

NOTTINGHAM  
TRENT UNIVERSITY



# Strength & Conditioning Coach Development

*Course Prospectus 2010 - 2011*

**Learn and develop career based skills as a professional strength and conditioning coach through a one year accelerated instructor development course.**

**This is a fantastic opportunity for the successful candidates to;**

- Learn and become qualified with the highest regarded qualifications in the health and fitness industry and strength and conditioning industry
- Work alongside and learn from leading UK strength and conditioning professionals, sports physiotherapists, and sports science teams
- Develop technical and practical conditioning skills through working with NTU 1st teams, STARS athletes, TASS athletes, grass root/academy teams and athletes, elite and professional athletes including the British speed skating development squad and national hockey performance squads
- Learn skills to develop and deliver strength and conditioning/educational/practical workshops to coaches, athletes and other instructors
- Enhance your CV and future employability through increased work experience and advanced conditioning certifications.

**The successful candidates will be required to study and pass the following certificated courses:**

**National Academy of Sports Medicine certificates;**

- Certified personal trainer (NASM CPT)
- Performance enhancement specialist (NASM PES)
- Corrective exercise specialist (NASM CES)

**UK Strength and Conditioning Association Accreditation**

(Recognised by TASS and English Institute of Sport and many professional teams)

- UKSCA Olympic lifting workshop (2 Days)
- UKSCA Accredited Strength & Conditioning Coach (ASCC) Assessment

For more information on each of these courses please see the following page.

**Attend a 2 hour weekly workshop**

Application focussed workshops provide each instructor the opportunity to learn and apply new techniques and applications through a gentle mix of academic and practical based situations. These highly interactive and progressive workshops play a vital role in the instructor development process.

## **National Academy of Sports Medicine**

### **Certified Personal Trainer**

A 12 week distance learning course, commencing 19th July 2010. The course contains a two day workshop during August which is followed by an assessment day during September (dates to be confirmed). On completion you will be listed as a qualified NASM instructor and eligible to begin your strength and conditioning application. At this point you will be required to apply for your instructor liability insurance. This is not covered in the course fee.

### **Performance Enhancement Specialist**

A superb 12 week course providing you with in-depth knowledge and skills for the development and application of highly individualised sport specific programmes. On completion of this course you will be recognised as an NASM performance enhancement specialist. Course commences in December and contains a 2 day workshop and final exam in March.



### **Corrective Exercise Specialist**

One of the most advanced workshops currently available in the UK. Learn in-depth assessment and exercise techniques for the application of injury prevention and corrective exercise programmes. On completion of this course you will be recognised as an NASM corrective exercise specialist. This 12 week course commences in March and contains a 2 day workshop and final exam in June.

### **UK Strength and Conditioning Association (UKSCA)**



#### **UKSCA Olympic Lifting Workshop**

Conducted by the UKSCA, this two day workshop will allow you to explore, understand and learn lifting techniques in a host of Olympic lift disciplines.

Not only is this an invaluable learning experience, it will also count toward your continued professional development (CPD).

#### **UKSCA Accredited Strength and Conditioning Coach Assessment**

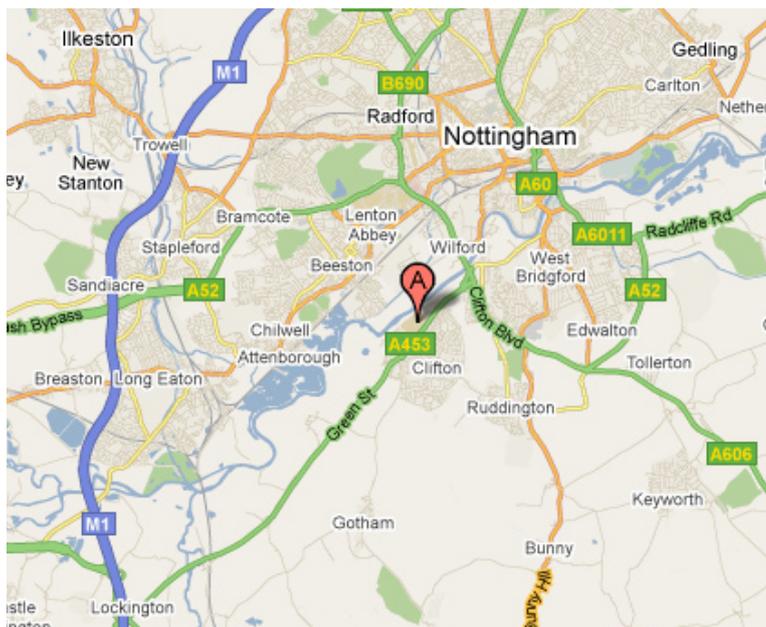
UKSCA – Accredited strength and conditioning coach exams. A one day event held at an institute of sport in the UK. On passing the exams, you will earn accreditation to the UK strength and conditioning association, and become recognised to teach elite pathway athletes in the UK.

## Location

The majority of conditioning and all workshop based learning will be held onsite at Nottingham Trent University, Clifton Campus, Clifton lane, Nottingham, NG11 8NS.

Additional conditioning experience may be made available at the International High Performance Tennis Centre Loughborough.

The venue for the UKSCA workshop and accreditation day is yet to be arranged, but will require travel. Your travel cost and accommodation if required is not covered in the course costs and will be self funded.



## Hours

The course is split into four terms. Term one 20th July to 18th December – Term two 11th January to 26th March – Term three 12th April to 11th June – Term four (distance learning and UKSCA course attendance only). Both UKSCA courses are to be completed by September 2010.

A core of 4 to 6 hrs per week per term is expected. This may be a mixture of early morning, afternoon and late evening conditioning sessions and workshops. Some work may be required for short periods out of term time for course exams, workshops and conditioning sessions.

In addition, there is a host of additional opportunities for work experience within sports conditioning and physiotherapy should you wish to enhance your learning experience further.

## Course Fees

Course fees can be paid, in full, at the start of each term, or in manageable instalments throughout the course duration. Course fees include all workshops , NASM course materials, and exams.

### Term fees:

Term one	£ 981.75
Term two	£ 981.75
Term three	£ 981.75
Term four	£ 981.75

**Total course fees £ 3927.00**

## Clothing

Your training uniform will be supplied, however you will need your own footwear.

## To be eligible for inclusion on the Accelerated Instructor Development course you should:

- Have a REPS Level 3 qualification (the completion of a sports degree by the course start date will qualify you to enter REPS at Level 3)
- Have a basic understanding of sports conditioning
- Have knowledge of anatomy and physiology (minimum A Level in Biology / Sport Science or equivalent)
- Be committed, self motivated and reliable.
- Have the confidence to address/control groups of people
- Have the ability to communicate well with others and work as part of a team
- Be open minded and willing to learn
- Be committed to training and interested in strength and conditioning
- Have experience of competing/engaging in sport activity.



**How to Apply**

**For an informal discussion and further information contact Tim Stevenson at Sport981 on 07983 402 853 or email [timstevenson@sport981.com](mailto:timstevenson@sport981.com)**

**To apply, please email [timstevenson@sport981.com](mailto:timstevenson@sport981.com) an up to date CV with covering letter (describing why you are suitable for the role)**

**Deadline for applications is THURSDAY 24th June 2010**

**Interviews will take place week commencing 28th June 2010**

The successful candidates will be expected to complete a Criminal Records Bureau check.