



PO Box 71 Beenleigh QLD Australia 4207 | Ph 61 7 38077119 | Fax 61 7 38077445  
info@strengthandconditioning.org | www.strengthandconditioning.org

### ***Why attend an ASCA Strength and Conditioning Coaching Course?***

The Australian Strength and Conditioning Association, is the professional development body for Strength and Conditioning Coaches in Australia, representing over 3000 Accredited Strength and Conditioning Coaches involved in coaching athletes and teams at all levels of participation from educational facilities through to club, Olympic and Professional Sports.

The ASCA has coaching programs registered with the National Coach Accreditation Scheme, which is administered by the Australian Sports Commission, and is recognised internationally as an industry leader via international affiliates across the globe.

The Level 1 ASCA Strength and Conditioning Coaching Course provides participants with the knowledge and skills to understand, apply and design programs including basic training principles and variables to physically prepare beginner level athletes to improve their sports performance.

### ***Learn how to...***

- Combine various training variables for sports performance
- Modify training programs to suit the psychological development of the athlete
- Create a more effective teaching strategy
- Organise, teach, supervise, and provide feedback on basic speed, strength, endurance and flexibility development drills.
- Describe common technical faults and their implications from the Level 1 Strength exercise lift
- Design a basic 2-3 day/week 4-8 week basic periodised program for beginner level athletes using all training modalities
- Employ a range of field tests to assess an athlete's physical capabilities
- Implement injury prevention, management and rehabilitation procedures and apply basic first aid for basic sports injuries
- Manage and implement a recovery program
- Identify and understand the effect of nutrition and commonly used drugs on sports performance.

The ASCA aims to facilitate professional development of persons involved in the physical preparation of an athlete by ***“bridging the gap between sports science and the practical application”***.

### ***Who should register for the Level 1 Course?***

- Strength and Conditioning Coaches for students, clubs and beginner athletes.
- Sports Coaches (all sports)
- Athletes
- Fitness trainers
- Gym instructors
- Physical Educational Teachers
- Year 1 and 2 sports science students and physiotherapy students

### ***Pre requisites:***

There are no pre requisites to attend an ASCA Level 1 course, however all participants must be 16 years of age to attend the training program.

### ***Additional Information:***

The course is 15 hours in duration. The course starts at 9.00am and concludes at 4.30pm each day with course registration open from 8.30am. **Applicants must attend all units over the weekend.**



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### **Practical Activity:**

During the course there will be practical sessions that require active participation. However all active, physical participation is optional and you will not be disadvantaged by not actively participating in any of the exercises. Please inform your lecturer/instructor of your situation and insure that this is noted on your "The Pre-Course Questionnaire" that is sent to you on registration.

### **Course Costs:**

Early Bird Registration (closes 4 weeks prior to the advertised course date)	\$300.00 inc gst
Standard Registrations (within 4 weeks prior to the advertised course date)	\$350.00 inc gst.

**PLEASE NOTE THAT ALL COURSES HAVE LIMITED PLACES SO YOU WILL NEED TO BOOK EARLY TO ENSURE YOUR PLACE IN THE COURSE.**

### **Refund Policy:**

The ASCA refund policy is limited to the following circumstances and time frames only:

Notification of withdrawal in writing 4 weeks prior to course date - **FULL REFUND**

Notification of withdrawal in writing in less than 4 weeks prior to course date – **NO REFUND**

**Request to transfer to another course 4 weeks prior to the advertised course date or no attendance to a course will incur a \$100.00 transfer fee.**

### **Course Assessment Requirements:**

The course assessment for the ASCA Level 1 Strength and Conditioning Coaching Course requires each participant to:

- Attend **all units** covered in the course
- Successfully complete Level 1 Workbook provided
- Post Course – complete **30 hours** of Practical Coaching (10 hours direct involvement – observation of or supervision by an ASCA Accredited Coach of a minimum Level 1 or above, and 20 hours practical coaching in the field of Strength and Conditioning unsupervised)
- Sign and return the ASCA Coaches Code of Ethics Agreement Form.

### **How to Register:**

Registration can be done by the following methods:

Download from the ASCA website and faxed to the ASCA National Office on (07) 38077445; or

Call the ASCA National Office on (07) 38077119 to register by phone (please ensure you have your credit card details ready)

Online Payment Section on the ASCA website

### **What happens once you have registered and made payment:**

Within 5 working days of registration you will receive in the mail the following pre course information:

Confirmation letter providing additional information on what you will need to bring with you to the course Receipt for payment.

Pre-course Questionnaire (please return this to the National Office prior to the course)

If you have not received this information within the 5 working days please contact the National Office to check your registration has been received.

### **Applications for Recognition for Prior Learning for Level 1 ASCA Coaching Course:**

Information in relation to RPL for the Level 1 Course can be found on the ASCA Website.

[www.strengthandconditioning.org](http://www.strengthandconditioning.org).



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## 2009 ASCA Level 1 Registration Form

### PERSONAL DETAILS:

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
(please print details)

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Day Time Contact Phone Number: \_\_\_\_\_ Date Of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

### COURSE DETAILS:

Course Dates: \_\_\_\_/\_\_\_\_/\_\_\_\_ & \_\_\_\_/\_\_\_\_/\_\_\_\_

Course Venue: \_\_\_\_\_

Where Did You Hear About The Course? \_\_\_\_\_

### PAYMENT DETAILS:

CHEQUE  MONEY ORDER  VISA  MASTERCARD

Please note, all payments are to be made in \$AU, the ASCA does not accept Diners or AMEX, registration will not be confirmed until payment has been received

**Please note all credit cards payments incur an additional 2.5% fee**

### CARD DETAILS:

Name On Card: \_\_\_\_\_

Card Number: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Card Expiry Date: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_