

NOTTINGHAM
TRENT UNIVERSITY



Strength & Conditioning Coach Internship with Education Support

Course Prospectus 2011 - 2012

Learn and develop career based skills as a professional strength and conditioning coach through a one year internship with education support at Nottingham Trent University (NTU).

This is a fantastic opportunity for the successful candidates to;

- Work alongside and learn from leading UK strength and conditioning professionals, sports physiotherapists, and coaches.
- Develop technical and practical conditioning skills through working with NTU 1st teams, STARS athletes, TASS athletes, grass root/academy teams and athletes, elite and professional athletes including the national hockey performance squads
- Learn and become qualified with the highest regarded qualifications in the health and fitness industry and strength and conditioning industry
- Learn skills to develop and deliver strength and conditioning/educational/practical workshops to coaches, athletes and other instructors
- Develop your physical and technical application by training in NTU's purpose built High Performance Centre. A facility dedicated purely to athlete development.
- Enhance your CV and future employability through increased work experience and advanced conditioning certifications.

In addition to practical application with athletes, the successful candidates will also be required to attend, study and pass the following leading UK certificated courses and mentor lead workshops, enhancing knowledge, practical application, expertise and skill sets further:

National Academy of Sports Medicine certificates;

- Certified personal trainer (NASM CPT)
- Performance enhancement specialist (NASM PES)
- Corrective exercise specialist (NASM CES)

UK Strength and Conditioning Association Accreditation

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

- UKSCA Olympic lifting workshop (2 Days)
- UKSCA Accredited Strength & Conditioning Coach (ASCC) Assessment

For more information on each of these courses please see the following page.

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.

National Academy of Sports Medicine

Certified Personal Trainer

A 12 week distance learning course, commencing 19th September 2011. The course contains a two day workshop during October which is followed by an assessment day during December (dates to be confirmed). On completion you will be listed as a qualified NASM instructor and eligible to begin your strength and conditioning application. At this point you will be required to apply for your instructor liability insurance. This is not covered in the course fee.

Performance Enhancement Specialist

A superb 12 week course providing you with in-depth knowledge and skills for the development and application of highly individualised sport specific programmes. On completion of this course you will be recognised as an NASM performance enhancement specialist. Course commences in December and contains a 2 day workshop and final exam in March.



Corrective Exercise Specialist

One of the most advanced workshops currently available in the UK. Learn in-depth assessment and exercise techniques for the application of injury prevention and corrective exercise programmes. On completion of this course you will be recognised as an NASM corrective exercise specialist. This 12 week course commences in March and contains a 2 day workshop and final exam in June.

UK Strength and Conditioning Association (UKSCA)



UKSCA Olympic Lifting Workshop

Conducted by the UKSCA, this two day workshop will allow you to explore, understand and learn lifting techniques in a host of Olympic lift disciplines.

Not only is this an invaluable learning experience, it will also count toward your continued professional development (CPD).

UKSCA Accredited Strength and Conditioning Coach Assessment

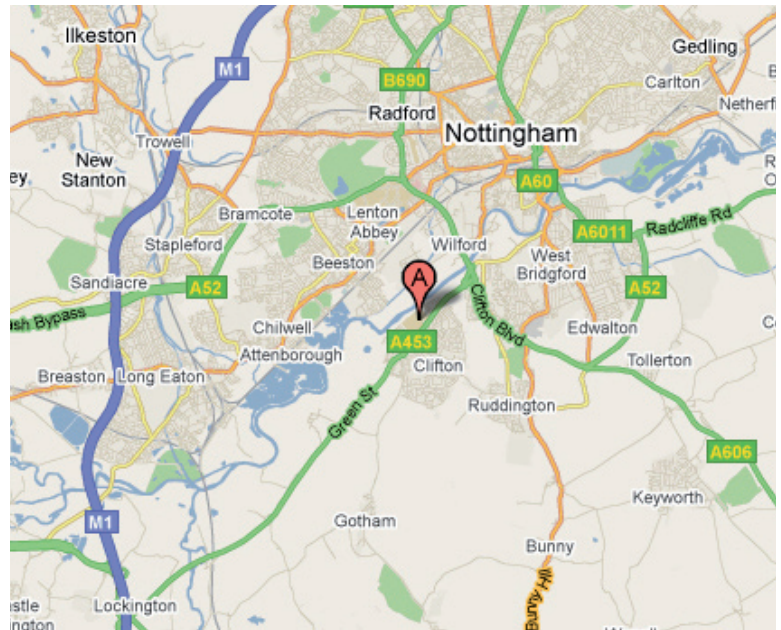
UKSCA – Accredited strength and conditioning coach exams. A one day event held at an institute of sport in the UK. On passing the exams, you will earn accreditation to the UK strength and conditioning association, and become recognised to teach elite pathway athletes in the UK.

