

Dear Colleague,

UK Coaching Certificate – Level 2 Certificate in Coaching Strength & Conditioning for Sport

As you may be aware the Rugby Football and 1st4sport Qualifications have devised a Strength & Conditioning Qualification that meets the necessary standards to be included on the UK Coaching Certificate qualification structure implemented by UK Sport. Strength & Conditioning Specialists from Oarsome Sport & Fitness Consultants have been accredited to run the qualification here in Scotland. I write to give you information on the course and hope that you may consider sitting the qualification.

1st4sport Qualifications is an awarding body for sport, recognised and regulated by the Qualifications and Curriculum Authority. 1st4sport Qualifications is a brand of Coachwise Ltd, the trading arm of The National Coaching Foundation, known as Sports Coach UK, the UK-registered charity leading the development of coaches and the coaching system in the UK. Any proceeds go directly back to Sports Coach UK, to help them develop and advance sport in the UK.

The level 2 certificate in coaching strength and conditioning for sport is a vocational qualification that provides you with the opportunity to study and be assessed for both the practical and theoretical aspects of coaching strength and conditioning to groups of adults and children in an appropriate environment. The certificate qualifies you to coach the skills and techniques of strength and conditioning for sport, as identified in the practical syllabus, to groups of adults and children. The qualification will achieve Endorsed Training Status by its inclusion on the Register of Exercise Professionals (REPs).

Prerequisites for the course are that candidates be at least 16 years of age and have either some knowledge of strength and conditioning or of coaching in other sports at level 2. Candidates are also required to produce evidence of having undergone training for emergency first aid that includes CPR prior to certification.

The assessment of the qualification includes knowledge tests, tasks relating to strength and conditioning and observation of your practical coaching. The outline of the course will be as follows:

- Unit 1 – Coaching Principles and Ethics in Strength and Conditioning
- Unit 2 – Plan Strength and Conditioning Coaching Sessions
- Unit 3 – Conduct Strength and Conditioning Coaching Sessions
- Unit 4 – Review Strength & Conditioning Coaching Sessions
- Practical Syllabus – Practical Application of Strength Training, SAQ, Dynamic Warm Up and Stretching Methods

If you require further information please do not hesitate to contact me on 07832 330 426 or email: kevin@oarsomefitness.co.uk

Yours truly,

K J Watson

Kevin Watson
S&C Level 2 Accredited Tutor