



RFU Certificates in Coaching Strength and Conditioning

| | Level 1 | Level 2 | Level 3 |
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| Introduction | A vocationally related qualification studying both practical and theoretical aspects of coaching strength and conditioning. The L1CCSC is accredited on the National Qualifications Framework. | A vocationally related qualification studying both practical and theoretical aspects of coaching strength and conditioning. The L2CCSC is accredited on the National Qualifications Framework | a vocationally related qualification studying both practical and theoretical aspects of coaching strength and conditioning. The L3CCSC is accredited on the National Qualifications Framework |
| Qualification Objectives | <p>On successful completion of the L1CCSC, you should be able to:</p> <ul style="list-style-type: none"> • demonstrate an ability to safely organise and supervise strength and conditioning activities, including circuit sessions and warm ups • promote and establish working relationships and high standards of behaviour with players/athletes, coaches, parents and officials in the overall development of strength and conditioning • demonstrate an understanding of: <ul style="list-style-type: none"> - generic coaching skills - resistance training using body weight exercises, dumb bells and medicine balls - dynamic warm ups and basic static stretching exercises - basic speed and agility training - fundamentals of strength training - functions of the human body - long term athlete development - coach and player development - good practice in player/athlete management and coaching - health and safety • demonstrate an ability to identify and adapt strength and conditioning activities and sessions for a variety of different age groups and design circuits using a wide range of exercises | <p>On successful completion of the L2CCSC, candidates should be able to:</p> <ul style="list-style-type: none"> • develop an appreciation of the ethical coaching process, the needs of the player and related issues in sports science • plan, conduct and evaluate a series of strength and conditioning coaching sessions in a systematic and progressive manner • coach the basic skills and techniques of strength and conditioning including the back squat, dead lift and other major multi joint exercises • understand the principles of training and exercise physiology • coach a basic speed and agility session and understand the principles of speed training • understand the principles of endurance training • understand the principles of overload and progression and be able to design programmes accordingly • understand the key movements of the body • promote and establish positive working relationships and high standards of behaviour with – and among – players/athletes, other coaches, parents and officials • ensure the health and safety of players and others within the coaching environment and be able to respond to accidents and emergencies • develop greater responsibility for their own learning and development • promote the sport of strength and conditioning in a positive and constructive manner | <p>On successful completion of the L3CCSC, candidates should be able to:</p> <ul style="list-style-type: none"> • Analyse participants' current and potential performance needs and aspirations, • Plan an annual coaching programme according to agreed goals • Manage a safe and effective coaching environment • Deliver a coaching programme using a range of coaching styles and interventions to meet participants' needs • Monitor and evaluate the effectiveness of coaching programmes to modify future plans and meet participants' needs • Manage and develop personal coaching practice • Coach advanced techniques & concepts of strength and conditioning |

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| Qualification Outline | <p>The course operates either as a two or three day course over two weekends. The course is largely practical based, and you will be given several opportunities to coach and develop your coaching throughout the course.</p> <p>The L1CCSC sits at Level 1 of the National Qualifications Framework. The NOS for Sport & Recreation have been developed by people from the industry with a vast range of knowledge and experience. The standards provide a benchmark of good practice for coaches, teachers and instructors.</p> | <p>The course operates as a four or five day course. The course is primarily practical based, and you will be given several opportunities to coach and develop your coaching throughout the course. There are also home study tasks including the planning, delivery and review of coaching sessions.</p> <p>The L2CCSC contributes to the provision of the underpinning knowledge and understanding of the Level 2 National Occupational Standards (NOS) for Coaching, Teaching and Instructing (CTI) and the breadth of the Technical Definition for Strength and conditioning. The standards provide a benchmark of good practice.</p> | <p>When all five units are delivered and assessed in total, a minimum of 277 notional guided learning hours (NGLHs) are recommended to complete the delivery, the directed candidate activities and internal and independent assessment of the qualification, in the context of coaching strength and conditioning. These hours may be made up of the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> course of training = 64 hours <input type="checkbox"/> home study, directed activities and/or support = 209 hours <input type="checkbox"/> internal and independent assessment = 4 hours. <p>The course consists of 5 – 6 days of on site learning plus, plus one to one tutor learning and assessment in the coach's workplace or coaching environment, plus home study. The course lasts between 9 months and a year. The course has a mixture of practical and classroom based activities.</p> |
| Assessment | <p>Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course. There is also a multiple choice test.</p> | <p>Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course. Candidates should also fulfil the home-study tasks. There is also a multiple choice test and two assessed practical sessions. The candidate has two years from registration to complete the course, but it is strongly recommended that candidates complete all units by the end of the course. In order to receive certification the candidate must hold a current first aid qualification (or equivalent), that includes CPR.</p> | <p>Assessment is competency based allowing you to be continually assessed & receive support & action planning throughout the course. Candidates should also fulfil the home-study tasks. Coaches will also be externally assessed twice in their own coaching environment. Candidates' registration with this qualification is valid for a period of three years from the date of registration/beginning of the learning programme (whichever is the earlier). It is expected that candidates will complete all aspects of the assessment for the qualification, and an application for certification be made, within their period of registration.</p> <p>Prior to certification, candidates are required to hold a current first-aid certificate that includes CPR</p> |
| Prerequisites | <p>Candidates are required to be 16 years of age or over before they can be registered for the qualification.</p> | <p>Candidates are required to be 18 years of age or over before they can be registered for the qualification. Although there are no pre course requirements candidates will benefit from having attended a Level 1 Strength and Conditioning Coaching Course, or having an involvement with the coaching / teaching of basic strength and conditioning and/or possessing a basic physical education or sport science background.</p> | <p>The candidate must be aged 18 years of age or over and hold the 1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport or have a minimum of 12 months' experience in delivering strength and conditioning coaching on a regular basis.</p> |
| Application | <p>Course costs £250 including VAT. Coaches receive a Level 1 Coaching Resource Pack</p> | <p>Course costs £350 including VAT. Coaches receive a Level 2 Coaching Resource Pack.</p> | <p>Course costs £500 including VAT which can be paid in 2 instalments. Coaches receive a Level 3 Coaching Resource Pack</p> |