

Accredited Member Application Process

Candidates should demonstrate that they meet all criteria outlined in the competency document. They will be required to:

1. **Submit the accredited application form with relevant**
2. **Prepare a case study presentation – see page 2**
 - a. **Book on and attend a UKSCA run assessment day**

For the up-to-date list of assessment days and locations please see the membership section of the website at www.ukzca.org.uk or contact the UKSCA on 0870 116 1566.

Assessment fees

Candidates will be charged £150 for the assessment process. Candidates who are unsuccessful in any part of the above process may be liable for additional re-assessment charges.

The Assessment Day

The assessment day is divided into 4 parts:

- 1) Multiple choice examination
- 2) Presentation of case study and questioning by assessors
- 3) Plyometric / speed & agility practical assessment
- 4) Weight lifting coaching practical assessment

Multiple choice examination

- You are given 60 minutes to answer 50 questions on a variety of subjects
- The subjects covered can be found in the competency document
- The pass mark is 60%

Case Study presentation

- One on one presentation with an assessor
- The assessor will look for you to demonstrate a range of competencies
- See page 2 and cross reference against the competency document for more details

Plyometric / speed & agility assessment

- You will be paired with another candidate and will take turns in the coaching and athlete roles
- The assessor will look for you to demonstrate a range of competencies
- See page 3 and cross reference against the competency document for more details

Weight lifting assessment

- One on one assessment with the assessor
- The assessor will look for you to demonstrate a range of competencies
- See page 4 and cross reference against the competency document for more

Assessment day - candidate guidelines – Case Study – 10+10 minutes

1. You are required to present a case study outlining your delivery of Strength and Conditioning support for an athlete or a team. This should be an oral presentation using one more of the following presentation aids;
 - a. Power Point
 - b. Overhead projector
 - c. Flip Chart

If you choose not to deliver your presentation using any of the above methods then please inform the UKSCA when making your application to attend an Accreditation Workshop.

2. The Case Study must present details for a completed period of support of not less than 3 months.
3. You will be expected to present the Case study to a UKSCA Assessor. You will be given 10 minutes to complete the presentation which will be followed by up to 10 minutes of questioning by the Assessor.
4. The Case Study Presentation should cover, as a minimum, all of the guideline points listed below.

Case Study Presentation Guidelines

1. A needs analysis of the sport and the athlete
 - a. Objective assessment of the athlete or the team and an interpretation of this assessment.
 - b. Evidence of an assessment and an understanding of the sport.
 - c. Evidence of collaboration with a technical coach and other support staff.
2. Programme rationale and programme design
 - a. Present the programme rationale as a justification of the programme design based on the needs analysis.
 - b. Present programme plan for a minimum of 3 months.
 - c. Illustrate how the programme is integrated with the technical aims, technical training programme and the competition schedule.
3. Session examples and content
 - a. Demonstrate how the sessions and the strength and conditioning content fit into the programme plan.
 - b. Present session examples for the appropriate elements of training as they occur within the Case Study from the list below:
 - i. Strength
 - ii. Power
 - iii. Speed
 - iv. Agility
 - v. Endurance
4. Evaluation and monitoring
 - a. Objective measures of progress and an interpretation of these measures.
 - b. Evidence of feedback to the athlete or team.
5. Evidence of underlying scientific principles.

Assessment day - candidate guidelines – Plyometric / Speed & agility section – 20 mins

1. Choose a sport from the video clip list and observe: _____ (1-2mins)
2. Demonstrate / coach a specific warm-up for the sport that you have just observed with particular emphasis on the identification of the movement patterns. (Max. 5 mins. inc. 2-3 mins. preparation)
3. Identify the main movement patterns from the video clip and; (10 mins. inc. questions – 2x5mins.)
Note: these must be two distinct different drills
 - a. Demonstrate / coach a plyometric exercises to assist performance enhancement for the identified movement patterns
 - b. Demonstrate / coach a speed & agility exercises to assist performance enhancement for the identified movement patterns

Plyometrics		Speed & Agility	
<u>Safety</u> Footwear Floor Surface Injury Status		<u>Safety</u> Environment Equipment	
<u>Technique</u> Mechanics Posture / alignment Foot contact Amortisation phase		<u>Technique</u> Mechanics Posture / alignment Movement efficiency	
<u>Prescription</u> Sets & Reps Intensity Fatigue		<u>Prescription</u> Sets & Reps Intensity: Work: rest	
<u>Specificity</u> Movement pattern Muscle groups		<u>Specificity</u> Movement pattern Progression	

Things to consider...

How you would adapt your coaching / demonstration / progressions if you were working with:

- Special population group / children / women
- Limited or different resources
- An athlete who complains of pain

Equipment provided

Speed ladder
 Micro hurdles
 Plyo box; 40-80cm
 Medicine balls; 3 & 5kg
 Cones & tennis ball

Assessment day - candidate guidelines – Weight lifting section – 20 mins

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.

If the candidate cannot demonstrate the full movement (i.e. flexibility restricts the range of movement) they must be able to show knowledge of the requirements of technical points relating to the full lift.

Candidates who are unable to demonstrate the lifts due to injury should notify UKSCA in advance of the day. In the event of a permanent disability preventing the candidate from performing the lift, alternative arrangements for coaching another individual should be made.

The candidate will have available to them:

1. Broomstick
2. Olympic bar
3. Technique discs, collars and range of bumper weights
4. Squat stands or rack