

L2CCSC

Level 2 Certificate in Coaching Strength and Conditioning for Sport

The L2CCSC is awarded by 1st4sport Qualifications and has been developed in partnership with the Rugby Football Union. The L2CCSC is accredited at Level 2 on the National Qualifications Framework. For further information on the accredited status of the L2CCSC, please log on to the QCA-accredited qualifications website at www.accreditedqualifications.org.uk

Is the L2CCSC for me?

The L2CCSC is a vocationally related qualification designed for adults (at least 16 years of age) that provides candidates with an opportunity to study and be assessed on both the practical and theoretical aspects of coaching strength and conditioning to groups of adults and children in an appropriate environment.

If you are a student in further or higher education studying a sports-related qualification, you might also consider pursuing this vocational qualification as the first rung on the coaching ladder.

If your experience of coaching, or the sport, is limited, you are encouraged to consider studying the 1st4sport Qualifications Level 1 Certificate in Strength and Conditioning (L1CCSC) before applying for the Level 2.

Why should I study the L2CCSC?

- The aim is to develop coaches who can lead basic strength and conditioning sessions to improve sports performance with a broad range of athletes.
- The knowledge gained from this Certificate will enable you to develop an understanding of safe, ethical and effective strength and conditioning coaching.
- It will qualify you to coach the skills and techniques of strength and conditioning, as identified in the Practical Syllabus. This includes the use of free weights to develop sports performance.

What can I use the L2CCSC for?

- Successful candidates are eligible to seek employment in appropriate paid or voluntary strength and conditioning coaching roles. Opportunities may include coaching in club and school environments, or the equivalent.
- Holders of this Certificate may wish to gather further evidence to achieve a Level 2 N/SVQ in Sport and Recreation.

- You can use it as a stepping stone to the 1st4sport Qualifications Level 3 Certificate in Coaching Strength and Conditioning (currently in development).
- You can also use it as part of the development of a credible CV for employment in the sport and recreation industry.

What will I learn?

Your learning programme will develop your understanding of:

- coaching principles and ethics in strength and conditioning
- how to plan strength and conditioning coaching sessions
- how to deliver and evaluate safe and effective strength and conditioning coaching sessions
- how to review your performance as a coach and seek further development opportunities.

How will my learning programme be structured?

The approved centre that delivers the qualification usually designs the learning programme. This may, therefore, vary in length and format. Depending on your needs, centres can offer intensive courses or a series of learning events over a number of days or weekends. Whatever the timescale, all learning programmes should include the following phases:

- An induction to the qualification and your programme of learning and assessment.
- A learning programme which meets your needs, which will be divided into two parts – the main course of training, after which you will be required to practise your coaching and gather evidence prior to part two – the final assessment.
- A programme of assessment, spread throughout the course, culminating in a final assessment of you delivering a coaching session observed by an appropriately qualified assessor.

At the end of the programme, you will be provided with formal feedback on your performance and an action plan for your further development.

What will my assessment involve?

The L2CCSC assessment will require you to:

- produce session plans to support the assessment of performance across the breadth of the sport
- complete a series of tasks that take the form of assignments/project work to cover the breadth of knowledge of the qualification
- answer oral and written questions to illustrate your knowledge and understanding
- coach a session taken from the Practical Syllabus, during which you will be observed

- answer oral questions on aspects of your performance, underpinning knowledge, understanding and application.

Where can I access the qualification?

The qualification is delivered by 1st4sport Qualifications' approved centres, not all of which offer open courses to members of the public. Your first port of call to access a course should be the appropriate national governing body of sport.

How much will the qualification cost me?

Approved centres offering this qualification determine their own fees and they will vary from centre to centre. The fees charged should entitle you to a programme of learning and assessment, registration and certification for the qualification, a 1st4sport Qualifications Candidate Pack and an appropriate learning resource. For further information on the costs of courses, please contact an approved centre.

Opportunities for funding may be available via an approved centre, if you are eligible.

Contact details

For information on where to access a learning programme for the L2CCSC in Scotland, please contact Oarsome Sport & Fitness Consultants on 07832 330 426 or email kevin@oarsomefitness.co.uk.

For more information regarding the framework of the qualification please contact 1st4sport Qualifications via email at enquiries@1st4sportqualifications.com or by calling 0113-290 7610.