



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

## **Why attend a Level 2 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 club through to 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 in ASIA and New Zealand.

The Level 2 ASCA Strength and Conditioning Coaching Course is an **advanced coaching course** and provides participants with the knowledge and skills 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.

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

- Utilise coaching skills and new coaching technologies to enhance sports performance
- Consider the appropriateness of training for Long Term Athlete Development
- Identify the stages of periodisation and use them to improve physical capabilities of athletes.
- Design, teach and assess strength and conditioning training programs that maximise athlete performance
- Teach and assess proper and safe exercise techniques using free weight training equipment
- Select and utilise a battery of tests, interpret results and plan training for different sports and different levels of athletes.
- Understand the principles of rehabilitation and injury prevention and management and when to refer athletes to an appropriate specialist.
- Understand the importance of nutrition in sport and develop an awareness of nutritional guidelines to enhance performance in sport.
- Understand the effects on athletes of commonly used drugs
- Conduct sport-specific recovery sessions to assist in returning physiological markers to normal levels and restoration of psychological traits.
- Understand the physical characteristics and training guidelines for special populations
- Limit potential liability as a Strength and Conditioning Coach

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 2 Course?**

- Graduates from Level 1
- Intermediate strength and conditioning coaches
- Post graduates from sports science and related courses
- Prospective Semi Professional and Professional Strength and Conditioning Specialists at Senior Levels

### **Pre requisites:**

All participants must fill out a level 2 application form and be 18 years old to attend.

All candidates must have attained a Level 1 ASCA S & C Coach qualifications and provide evidence of a minimum of 12 months coaching athletes in the field of Strength and Conditioning at state level or above. **OR** Must have completed a minimum of two years of a recognized Sports Science Degree/Human Movements Degree and provide evidence of competencies in teaching a range of the Level 1 ASCA Lifts and variations, which are available on application from the national office.

### **Additional Information:**

The course is 30 hours in duration. The course starts at 9.00am and concluding at 4.30pm each day with Course Registration open from 8.30am on day 1



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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)	\$650.00 inc gst
Standard Registrations (within 4 weeks prior to the advertised course date)	\$750.00 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 2 Strength and Conditioning Coaching Course requires each participant to:

- Successfully complete Level 2 Workbook provided
- Attend **all units** covered in the course
- Post Course – complete **60 hours** of Practical Coaching (20 hours direct involvement – observation of or supervision by an ASCA Accredited Coach of a minimum Level 1 or above, and 40 hours practical coaching in the field of Strength and Conditioning unsupervised.
- Sign and return the ASCA Coaches Code of Ethics Agreement Form.
- Write an Article that is accepted for publication in the *ASCA Journal*.

### **How to Register:**

Registration can be done by the following methods:

Download Registration form 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)
- Pre-course resource materials (please take time to read these materials prior to the course as this will assist you during 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.



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## 2009 ASCA Level 2 Registration Form Part 1

### PERSONAL DETAILS:

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

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

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

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

Day Time Contact Phone No: \_\_\_\_\_ Date Of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

### COURSE DETAILS:

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

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

*Information on this form is entered onto the National Coaching Accreditation Scheme (NCAS) database of registered coaches maintained by the Australian Sports Commission (ASC) in conjunction with National Sporting Organisations. Database information is passed on to relevant State and National Sporting Organisations and State Coaching & Officiating Centres. Coaches will be sent relevant up-to-date information and may be contacted by the ASC. Your information will not be used or disclosed except in accordance with the provisions of the Privacy Act 1988".*

### 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 not all credit card payments incur an additional 2.5% fee.**

### CARD DETAILS:

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

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

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

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



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## 2009 LEVEL 2 COURSE REGISTRATION FORM PART 2

Name: \_\_\_\_\_

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

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

E-mail address: \_\_\_\_\_

Day time contact number: \_\_\_\_\_

NCAS Coach Registration No: \_\_\_\_\_ Current ASCA Level \_\_\_\_\_

I have met the Level 2 entry pre-requisites in the following way: (Please provide supporting documentation)

<b><i>Pre-requisite</i></b>	<b><i>Evidence Provided</i></b>
Must hold a current Level 1 ASCA Strength and Conditioning Coach Accreditation; and	
Minimum of 12 months coaching athletes in the field of strength and conditioning at State Level or above	
<b><i>Or</i></b>	
Have <b>completed</b> 2 years of a Sports Science/Human Movements Degree; and	
Evidence of competencies in teaching a range of the Level 1 lifts and variations.	

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Office Use</b> – Date received _____ Date Accepted into Course: _____
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