

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 enclosed application form with relevant fee to:

UKSCA
1 Woodville Terrace
Lytham
Lancashire
FY8 5QB

2. Prepare a case study presentation – see assessment day guidelines document

3. Attend a UKSCA run assessment day – see assessment day guidelines document

For the up-to-date list of assessment days and locations please see the membership section of the website at www.ukzca.org.uk/membership.html or contact the UKSCA on 0845 300 8078. The assessment day is divided into 4 parts:

- a. Multiple choice examination
- b. Presentation of case study and questioning by assessors
- c. Plyometric / speed & agility practical assessment
- d. Weight lifting coaching practical assessment

Assessment fees

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

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.

Operational Definitions

Strength and conditioning is defined by the UKSCA as:

"the specialist area encompassing the physical preparation of athletes for performance in sport, while aiming to prevent or minimise the risk of injury. It includes processes that result in physical adaptation. Strength work involves all forms of resistance training. Equally the conditioning element can include work on agility, endurance, speed and flexibility and other areas, which can impact on the athlete's performance."

The definition of 'performance-oriented' athletes is taken to include all those who are continually striving to improve their own performances within a competitive environment.

Scope of Practice

Strength and Conditioning is the specialist area encompassing the planning and implementation of physical preparation programmes for performance. It includes processes that result in physical adaptation, integrating fitness components into a programme, which complements other aspects of the performer's development. This includes, though not exclusively, strength, speed, power, endurance, agility and flexibility. Effective programming in strength and conditioning presents the best synergistic combination for optimum development whilst preventing the risk of injury.

So Who's Who?

The Accredited Member Candidate

Must be able to demonstrate competence against each identified outcome required for accreditation by the UKSCA. These competencies will be detailed in the following documentation. It is the candidate member's responsibility to collect the necessary evidence for a judgment to be made about whether or not competence has been demonstrated and/or achieved.

The UKSCA Assessor

Appointed by the UKSCA to make an assessment / evaluation based on the evidence provided by the candidate member. UKSCA assessors have demonstrated competence in the area of strength & conditioning by becoming Accredited Members through this process. They are people currently utilised by governing bodies of sport and/or Institutes of Sport in this capacity. In addition to being strength & conditioning coaches, they have also demonstrated their competence as assessors.

Application form

Personal information	
Full Name	
Address	
Post Code	
Tel (main contact)	
Tel (alternative)	
Principle employer	
Email	
Certificate name (as it appears on any certificates you hold if different from above)	

Further / higher education qualifications		
Institution name	Qualification – major subjects and grades	Date awarded

Coaching qualifications – please submit copies of certificates		
Awarding body	Qualification	Date awarded

Supplementary qualifications / certifications – please submit copies of certificates		
Awarding body	Qualification / certification	Date awarded

Supporting documentation – please also include with this application the following

Two letters of support for your application from appropriately qualified and experienced individuals eg coaches, athletes, physiotherapists, support staff, governing body officials. NB one of these letters of support should endorse your case study for the assessment day

Passport photo

Current First Aid certificate – HSE approved

Copy of normal operating procedure (NOP) that you currently work under

Copy of Emergency Action Plan (EAP) that you currently work under

Application fee - cheque made payable to UKSCA for £150 and return to address on page 1.

Professional referees (at least one should know you in a strength and conditioning capacity). Please note that your referees can (but need not) be the same as those who provide letters of support but they must be willing to be contacted in this capacity. Please ensure we have their contact details below if not on the support letters.

Referee 1

Full Name

Address

Occupation

Tel

Email

Referee 2

Full Name

Address

Occupation

Tel

Email

Declaration

- I have read the UKSCA *Constitution*, and I fully support it and agree to abide by it.
- I certify that all statements given above by me on this form are true and correct to the best of my knowledge. I realise that if my application for accredited member is accepted and it is later found that such information is false or that I have withheld information, I am liable to expulsion from the Association without notice.
- I agree that the UKSCA is not responsible or liable in any way for any injury, illness or other mishap whatsoever and howsoever it may arise which may be suffered by me or any athlete, squad, organisation or other body, unless it arises as a result of a deliberate or wrongful act by the UKSCA.
- I undertake to indemnify the UKSCA against the costs of any actions, suits, causes of action proceedings, demands, costs and expenses whatsoever which may be taken or made against the UKSCA or incurred or become payable by the UKSCA as a consequence of any breach by me of the provision of the Code of Conduct or any negligence or any breach of any other applicable rules or laws.
- I understand that the UKSCA is registered according to Data Protection legislation. I consent to the processing and use of my personal data by the UKSCA for the purposes of operating and maintaining the Association.
- I have no current or pending criminal convictions.

Signed: _____

Date: _____

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