



Strength & Conditioning Coach Internship with Education Support

Prospectus 2011 - 2012

Official Partners



Learn and develop career based skills as a professional strength and conditioning coach through a one year Internship with education support at Sheffield Eagles RLFC.

This is a fantastic opportunity for the successful candidates to;

- Work alongside and learn from leading UK strength and conditioning professionals and Eagles team coaches at the Don Valley training ground Sheffield
- Enhance your understanding of how maturation affects training developments and long term athletic development of academy players.
- Appreciate the technical/physical cross over of match based scenarios and skill acquisition in this highly demanding sport to enhance your ability to assess, programme and implement affective long term changes.
- Understand and practice the art of coaching by challenging yourself to implement exercise strategies by working with academy, reserve and senior squad players.
- 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
- Enhance your CV and improve future employability

In addition to pure practical application the successful candidates will be required to attend, study and pass the following core education and mentored workshops which are key for development:

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 focused workshops provide each instructor the opportunity to learn and apply new techniques and applications through a 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. Course learning is expected to commence 3rd October ready for preseason start November through self study using course materials provided. The course contains a two day workshop outlined to be delivered during early November which is followed by an assessment day during December (dates to be confirmed). On completion you will be listed as a qualified NASM instructor allowing enhanced strength and conditioning application roles within the squads. 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 February and contains a 2 day workshop and final exam in April.



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 May and contains a 2 day workshop and final exam in July.

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

Your applied conditioning will be based onsite at:
Sheffield Eagles RLFC
Don Valley Stadium
Worksop Road
SHEFFIELD
S9 3TL

A number of workshops will be held at:
Centre for Sport and Exercise Science
Sheffield Hallam University
Collegiate Campus
Sheffield
S10 2BP

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 26th 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 minimum of 4 to 6 hrs per week per term is expected. This may be a mixture of morning, afternoon and early evening conditioning sessions monday through to saturday, in addition to 3 weekend workshops.

To enhance learning and maximise the application of course text it is assumed all candidates will apply additional time to distance learning/self study periods outside of scheduled workshop and delivery time.

Due to the continual physical preparation required in professional sports development, it is very likely that you will be required between term times for continued applied conditioning with both the senior and academy squads.

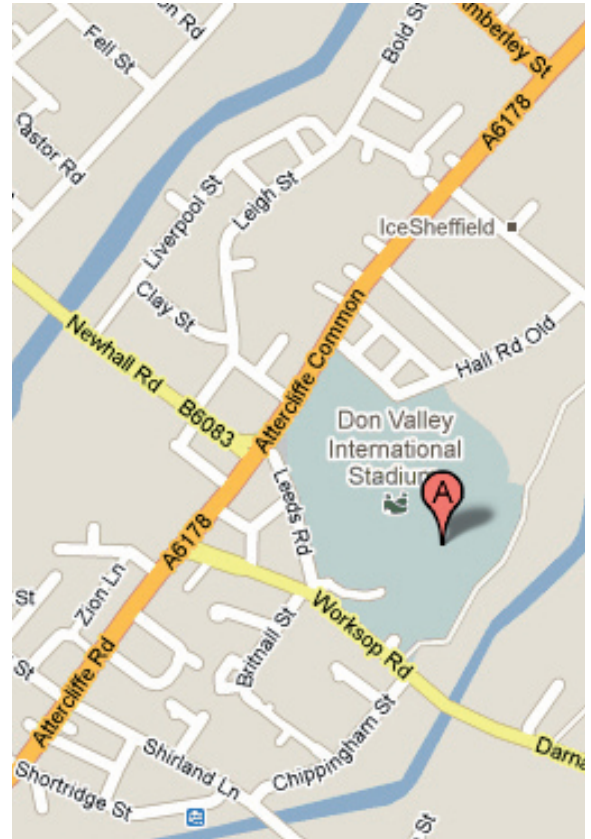
Education Fees

Fees can be paid, in full, or in manageable instalments at the start of each term throughout the course duration. Education fees include all workshops, NASM course materials, assessments and exams, UKSCA workshops, associate member registration and final UKSCA accreditation day.

(if required to resit an exam or assessment, charges may apply)

Term fees:	Term one	£ 999.99
	Term two	£ 999.99
	Term three	£ 999.99
	Term four	£ 999.99

Total course fees £ 3999.96



Details



Clothing

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

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

- Hold a sports science degree or REPS Level 3 gym 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
- Be open minded and willing to learn
- Be committed to training and interested in strength and conditioning
- Have the ability to communicate well with others and work as part of a team
- Have experience of competing/engaging in sport activity



How to Apply

To apply, please email PamWatson@sport981.com an up to date CV with covering letter (describing why you are suitable for the role)

For an informal discussion and further information please contact Sport981 on 0115 8599139

Deadline for applications is **Thursday 1st September 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