Location

The majority of conditioning and all workshop based learning will be held onsite at Nottingham Trent University, Clifton Campus, Clifton lane, Nottingham, NG11 8NS.

Additional conditioning experience may be made available at the International High Performance Tennis Centre Loughborough.

The venue for the UKSCA workshop and accreditation day is yet to be arranged, but will require travel. Your travel cost and accommodation if required is not covered in the course costs and will be self funded.



Hours

The internship is split into four terms. Term one 19th September to 9th December – Term two 9th January to 23rd March – Term three 11th April to 8th June – Term four (distance learning and UKSCA course attendance only). Both UKSCA courses are to be completed by October 2012.

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

In addition, there is a host of additional opportunities for work experience within sports conditioning and physiotherapy should you wish to enhance your learning experience further.

Education Fees

Education support fees can be paid in full, or in manageable instalments at the start of each term as follows. Fees include all workshops , NASM course materials, ukscA courses and all exams.

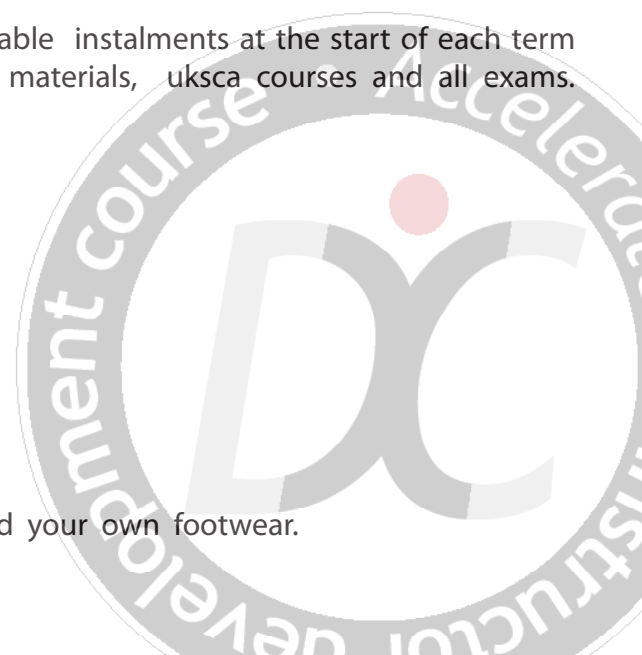
Term fees:

Term one	£ 999.99
Term two	£ 999.99
Term three	£ 999.99
Term four	£ 999.99

Total fees £ 3999.96

Clothing

Your training uniform will be supplied, however you will need your own footwear.



To be eligible for inclusion on the Accelerated Instructor Development course you should:

- Hold a degree in a sports related field **OR** Hold a minimum of a REPS Level 3 fitness instructor qualification
- Have a basic understanding of sports conditioning
- Have knowledge of anatomy and physiology
- Be committed, self motivated and reliable.
- Have the confidence to address/control groups of people
- Have the ability to communicate well with others and work as part of a team
- Be open minded and willing to learn
- Be committed to training and interested in strength and conditioning
- Have experience of competing/engaging in sport activity.



For an informal discussion and further information contact sport981 on 0115 8599139 or email pamwatson@sport981.com

TO APPLY:- Please email Pamwatson@sport981.com an up to date CV with covering letter (describing why you are suitable for the role)

Deadline for applications is WEDNESDAY 31st AUGUST 2011

Interviews will take place week commencing 5th September 2011

Important Information:-

- Enrolment onto the instructor development internship would assume all work experience related activities are voluntary and non paid.
- The successful candidates will be expected to complete a Criminal Records Bureau check.