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## COMPETENCY ASSESSOR REPORT

### LEVEL 2 STRENGTH AND CONDITIONING COACHING COURSE – LIFTS & VARIATIONS

Applicants Name - \_\_\_\_\_

#### Assessment Requirements

- a) Demonstrate an understanding of the technical components of the level 1 & 2 strength and power exercises as follows
- b) Demonstrate the ability to teach the lifts to beginner and intermediate level athletes.

#### ASCA LEVEL 1 BASIC STRENGTH AND POWER EXERCISE:

Movement/Action	Primary Barbell	Associated Barbell	DB Assisted	Isolation	Competent	Not yet Competent
Upper Body Pushing	Bench Press	Incline/decline press Narrow/close grip	DB bench press (all angles)	DB flies*		
	Bar Dips	Bench dips	DB Tricep ext*	Tri push/ext*		
	Military Press	Bench b neck	DB press*	DB raises*		
Upper Body Pulling	Chin/pull/up	Pulldown/ups*	DB pullovers*	Bicep curl*		
	Bent rows	Seated rows	DB rows*	1-arm*		
	High pull	Upright row	DB upright	1-arm*		
Lower body pushing	Back squat	Front Squat	DB squats	1-leg squats		
	Lunge* (all angles)	Split squat	DB lunge	Leg ext. Leg Press		
Lower body pulling	Deadlift	Romanian deads Good mornings	DB stiff-leg	Back/rev.ext* Leg curl/bridge		
	<b>Upper Flexion</b>	<b>Lower Flexion</b>	<b>Twisting</b>	<b>Stability*</b>		
Torso/abdominal	Crunch Situp	Rev.crunch Knee-up	Diag.Rev.Crunch Diag. Knee-up/sit-up Wood chop	Side hover		

Basic Power Exercises					
	Primary	Variations	Associated	Competent	Not yet competent
Upper Body Pushing	Bench throw (smith machine)	Clap pushups Medicine ball throws	1-arm throws		
Lower Body Leg Push	Jump squat (free or Smith)	Alternating leg jump squats	All jumping/bounding Plyometric exercises		
Whole body Pull	Power clean from hang	Power shrug/top pull	Basic Olympic lift variations		
Whole body Push	Push press	Split leg push press	DB push press		

\*Denotes all variations in angle or performance.

## LEVEL 2 LIFTS

					Competent	Not yet competent
Power Clean from Floor and Variations						
Power Snatch from Hang, Floor and Variations						
Split Jerk and Variations						
Power jerk and Variations						

Name of Assessor - \_\_\_\_\_ Date of Assessment - \_\_\_\_\_

Position - \_\_\_\_\_ Contact Number - \_\_\_\_\_

NCAS Registration No.- \_\_\_\_\_ Level of Accreditation - \_\_\_\_\_

Signature - \_\_\_\_\_

Please return this form to the ASCA National Office at - PO Box 71, Beenleigh, QLD, Australia, 4207