Ensuring excellence in strength and conditioning.

LEVEL 2 STRENGTH AND CONDITIONING COACH ACCREDITATION

RECOGNITION OF PRIOR LEARNING (RPL)

INFORMATION & APPLICATION

www.strengthandconditioning.org
ABOUT THE ASCA

The Australian Strength and Conditioning Association (ASCA) is an incorporated non-profit organisation and is the peak national body for strength and conditioning (S&C) professionals in Australia. As the peak industry body, the ASCA aims to ensure and enhance quality-assured strength and conditioning coaches.

The ASCA provides a variety of coaching programs for all levels of coaches – these programs are registered with the National Coaching Accreditation Scheme (NCAS), which is administered by Sport Australia (SA). These accredited programs identify individuals who possess the knowledge and skill to design, implement and review safe and effective S&C training programs for individual and team sport athletes. In addition to this the ASCA provides high-level professional support, development and research opportunities while continuing to enhance education for S&C Coaches.

Vision | Ensuring excellence in strength and conditioning.

ABOUT RECOGNITION OF PRIOR LEARNING (RPL)

Recognition of Prior Learning (RPL) is an assessment pathway used to recognise the skills, knowledge and experience gained through work experience, life experience, training courses and work-based training. This is assessed against the criteria and evidence requirements of one or more units of competency. RPL provides applicants the option to gain accreditation without having to attend and complete the requirements of the standard ASCA Level 2 S&C Coach Accreditation Course.

THE ACCREDITED ASCA LEVEL 2 S&C COACH

The Accredited ASCA Level 2 S&C Coach is an advanced coach who possess the knowledge and skill to plan, conduct and designed S&C programs to physically prepare advanced level athletes to improve performance across a wide range of sports.

ASCA LEVEL 2 RPL OPTIONS

The ASCA Level 2 S&C Coach Accreditation has the option for complete RPL only, partial RPL is not applicable. Applicants are required to meet the criteria and provide evidence relating to each. Full details are within this document.

APPLYING FOR RPL

Applicants are required to read and complete the required fields in the following information and provide evidence relating to each criterion in the form of education and training, work related experiences and life experience.

Upon completion of the requirements, the applicant is required to forward their completed RPL application and supporting evidence to the ASCA National Office. Applications can be submitted either via email or post.

info@strengthandconditioning.org
+61 7 55026911
ASCA
PO Box 3586
Helensvale Town Centre
QLD 4212
www.strengthandconditioning.org
Section 1 – APPLICANT’S DETAILS

First Name
Surname
Email
Phone (h) (m)
Address
Post Code
Club or Company Affiliation
Position Title
Male ☐ Female ☐ Do not wish to specify ☐ Date of Birth / /

Section 2 – ASCA MEMBERSHIP

Are you a current ASCA Member?
Yes (skip to section 3) ☐ No (complete this section) ☐

New Member
Renewing Member
New Individual Member $120.00 Renewing Individual Member $100.00
New Student Member $85.00 Renewing Student Member $75.00
New International Member $60.00 Renewing International Member $125.00

Section 3 - DECLARATION

I declare that the evidence I have provided is a true and accurate record of my work and life experiences.

Full Name
Signature
Date

Section 4 - FEES & PAYMENT DETAILS

Upon receipt of this application the information will be forwarded to the ASCA review committee who will examine the application and evidence provided. Payment of all fees is required to complete the RPL application.

Application Fee = $55.00 + Any applicable membership fee.
(processing of application only, charged regardless of application outcome)

Registration Fee = $600.00
(to be paid upon successful application. Applicant will be notified prior to processing)

All payments are to be made in $AU and are inclusive of GST. The ASCA does not accept Diners Card. Applications will not be processed without payment. All payments made by credit card incur a 2.0% processing fee.

Cheque/ Money Order ☐ AMEX ☐ MasterCard ☐ Visa ☐
Card Number
Card Expiry Date ☐ CCV
Name on card

Please charge my credit card the above outlined fees, signed

ASCA Privacy Statement – Information on this form is entered into the Australian Strength and Conditioning Association (ASCA) database of registered members. Database information is not passed on to any third party unless permission is granted by the applicant. Coaches will be sent relevant up-to-date information and may be contacted by the ASCA, unless the ASCA is otherwise notified by the applicant.

Please forward your application and all supporting documentation to:
PO Box 3586, Helensvale Town Centre, QLD, 4212
info@strengthandconditioning.org
Section 5 - APPLICATION REQUIREMENTS CHECKLIST

IMPORTANT

- Provide evidence relating to each criterion. A CV is **not** considered as evidence.
- Applications without supporting documentation will be rejected.

Check and provide evidence for each criterion in the form of education and training, work related experiences and life experience. Examples of evidence include copies of the programs used during your experience as a coach, letters from employers and copies of degree transcripts etc.

