physical training and differentiate between various 'systems' of training
2. Perform a needs analysis of the essential performance factors for a sport or activity, and determine areas for improvement of an individual in the context of performance
3. Apply the scientific principles that underpin periodisation and physiological adaptation
4. Design periodised strength and conditioning programmes
5. Explain the specifics of training phases, peaking, and tapering
6. Determine objective measures of progress within the context of planning and programming

## 2 Plyometrics, Agility and Speed Workshop



*This 2-day, practical workshop is designed as preparation for those looking to become UKSCA Accredited and for those looking to introduce plyometric, agility and speed exercises into their strength & conditioning programmes. It covers the underpinning theories, key technical and coaching points as well as providing the knowledge to enable coaches to develop specific training programmes to improve sports performance.*

### **LEARNING OUTCOMES**

*By the end of the workshop coaches will be able to:*

#### **SPEED AND AGILITY**

- Identify different types of speed expression and mechanisms for their development
- Describe key mechanical and technical variables in straightline maximal sprinting
- List key considerations in designing speed training sessions
- Demonstrate practical competence in dynamic warm-up and completion of a range of sprint based drills
- Demonstrate key coaching points relating to drills and speed technique
- Explain the importance of agility to sports performance and describe the key mechanical and technical variables governing agility performance
- Demonstrate skill differentiation in exercise selection or development
- Demonstrate practical competence in dynamic warm-up and completion of a range of agility based drills
- Demonstrate key coaching points relating to drills and agility technique

#### **PLYOMETRICS**

- Explain physio-mechanical issues relating to plyometric training and the demands placed on the body by different types of drills
- List key safety issues relating to plyometric training
- Identify plyometric programming issues
- Demonstrate practical competence in dynamic warm-up and completion of a range of plyometric drills
- Demonstrate key coaching points relating to drills and whole skill completion

#### **COACHING**

- Recognise the importance of coaching behaviour and normal skill acquisition processes
- Demonstrate competence in effective coaching practice

#### **PROGRAMMING AND ACCREDITATION PREPARATION**

- Identify specific factors relating to development of speed and agility, or the utilisation of plyometrics in specific populations, such as women, children, disabled, injured etc
- Demonstrate programming adaptation in response to specific athlete characteristics
- Explain how the workshop content relates to Accreditation.

### 3 Accredited Strength & Conditioning Coach (ASCC)



#### LEARNING OUTCOMES

Candidates attend an assessment day and must prove competence in each of the following areas:

#### PLYOMETRIC, AGILITY & SPEED ASSESSMENT (20 minutes per candidate)

- Each candidate is paired with another candidate and will take turns in the coaching and athlete roles.

The assessor will look for a range of competencies in the coaching role

- Each candidate observes a video clip of a sport and based on this clip:
  - Demonstrates/coaches a specific warm-up for the sport with particular emphasis on the identification of the movement patterns
  - Demonstrates/coaches plyometric exercises to assist performance enhancement for the identified movement patterns
  - Demonstrate/coach a speed & agility exercises to assist performance enhancement for the identified movement patterns

#### CASE STUDY ASSESSMENT (20 minutes per candidate)

- One on one presentation with an assessor who will look for the coach to demonstrate a range of competencies through the presentation of a case study they have run with an athlete/team for a minimum of 3 months, covering:
  - A needs analysis of the sport and the athlete/team
  - Programme rationale and programme design
  - Session examples and content
  - Evaluation and monitoring
  - Evidence of underlying scientific principles

#### WEIGHT LIFTING ASSESSMENT (20 minutes per candidate)

- One on one with the assessor, candidates will be expected to demonstrate fully and highlight the technical aspects of two lifts:
  - All candidates will be expected to demonstrate a full back squat
  - The second lift (either the snatch or the clean & jerk) will be selected at random in a draw by the candidate

#### UNDERPINNING KNOWLEDGE / MULTI CHOICE ASSESSMENT

(60 minutes per candidate)

- Candidates are given 60 minutes to answer 50 questions on a variety of subjects
- The subjects covered can be found in the UKSCA Competency Document
- The pass mark is 60%

