

## UKSCA Assessment Day Candidate Guidelines

In order to become a UKSCA Accredited Strength and Conditioning Coach (ASCC), members are required to demonstrate that they meet all criteria outlined in the UKSCA's Competency Document. In order to do this, they will be required to:

- Book on and attend a UKSCA run assessment day. For the up-to-date list of available assessment days and locations, please see UKSCA's website at [www.ukzca.org.uk](http://www.ukzca.org.uk) or contact the office on 0345 300 8078.
- Submit the Accredited Member Application Form with relevant supporting documentation.

### Assessment fees

Members will be charged £250 for the assessment process. Candidates who are unsuccessful in any part of the above process will be liable for additional re-assessment charges at £75 per element.

### The Assessment Day

The assessment day is divided into 4 elements:

1. Multiple choice examination
2. Case study presentation
3. Weight lifting practical assessment
4. Plyometric/ballistic & speed/agility practical coaching 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 65%

#### 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 of this guide and cross reference against the Competency Document for full 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 3 of this guide and cross reference against the Competency Document for full details

#### PLYOMETRIC/BALLISTIC & 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 4 of this guide and cross reference against the Competency Document for full details

### Learning and/or physical disabilities

The UKSCA is an inclusive organisation. Please inform the office as far in advance and at least 7 days before your assessment, if any special provision is required to cater for your needs. You should also inform the Lead Assessor on the day.

## UKSCA Assessment Day Candidate Guidelines

### Case Study – 20 minute Assessment

1. You will be expected to present the Case study, one-on-one 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. A Quality Assurance/Lead assessor may also be present but he/she is there to observe the assessor, not the candidate.
2. The case study should outline your delivery of Strength and Conditioning support for an athlete. It has to reflect your own work with the athlete (ie not working to someone else's programme) and has to present work that has been done, (ie not planned work/projected results).
3. This should be an oral presentation using appropriate supporting resources (eg MS PowerPoint), which should be submitted in electronic format to the office beforehand. Please note, the version you submit to the office is for administrative purposes and will not be made available to the assessors on the day. You are responsible for bringing a version of your file that can be played on your own, or the assessor's laptop. MS PowerPoint or Adobe pdf are the preferred formats.
4. You are not required to, but may also bring additional documentation/evidence that supports your main presentation eg actual session plans, which can be shown to support any questions the assessor may ask.
5. Appropriate case studies subjects:
  - performance sport/activity
  - recreational sport/activity
  - return to play after injury, including appropriate progressions for performance
4. You should present your case study in a logical, clear structure that should cover, as a minimum, all of the competency points listed below:

#### A NEEDS ANALYSIS OF THE SPORT AND THE ATHLETE

- Evidence of an assessment and an understanding of the sport/activity. This would typically include, but not limited to, a kinesiological, metabolic and injury risk analysis of the sport, a critical review of the established literature relating to the sport/activity and an objective assessment of the competitive level / demands for the athlete.
- Objective assessment of the athlete and an interpretation of this assessment to provide an evaluation of the individual's training status in relation to the demands of the sport, the competitive and training requirements of the athlete.
- Evidence of collaboration with a technical coach and/or other support staff.

#### PROGRAMME RATIONALE AND PROGRAMME DESIGN

- Present the programme rationale as a justification of the programme design based on the needs analysis.
- Present an overview of a macro cycle (or longitudinal training plan) with more specific detail and evidence from a minimum of a 3 month window that has been carried out.
- Illustrate how the programme is integrated with the technical aims, technical training programme and the competition schedule and/or performance outcomes as appropriate.
- Evidence of underlying scientific principles.

#### SESSION EXAMPLES AND CONTENT

- Demonstrate how the sessions and the strength and conditioning content fit into the overall programme plan.
- Present session examples for all the appropriate elements of training as they occur within the case study, which may include; endurance; Speed; Agility; Strength; Power

#### EVALUATION AND MONITORING

- Objective and subjective measures of progress and an interpretation of these measures.
- Evidence of feedback to the athlete, coaches and/or other members of the support team.

## UKSCA Assessment Day Candidate Guidelines

### Weight Lifting – 20 minute Assessment

1. You will present one-on-one to a UKSCA Assessor, who is assessing both your ability to communicate knowledge of the key coaching points of the lifts, as well as your ability to demonstrate to a reasonable level.
2. A Quality Assurance/Lead assessor may also be present, but he/she is there to observe the assessor, not the candidates.
3. The assessment is split into 2, approximately 10 minute sections:
  - 1<sup>st</sup> lift, the compulsory lift – “Full back squat, high bar position”
  - 2<sup>nd</sup> lift, one of the following, randomly chosen – “Clean & Jerk” or “Snatch”
4. You will be given limited opportunity to warm-up and should do so fully before your assessment time. You will then be asked to set up your demonstration for the back squat.
5. You will be expected to verbally detail the technical points of each phase of the lift, accompanied by physical demonstrations showing the postures and positions, consistent with your verbal description.
6. You will then be required to perform 3 silent demonstrations of the full lift, showing the fluency of movement.
7. You will then repeat the above steps for the 2<sup>nd</sup> lift which will be selected at random on the day.
8. During the assessment, the assessor will ask questions for clarification and also to enable you to address any points you may have omitted.
9. A lifting platform, squat stands, barbell, safety clips, technique discs, broomstick or light bar, and a range of discs will be provided. The candidate can set up as they wish, for each lift, from the equipment provided.
10. The assessor is not expecting a perfect demonstration, but a competent reflection of the technical model. If you are unable to demonstrate the lifts due to injury, you are advised to postpone your assessment until you are fit enough to demonstrate fully, your knowledge and ability.
11. If you have a permanent disability that prevents you from performing all phases of the lift, please contact the office (as soon as possible and at least 7 days in advance) with details/evidence and alternative arrangements for your assessment on the day may be made.