Upon receipt of this application the information will be forwarded to the ASCA review committee who will examine the application and evidence provided.

Successful applicants:

- will be required to complete the ASCA Level 2 Quizzes. (link provided once approved to proceed)
- may be required to complete additional assessment at the review committee’s request to ensure the stringent competency requirements of the ASCA are met.

**ESSENTIAL REQUIREMENTS** (check off to advise you have completed and provided evidence)

- Be a current or become an ASCA Member. Non-members must complete membership. (section 2)
- Complete a Sports Science or Human Movement Degree.
- Complete a minimum of three (3) years full time or five (5) years part time as a S&C coach, coaching National Level athletes or above (e.g. AFL, NRL, State Academies and Institutes, etc.)
- Have a current Accredited ASCA Level 2 S&C Coach verify competencies in relation to the ASCA Level 2 lifts. (section 6)
- Provide copies of programs/training plans.

At a minimum please provide:

- Detail and explain an example of your overall yearly (seasonal) training plan for S&C. (Name your sport and level of athlete and be realistic).
- Detail and explain an example of your training plan for a 1-month period. (Use any month from the above yearly plan).
- Detail and explain a generalized 2-month or 3-month plan for strength training during the preparation period for this athlete/sport (i.e. what type of periodization strategy do you favour, or do you intend not to periodize).
- Detail and explain a week training plan for speed training and strength training during the preparation period for this athlete/sport.
- Detail and explain a generalised month plan for speed training and ESE training during the preparation period for this athlete/sport.
- Detail and explain a week training plan for aerobic ESE training and anaerobic ESE training during the preparation period for this athlete/sport.
- Have had at least 1 article accepted for publication in the Journal of Australian Strength and Conditioning (JASC) or advise if you’ve submitted an article that is still in the review process.

- Complete and sign the ASCA Consent and Coaches Code of Behaviour Form. (section 7)
- Provide evidence of completion and pass of ASADA’s Level 1 Anti-Doping Course available online http://elearning.asada.gov.au
- Completed the National Integrity of Sport Unit “Keep Australian Sport Honest” e-Learning Module available online http://elearning.sport.gov.au/

**NON-ESSENTIAL REQUIREMENT**

Have you been involved with or contributed to the ASCA (lecturing, articles, conferences etc.? (Y/N)

If yes please outline:
Section 6 - ASCA LEVEL 2 S&C COACH ACCREDITATION EXERCISE ASSESSMENT FOR RPL

It is a requirement that ASCA Level 2 RPL applicants have a current Accredited ASCA Level 2 S&C Coach verify competencies in relation to the ASCA Level 2 lifts. Find information regarding this and the form to complete below.

The Assessor’s Role in the Assessment Process

The ASCA would like to thank coaches who accept the role of assessor for ASCA Level 2 Coach RPL candidates. Accredited ASCA S&C Coaches who agree to be involved in the assessment of applicants agree to make an accurate assessment on the competencies of the candidate in order to maintain the high standard of the ASCA’s Accreditation.

The Role of the Assessor:

The role of an ASCA Assessor is to compare the candidate’s competency against the performance criteria (either competent or not yet competent) and make a judgment about whether they have met the required standards in demonstrating and understanding the technical components of the ASCA Level 2 Strength and Conditioning exercises and that they can demonstrate the ability to coach the exercises to the appropriate level athlete.

Face-to-face assessment is preferred as the most accurate form of evidence. It is obtained when an assessor observes the candidate’s actual performance in a “real” setting (e.g. performing or teaching the lifts, etc.).

It is imperative that the assessor:

- always compares the assessment task directly with the performance criteria being measured. (i.e. teaching/demonstrating/technical components)
- always documents reasons for making an assessment decision and provide this as feedback to the candidate.
- makes a decision based on the performance and if the candidate is deemed ‘not yet competent’ detail this in the feedback to the candidate and the ASCA.

The ASCA asks that assessors follow the appropriate assessment protocol to ensure that the candidate is competent in all areas of the assessment tasks.

Assessor Qualifications

Assessors must be a current member of the ASCA and hold a current ASCA Level 2 Strength and Conditioning Coach Accreditation.

A list of coaches can be found on the ASCA Website under “Mentor Coaches”.
ASCA LEVEL 2 S&C COACH ACCREDITATION EXERCISE ASSESSMENT FOR RPL

Full Name of Participant

Assessment requirements for the ASCA L2 S&C Exercises, application should be able to:

a) Demonstrate an understanding of the technical components of the ASCA Level 1 & 2 strength and power exercises as follows.

b) Demonstrate the ability to teach the lifts to beginner and intermediate level athletes.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Competent (assessor to tick)</th>
<th>Not yet competent (assessor to tick)</th>
<th>Assessor’s comments</th>
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<tbody>
<tr>
<td>Front Squat</td>
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<td>Back Squat</td>
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<td>Dead Lift</td>
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<td>Bench Press</td>
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<td>Push Press</td>
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<tr>
<td>Power Clean from Hang</td>
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<td>Chin Up</td>
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<tr>
<td>Power Clean from floor + variations</td>
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<td>Power Snatch from floor + variations</td>
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<tr>
<td>Split Jerk + variations</td>
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<tr>
<td>Power Jerk + variations</td>
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Participants should be able to coach variations and progressions of all the above exercises.