*FULL DETAILS OF THE COMPETENCIES THAT AN ACCREDITED STRENGTH & CONDITIONING COACH IS REQUIRED TO DEMONSTRATE THROUGH THE ASSESSMENT PROCESS CAN BE FOUND IN THE UKSCA'S COMPETENCY DOCUMENT*

#### LONDON 2012 CONFERENCE

**The UKSCA London 2012 Conference, 15-16 September 2012**  
**Royal Holloway College, University of London**

## 2012 WORKSHOPS

### Foundation Workshop and Certification (Level 1)

REF:	TITLE:	DATE:	LOCATION:
L1078	Foundation Workshop and Cert (L1)	21/22 Jan	Forthbank Performance Ctre.
L1093	Foundation Workshop and Cert (L1)	21/22 Jan	University of Bath, Bath
L1094	Foundation Workshop and Cert (L1)	28/29 Jan	St Mary's University, London
L1079	Foundation Workshop and Cert (L1)	18/19 Feb	Sheffield Hallam University
L1091	Foundation Workshop and Cert (L1)	31 Mar/1 Apr	University of Ulster, Belfast
L1080	Foundation Workshop and Cert (L1)	14/15 Apr	Sheffield Hallam University
L1096	Foundation Workshop and Cert (L1)	14/15 Apr	Northumbria Uni, Newcastle
L1081	Foundation Workshop and Cert (L1)	21/22 Apr	Lee Valley Athletic Centre
L1082	Foundation Workshop and Cert (L1)	19/20 May	Lee Valley Athletic Centre
L1090	Foundation Workshop and Cert (L1)	26/27 May	Northumbria Uni, Newcastle
L1097	Foundation Workshop and Cert (L1)	26/27 May	University of Ulster, Belfast
L1083	Foundation Workshop and Cert (L1)	16/17 Jun	Sheffield Hallam University
L1084	Foundation Workshop and Cert (L1)	23/24 Jun	Lee Valley Athletic Centre
L1085	Foundation Workshop and Cert (L1)	23/24 Jun	Forthbank Performance Ctre.
L1087	Foundation Workshop and Cert (L1)	14/15 Jul	Sheffield Hallam University
L1086	Foundation Workshop and Cert (L1)	21/22 Jul	Lee Valley Athletic Centre
L1088	Foundation Workshop and Cert (L1)	20/21 Oct	Sheffield Hallam University
L1089	Foundation Workshop and Cert (L1)	10/11 Nov	Forthbank Performance Ctre.
L1092	Foundation Workshop and Cert (L1)	10/11 Nov	University of Ulster, Belfast

### Planning Effective Programmes

REF:	TITLE:	DATE:	LOCATION:
PEP030	Planning Effective Programmes	4/5 Feb	Jury's Inn, Heathrow
PEP031	Planning Effective Programmes	11/12 Feb	Sheffield Hallam University
PEP040	Planning Effective Programmes	10/11 Mar	University of Ulster, Belfast
PEP032	Planning Effective Programmes	14/15 Apr	Jury's Inn, Heathrow
PEP033	Planning Effective Programmes	12/13 May	Forthbank Performance Centre
PEP034	Planning Effective Programmes	9/10 Jun	Sheffield Hallam University
PEP035	Planning Effective Programmes	9/10 Jun	Jury's Inn, Heathrow
PEP039	Planning Effective Programmes	7/8 Jul	Northumbria University, Newcastle
PEP036	Planning Effective Programmes	18/19 Aug	Sheffield Hallam University
PEP037	Planning Effective Programmes	6/7 Oct	Jury's Inn, Heathrow
PEP038	Planning Effective Programmes	1/ 2 Dec	Jury's inn, Heathrow

