



Level 2 ASCA Strength & Conditioning Coaching Course

The Level 2 Strength and Conditioning Coaching Course is an advanced coaching course that provides participants with the knowledge and skill to plan, conduct and design strength and conditioning programs to physically prepare advanced level athletes to improve sports performance across a wide range of sports.

Course content includes:

- Utilising coaching skills & new technologies to enhance sports performance
- Identifying the stages of periodisation & using them to improve physical capabilities of athletes
- Teaching and assessing proper & safe techniques using free weight training equipment
- Principles of injury prevention, rehabilitation & management
- Conducting sport specific recovery sessions to assist in returning physiological markers to normal levels & restoration of psychological traits
- Physical characteristics and training guideline for special populations
- Appropriateness of training for Long Term Athlete Development
- Designing, teaching & assessing strength and conditioning training programs that maximize athlete performance
- Selecting & using a battery of tests, interpreting results and planning training for different sports and athlete levels.
- Nutrition guidelines to enhance performance in sport
- The effects on athletes of commonly used drugs
- Limiting potential liability as a Strength and Conditioning Coach

This course is suitable for graduates from Level 1, intermediate strength & conditioning coaches, post graduates from sports science and related courses, prospective semi professional and professional strength and conditioning specialists at Senior Levels.

Course Assessment Requirements:

- Attend **all units** of the course
- Sign and return the ASCA Coaches Code of Behaviour Form
- Write an Article that is accepted for publication in the Journal of Australian Strength and Conditioning
- Successfully complete the Level 2 Workbook provided
- Complete **60 hours** of practical coaching (20 hours direct involvement – observation of or supervision by an ASCA Accredited Coach of a minimum Level 2 or above, and 40 hours practical coaching in the field of strength and conditioning unsupervised).

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 ensure your presenter/instructor of your situation and ensure that this is noted on your “**Pre Course Questionnaire**” that will be sent to you on registration.

Course Costs:	Early Bird Registration (closes 4 weeks prior to advertised course date)	\$650.00 inc. gst
	Standard Registration (within 4 weeks prior to advertised course date)	\$750.00 inc. gst

Refund and Cancellations: The ASCA Refund policy is limited to the following circumstances and timeframes only:

Notification of withdrawal in writing 4 weeks prior to course date:	FULL REFUND LESS 20% ADMIN FEE.
Notification of withdrawal in writing less than 4 weeks prior to course date:	NO REFUND

Note: Refunds will **not be given** for partial attendance nor will make up lessons be provided. If, for any reason, you do not attend the full 4 days then you will be required to transfer to the next available course and pay the appropriate transfer fee.

Transfer Fee:

Request to transfer to another course **less than 4 weeks** prior to the course or no attendance at the course you are registered for will incur a \$200 transfer fee.

How to Register:

- By Phone: Call (07) 38077119 and have your credit card details ready (Visa or MasterCard only)
- By Fax or Mail: Download Registration form from the ASCA Website and post to PO Box 71, Beenleigh, 4207 or fax to the National Office on (07) 38077445
- Online: Via the **Online** payment section on the ASCA Website

Additional Information: **All participants, whether registering through the online payment system or through the National Office, must complete and return the Level 2 Application Form & provide supporting evidence that they have met the ASCA prerequisites as outlined in the Application Form Below. Registration will not be confirmed until evidence of all pre-requisites have been met.**

Level 2 ASCA Strength & Conditioning Coaching Course - Application Form

Personal Details:

Name	<input type="text"/>	Date of Birth	<input type="text" value="/"/> <input type="text" value="/"/> <input type="text"/>	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address	<input type="text"/>	Phone	<input type="text"/>	
	<input type="text"/>	Mobile	<input type="text"/>	
	Post Code	Home	<input type="text"/>	
Email	<input type="text"/>			
NSCA (ASCA) Coach Registration No:	<input type="text"/>		Current ASCA Level	
<input type="text"/>		<input type="text"/>		

All candidates for Level 2 must meet the following pre-requisites to be accepted into the level 2 ASCA Course

<u>Pre-requisites</u>	<u>Evidence</u>
<ul style="list-style-type: none"> Must hold a current Level 1 ASCA Strength and Conditioning Coach Accreditation 	
<ul style="list-style-type: none"> Must have completed a minimum of 12 months coaching athletes in the field of strength and conditioning at Stage level or above 	
OR	
<ul style="list-style-type: none"> Have completed a minimum of 2 years of a Sports Science/Human Movements Degree 	
<ul style="list-style-type: none"> Provide competencies in understanding and teaching a range of ASCA Strength and Conditioning Coaching Course Level 1 lifts 	

I hereby certify I have met the Level 2 entry requisites as outlined above and have provided evidence to support my application to the ASCA National Office. (Please provide all evidence with application form)

Signed: _____ **Date :** _____

OFFICE USE ONLY

DATE APPLICATION RECEIVED: _____ / _____ / _____
EVIDENCE PROVIDED: _____ **YES / NO**
DATE ACCEPTED INTO COURSE: _____ / _____ / _____

Level 2 ASCA Strength & Conditioning Coaching Course - Registration & Payment Details

Personal Details

Name	<input type="text"/>	Date of Birth	<input type="text" value="/"/> <input type="text" value="/"/> <input type="text" value=""/>	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address	<input type="text"/>	Phone	<input type="text"/>	
	<input type="text"/>	Mobile	<input type="text"/>	
	Post Code	Home	<input type="text"/>	
Email	<input type="text"/>			

Course Details

Course Dates:

Course Venue:

How did you hear about the Course?

Payment Details

My cheque or money order made to "The Australian Strength and Conditioning Association" is enclosed OR charge \$ _____ to my credit card: Visa MasterCard

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Expiry Date	<input type="text" value="/"/>
Cardholder Name			Signature			
<input type="text"/>			<input type="text"/>			

Please note all credit card payments incur an additional 2.5% fee

Privacy Statement

"Information on this form is entered into the National Coaching Accreditation Scheme (NCAS) database of registered coaches maintained by the Australian Sports Commission (ASC) in conjunction with the ASCA. Database information is passed on to relevant state and national sporting organizations and state coaching & officiating centres. Coaches will be sent relevant up-to-date information and may be contacted by the ASCA. Your information will not be used or disclosed except in accordance with the provisions of the Privacy Act 1988"

Risk Waiver

I agree to attend the course to undertake all activities and/or to participate in the course and that I will abide by the rules and conditions of the venue and/or the ASCA, including those in any literature or verbal or written instructions. I authorize in the case of an emergency for the ASCA/ASCA representative, where it is impracticable to communicate with me, to arrange for me, to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport and drugs while I am participating in attendance at the course.

Except for situations in which a claim arises as a result of a negligent act or omission by the ASCA or its employees, servants, volunteers or agents (hereafter the "Released Persons"), I agree to indemnify and keep indemnified the Released Persons from and against all claims whatsoever and whenever brought, prosecuted or made against any of the Released Persons for which the Released Person will or may be or become liable arising from or as a result of my attendance at the course and/or participating in any activity. I also agree to waive, release and discharge all and any claim, right or cause of action against the Released Persons, however arising, whether currently known or arising in the future which I may otherwise have for, or arising out of the loss of my life or injury, damage or loss of any description whatsoever and howsoever caused which I may suffer or sustain in the course of or as a result of my attendance and participation in any activity during the course.

Full Name:	<input type="text"/>
Signature:	<input type="text"/>
Date:	<input type="text"/>