ASSESSOR’S DETAILS

Assessor Qualifications

Assessors must be a current member of the ASCA and hold a current ASCA Level 2 S&C Coach Accreditation. A list of coaches can be found on the ASCA Website under “Mentor Coaches”.

Full Name

Position Title

Email Address

Mobile Ph

Home Ph

NCAS No.

Level of Accreditation

Signature

Date
### Section 7 – ASCA CONSENT & COACH’S CODE OF BEHAVIOUR AGREEMENT FORM

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The ASCA endorses the Sport Australia’s Code of Behaviour that provides guiding principles that reflect and upload fairness, respect, responsibility and safety that lead to appropriate behaviour regardless of a person’s involvement in sport as outlined below:

- Operate within the rules and spirit of your sport, promoting fair play over winning at any cost.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Support opportunities for participation in all aspects of the sport.
- Treat each person as an individual.
- Display control and courtesy to all involved with sport.
- Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
- Respect the decision of officials, coaches and administrators in the conduct of sport.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity.
  (When in a supervisory capacity or where power imbalance will exist) with people under the age of 18 years.
- Adopt appropriate and responsible behaviour in all interactions.
- Adopt responsible behaviour to alcohol and other drugs.
- Act with integrity and objectivity and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment free environment.
- Do not tolerate harmful or abusive behaviours.
- Place the safety and welfare of the athlete above all else.
- Help each person (athlete) reach their potential – respect the talent, development stage and goals of each person and compliment and encourage with positive and supportive feedback.
- Any physical contact with a person should be appropriate to the situation and necessary for the person’s skill development.
- Be honest and do not allow your qualifications to be misrepresented.
To - The Australian Strength and Conditioning Association Inc.

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<tr>
<th>I am seeking (please select one):</th>
<th>Registration</th>
<th>Re-registration</th>
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For the following Accreditation – Strength and Conditioning (Sport) Level (please select one):

<table>
<thead>
<tr>
<th>Accreditation</th>
<th>Level 0</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
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<tbody>
<tr>
<td>ASCA Accreditation</td>
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<td>✔️</td>
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<td>ASCA and NCAS Accreditation</td>
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I agree to the following terms:

1. I agree to abide by the Australian Strength and Conditioning Associations Code of Behaviour (outlined above).
2. I acknowledge that the ASCA may take disciplinary action against me, if I breach (or allegedly breach) the ASCA Member’s Code of Ethics (Gov. Policy No. 9), the ASCA Consent and Coaches Code of Behaviour, the ASCA Constitution or any other applicable ASCA governing document which the ASCA may implement or amend from time to time. I agree to be bound by and submit to the disciplinary procedures in accordance with the ASCA Disciplinary Procedure Regulation, including any disciplinary action taken against me.
3. I acknowledge that disciplinary action against me may include de-registration from the National Coaching Accreditation Scheme.

Please refer to the Harassment Free Sport Guidelines available from the Australian Sports Commission if you require more information on harassment issues.

**ASCA Consent Form**

The World Anti-Doping Agency is responsible for the review and development of the World Anti-Doping Code (The Code). The Code in turn informs ASADA’s anti-doping programs, including the National Anti-Doping Scheme (NAD Scheme).

The ASCA welcomes the changes to The Code. To enhance the integrity of Strength and Conditioning Coaches all coaches are now required to be compliant with Article 2.10 of The Code by signing this Consent Form and Coaches Code of Behaviour Form and returning to the ASCA.

_I have not at any time engaged in Prohibited Association as prescribed under Article 2.10 of the World Anti-Doping Authority (WADA) Code with amendments (in effect from 1 April 2018), meaning association in a professional or sport-related capacity with any Athlete Support Personnel who:_

   a) is serving a period of Ineligibility; or  
   b) has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping rules; or  
   c) is serving as a front or intermediary for an individual described in (a) or (b) above.

The 2015 WADA Code with amendments can be downloaded from the following link from the ASCA website:

[http://www.strengthandconditioning.org/component/content/article/9-uncategorised/927-useful-links](http://www.strengthandconditioning.org/component/content/article/9-uncategorised/927-useful-links)

<table>
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<th>Full Name</th>
<th>Signature</th>
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