## UKSCA Assessment Day Candidate Guidelines

### Plyometrics/ballistic and speed/agility – 20 minute Assessment – page 1

1. You will be expected to prepare and deliver a coaching session to another candidate (20 minutes) and will in turn act as an athlete for their assessment (20 minutes).
2. A Quality Assurance/Lead assessor may also be present, but he/she is there to observe the assessor, not the candidates.
3. The UKSCA Assessor is assessing your application knowledge and coaching skills (not your skills as the athlete), observing your ability to effectively coach throughout the assessment.
4. Assessors are looking for candidates to demonstrate strategies to improve the performance of the athlete in front of them and you will be expected to demonstrate, observe, provide correct technical information and use a questioning and involving style throughout the assessment
5. You will be expected to manage the time of your session but the assessor will provide a time prompt at 10 minutes and will ask questions to clarify your understanding of the activity and progression of the athlete.
6. A selection of standard equipment will be provided such as; speed ladder; micro hurdles; plyo boxes; medicine balls; cones; tennis ball.
7. The 20 minute assessment will be split into 4 sections:

#### PLANNING (~2mins)

- You will be given a scenario and allocated 2 exercises, one plyometric/ballistic and one speed/agility from the range of exercises associated with the scenario.
- You have 2 minutes to plan and set up for this.

#### WARM UP (~4-5mins)

- You should verbally screen for experience and injuries, and then coach the athlete through a dynamic warm up, specific to the scenario and activities that have been assigned.

#### PLYOMETRIC/BALLISTIC EXERCISE (~4-5mins)

- You should carry out an assessment of the athlete's competence in the allocated exercise before selecting appropriate progressions for the athlete's plyometric/ballistic activities. You should coach and enhance the athlete's movement ability showing progression, regression or intensification as required.
- You should be able to identify and differentiate between short and long stretch-shorten-cycle (SSC) activities.

#### SPEED AND AGILITY (~4-5mins)

- You should carry out an assessment of the athlete competence in the allocated exercise before effectively coaching and enhancing the technique being executed.
- You will be expected to be able to progress, regress & intensify the exercise as required.

8. The assessment will conclude with the assessor asking questions on how you have worked with your athlete to achieve the session objective.
9. If, due to injury, you are unable to act as the athlete for another candidate's assessment, please inform the office in good time (at least 7 days) ahead of your assessment so alternative arrangements can be made for their assessment.

## UKSCA Assessment Day Candidate Guidelines

### Plyometrics/ballistic and speed/agility – 20 minute Assessment – page 2

10. Please prepare for all scenarios, you will be allocated one scenario on the day and two exercises. You will be required to coach one of the plyometric/ballistic exercise and one of the speed/agility exercise associated with your allocated scenario.
11. The scenarios are only in place to give you a context in which to visualise the activity. You should warm up for both allocated activities.

Scenario	Warm Up	Plyometric / Ballistic	Speed / Agility
1. You are asked to coach a performer. They and their technical coach would like you to help improve their acceleration and deceleration and ballistic rate of force development.	Deliver an appropriate warm up	<ol style="list-style-type: none"> <li>1. Kneeling medicine ball overhead throw</li> <li>2. Rotating medicine ball slam</li> </ol>	<ol style="list-style-type: none"> <li>1. Linear acceleration, deceleration to a stop</li> </ol>
2. You are coaching a performer whose technical coach would like you to help them improve their transition into acceleration over 5 metres and their jump ability.	Deliver an appropriate warm up	<ol style="list-style-type: none"> <li>1. Alternate leg bounds</li> <li>2. Hurdle jumps</li> </ol>	<ol style="list-style-type: none"> <li>1. Side shuffle to acceleration</li> </ol>
3. You are coaching a performer who requires good acceleration from a variety of start positions. They and their technical coach would like you to help improve their jump ability and their initial acceleration.	Deliver an appropriate warm up	<ol style="list-style-type: none"> <li>1. Box to box jumps</li> <li>2. Counter movement jumps</li> </ol>	Linear acceleration from varied start positions: <ol style="list-style-type: none"> <li>1. Reactive from standing bilateral</li> <li>2. 180 Start</li> </ol>
4. You are coaching a performer. They and their technical coach would like you to help their ability to turn and reaccelerate.	Deliver an appropriate warm up	<ol style="list-style-type: none"> <li>1. Drop landings</li> <li>2. Horizontal jumping</li> </ol>	<ol style="list-style-type: none"> <li>1. 180° turn</li> </ol>
5. You are coaching a performer who needs to address issues in running technique. The technical coach and performer would like you to help improve their maximum running speed.	Deliver an appropriate warm up	<ol style="list-style-type: none"> <li>1. Tuck jumps</li> <li>2. Drop jumps</li> </ol>	Max velocity running drills: <ol style="list-style-type: none"> <li>1. Ankling</li> <li>2. A-skips</li> </ol>
6. You are coaching a performer whose sport requires good change of direction ability. They and their technical coach would like you to help improve their ability to change direction.	Deliver an appropriate warm up	<ol style="list-style-type: none"> <li>1. Split jumps</li> <li>2. Lateral bounding</li> </ol>	<ol style="list-style-type: none"> <li>1. Outside foot Cutting</li> </ol>