## Weightlifting for Sports Performance

REF:	TITLE:	DATE:	LOCATION:
WL092	Weightlifting for Sports Performance	14/15 Jan	Sheffield Hallam University
WL104	Weightlifting for Sports Performance	28/29 Jan	LTA NTC, Roehampton
WL102	Weightlifting for Sports Performance	11/12 Feb	University of Bath, Bath
WL105	Weightlifting for Sports Performance	3/4 Mar	Middlesex University
WL093	Weightlifting for Sports Performance	10/11 Mar	Forthbank Performance Ctre.
WL101	Weightlifting for Sports Performance	17/18 Mar	Northumbria Uni, Newcastle
WL106	Weightlifting for Sports Performance	31 Mar/1 Apr	Middlesex University
WL094	Weightlifting for Sports Performance	21/22 Apr	Sheffield Hallam University
WL095	Weightlifting for Sports Performance	5/6 May	Lee Valley Athletic Centre
WL110	Weightlifting for Sports Performance	2/3 June	University of Bath, Bath
WL096	Weightlifting for Sports Performance	16/17 Jun	Lee Valley Athletic Centre
WL097	Weightlifting for Sports Performance	30 Jun/1 Jul	Sheffield Hallam University
WL098	Weightlifting for Sports Performance	14/15 Jul	Lee Valley Athletic Centre
WL107	Weightlifting for Sports Performance	1/ 2 Sep	Middlesex University
WL099	Weightlifting for Sports Performance	22/23 Sep	Forthbank Performance Ctre.
WL103	Weightlifting for Sports Performance	6/7 Oct	University of Ulster, Belfast
WL108	Weightlifting for Sports Performance	20/21 Oct	Middlesex University
WL100	Weightlifting for Sports Performance	3/ 4 Nov	Sheffield Hallam University
WL109	Weightlifting for Sports Performance	24/25 Nov	Middlesex University

## Plyometrics, Agility and Speed

REF:	TITLE:	DATE:	LOCATION:
PAS067	Plyometrics, Agility and Speed	21/22 Jan	LTA NTC, Roehampton
PAS056	Plyometrics, Agility and Speed	18/19 Feb	Forthbank Performance Centre
PAS068	Plyometrics, Agility and Speed	25/26 Feb	St Mary's University, London
PAS057	Plyometrics, Agility and Speed	7/8 April	EIS Sheffield
PAS066	Plyometrics, Agility and Speed	21/22 Apr	University of Bath, Bath
PAS058	Plyometrics, Agility and Speed	28/29 Apr	Lee Valley Athletic Centre
PAS065	Plyometrics, Agility and Speed	9/10 Jun	University of Ulster, Belfast
PAS064	Plyometrics, Agility and Speed	23/24 Jun	Northumbria Uni, Newcastle
PAS059	Plyometrics, Agility and Speed	30 Jun/1 Jul	Lee Valley Athletic Centre
PAS061	Plyometrics, Agility and Speed	21/22 July	EIS Sheffield
PAS060	Plyometrics, Agility and Speed	18/19 Aug	Lee Valley Athletic Centre
PAS062	Plyometrics, Agility and Speed	29/30 Sep	Forthbank Performance Centre
PAS063	Plyometrics, Agility and Speed	13/14 Oct	EIS Sheffield

## 2012 Assessment Days

REF NO.	TITLE	DATE	LOCATION
22-1-12	UKSCA Assessment day	22 Jan	Bisham Abbey
28-1-12	UKSCA Assessment day	28 Jan	Sheffield Hallam University
25-3-12	UKSCA Assessment day	25 Mar	Bisham Abbey
22-4-12	UKSCA Assessment day	22 April	Bisham Abbey
28-4-12	UKSCA Assessment day	28 April	University of Bath, Bath
17-6-12	UKSCA Assessment day	17 Jun	Bisham Abbey
7-7-12	UKSCA Assessment day	7 July	Sheffield Hallam University
8-7-12	UKSCA Assessment day	8 July	Palace of Art, Glasgow
2-9-12	UKSCA Assessment day	2 Sept	Bisham Abbey
23-9-12	UKSCA Assessment day	23 Sept	Bisham Abbey
29-9-12	UKSCA Assessment day	29 Sept	Sheffield Hallam University
13-10-12	UKSCA Assessment day	13 Oct	Active Stirling, Stirling
14-10-12	UKSCA Assessment day	14 Oct	Isle of Man
21-10-12	UKSCA Assessment day	21 Oct	Bisham Abbey
27-10-12	UKSCA Assessment day	27 Oct	University of Ulster, Belfast
9-12-12	UKSCA Assessment day	9 Dec	Bisham Abbey

Places are available on each of the assessment days above for re-sits.  
 Please stipulate on booking, which elements of the assessment day you wish to re-sit.

