



## ACCELERATED INSTRUCTOR DEVELOPMENT COURSE (IDC)



**Learn and develop career based skills as a professional strength and conditioning coach through a one year accelerated instructor development course with applied conditioning experience.**

This is a fantastic opportunity for the successful candidates to;

- Learn and become qualified with the highest regarded qualifications in the health and fitness industry and strength and conditioning industry
- Work alongside and learn from leading UK strength and conditioning professionals, sports physiotherapists, and sports science teams
- Develop technical and practical conditioning skills through working with grass root/academy teams to elite and professional athletes.
- Learn skills to develop and deliver strength and conditioning/educational/practical workshops to coaches, athletes and other instructors
- Enhance your CV and future employability through increased work experience and advanced conditioning certifications.

### THE COURSE

The successful candidates will be required to study and pass the following certificated courses



National Academy of Sports Medicine

Certified Personal Trainer (NASM CPT)

CERT:



CPD/CEU:



Performance Enhancement Specialist (NASM PES)

CPD/CEU:



Corrective Exercise Specialist (NASM CES)

CPD/CEU:



### UK Strength and Conditioning Association Accreditation

UKSCA Olympic lifting workshop (2 Days)

UKSCA Accredited Strength & Conditioning Coach (ASCC) Assessment

(Recognised by TASS and English Institute of Sport and many professional teams)

#### Attend a 2 hour weekly workshop

Application focussed workshops provide each instructor the opportunity to learn and apply new techniques and applications through a gentle mix of academic and practical based situations. These highly interactive and progressive workshops play a vital role in the instructor development process.

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## COURSE ENTRY REQUIREMENTS

- A REPs Level 3 or higher credential  
or

### A degree in one of the below related fields

- |                     |                       |                      |
|---------------------|-----------------------|----------------------|
| ● Athletic training | ● Ergonomics Exercise | ● Nutrition          |
| ● Biology           | ● physiology          | ● Physical education |
| ● Biomechanics      | ● Exercise science    | ● Physical therapy   |
| ● Chiropractic      | ● Health science      | ● Sport science      |
| ● Community health  | ● Kinesiology         |                      |



## HOURS

A core of 4 to 6 hrs per week is expected. This may be a mixture of early morning, afternoon and late evening conditioning sessions and workshops. Some work will be required for short periods out of supervised application time for course exams, workshops and conditioning sessions.

## COURSE FEES

Course fees can be paid, in full, at the start of each term, or in manageable instalments throughout the course duration. Course fees include all workshops, NASM course materials, and exams.

Total course fees £ 3927.00

**“**  
The IDC Course was a great experience. Its provided me with the knowledge, experience and confidence that has launched me straight into a career as a professional Strength and Conditioning Coach.  
**”**

To all at sport981,  
Thank you.

**Chris Lorkin BSc CPT PES CES ASCC**  
IDC Graduate  
Norwich FC



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**FOR FURTHER DETAILS ON OUR INSTRUCTOR DEVELOPMENT COURSE PLEASE CONTACT THE SPORT981 TEAM OR LOOK OUT FOR A PROSPECTUS**

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