

## UKSCA – Coaching Development Map Level 1 Workshop and Certification – 2 days

### Who?

Level 1 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 Certification focuses on key *practical* coaching skills, giving you the ability to add essential strength and conditioning skills to your current coaching practice.

### How?

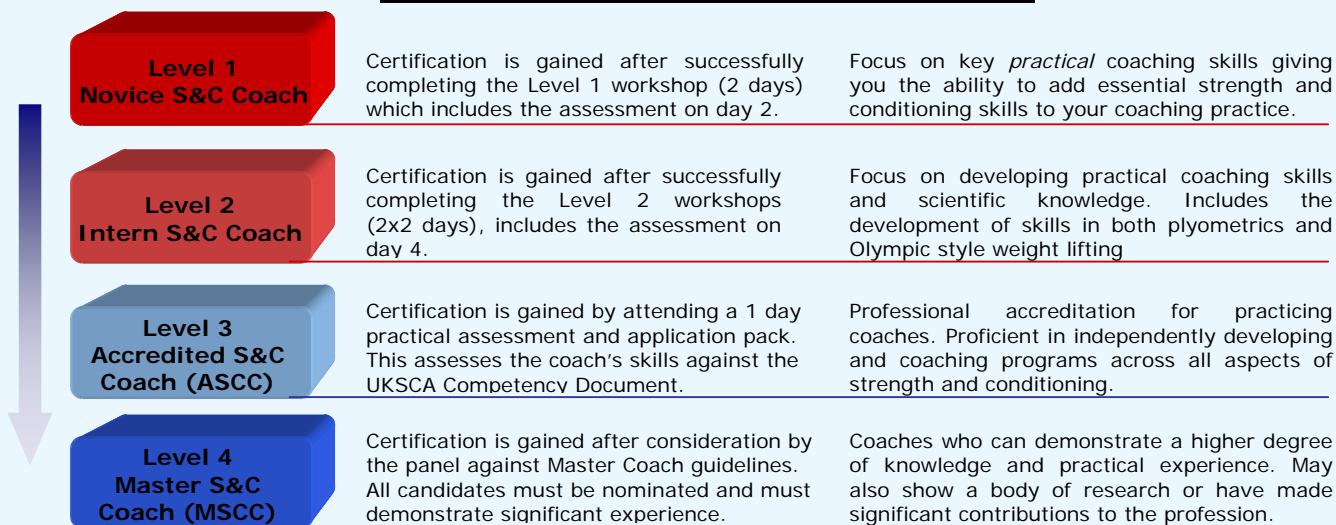
2 day workshop including assessment and certification on the 2<sup>nd</sup> day

#### Level 1 Certified Strength & Conditioning Coaches will be able to:

1. Describe and demonstrate a warm-up session aimed at preparing an athlete for gym based speed, agility or conditioning activities.
2. Identify common errors in posture and movement and apply strategies to correct these.
3. 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.
4. Describe start position, grip, stance, ascent, descent, posture/alignment, breathing, safety, and dropping in relation to the deadlift, clean 1<sup>st</sup> pull, stiff leg deadlift, single leg deadlift variations, power shrug and pull from thigh.
5. Demonstrate practical competence in a range of linear acceleration, sprint and multidirectional movement skills.
6. Demonstrate delivery of key coaching points relating to drills and whole skill completion for strength training, acceleration, speed and multidirectional movement skills.
7. Identify key issues in session design.
8. Plan an appropriate session structure to meet defined session aims in relation to strength, speed, multi-directional movement or conditioning.
9. Demonstrate delivery of key coaching points relating to completion of bodyweight, trunk strength and medicine ball activities
10. Identify basic principles of aerobic and anaerobic conditioning
11. List key components of session structure of steady state, fartlek and interval based conditioning sessions.
12. Identify strengths and areas for improvement in their coaching behaviour.

The above proven competencies should enable a Novice S&C 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.

### UKSCA COACHING DEVELOPMENT MAP



## LEVEL 1 WORKSHOP AND CERTIFICATION BOOKING FORM

### Your details:

<b>Name:</b>		<b>UKSCA Member No:</b>	
<b>Address:</b>			
<b>Email:</b>		<b>Telephone:</b>	
<b>Principle employer:</b>		<b>Position:</b>	

### Dates (please tick your booking)

See website or call the office for the up to date list of weekends

<input type="checkbox"/>	3/4 Oct 09 – University of Ulster, Belfast **FULL	<input type="checkbox"/>	24/25 Oct 09 – Lee Valley, London**FULL
<input type="checkbox"/>	10/11 Oct 09 – EIS, Sheffield**FULL	<input type="checkbox"/>	31 Oct / 1 Nov 09 – Lee Valley, London
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

**\*\*FULL – please contact the office to be placed on the waiting list for this workshop**

### Fees & Payment

£200 for members      £250 for non-members (this includes Associate membership for 1 year)

<input type="checkbox"/>	I enclose a cheque made payable to UKSCA
<input type="checkbox"/>	I enclose an official purchase order along with this booking form
<input type="checkbox"/>	To pay by credit card please see <a href="http://www.ukzca.org.uk">www.ukzca.org.uk</a> or call the office on 0845 300 8078

### Please Return to:

**UKSCA LEVEL 1 BOOKINGS  
1 WOODVILLE TERRACE  
LYTHAM  
FY8 5QB**

### Cancellation/alterations to booking

All cancellations must be made in writing (via letter, fax or email). A cancellation charge will be incurred depending on the notice received:

- 21 days or over – full refund
- Between 6 and 20 days notice – 50% refunded
- 5 days or less – 0% refunded

A full refund of these fees will only be provided in exceptional circumstances. Please contact the office for further information.

### Learning and/or physical disabilities

Please inform the office if any special provision is required to cater for your needs. You should also inform the lead assessor on the day.