



Strength & Conditioning Coach Internship with Education Support

Prospectus 2011 - 2012

Official Partners



NOTTINGHAM
TRENT UNIVERSITY



Learn and develop career based skills as a professional strength and conditioning coach through a one year accelerated instructor development internship with education support.

This is a fantastic opportunity for the successful candidates to;

- Work alongside and learn from leading UK strength and conditioning professionals and coaches at the International High Performance Centre (IHPC) Loughborough.
- Enhance your understanding of how maturation affects training developments and long term athletic development.
- Appreciate the technical;physical cross over of court play and skill acquisition in this highly biomechanical 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 a selection of the highest ranked British and European junior tennis players (age 10 - 18yrs)
- 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

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

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. Course learning is expected to commence mid August ready for term start through self study using course materials provided. The course contains a two day workshop outlined to be delivered during early september 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 centre. 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 January 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 April 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 work shop 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:
Mytennis International High Performance Centre,
Dan Maskell Tennis Centre,
Loughborough University,
Loughborough,
LE11 3TT.

Your workshops will be held at the newly built high performance centre. A short drive at:
Nottingham Trent University,
Clifton Campus,
Clifton lane,
Nottingham,
NG11 8NS.

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 course is split into four terms.

Term one: Monday 5th September - Friday 16th December (Half-term w/c 24th October)

Term two: Tuesday 3rd January - Friday 30th March (Half-term w/c 13th February)

Term three: Monday 16th April - Friday 13th July (Half-term w/c 4th 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 morning, afternoon and early evening conditioning sessions 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.

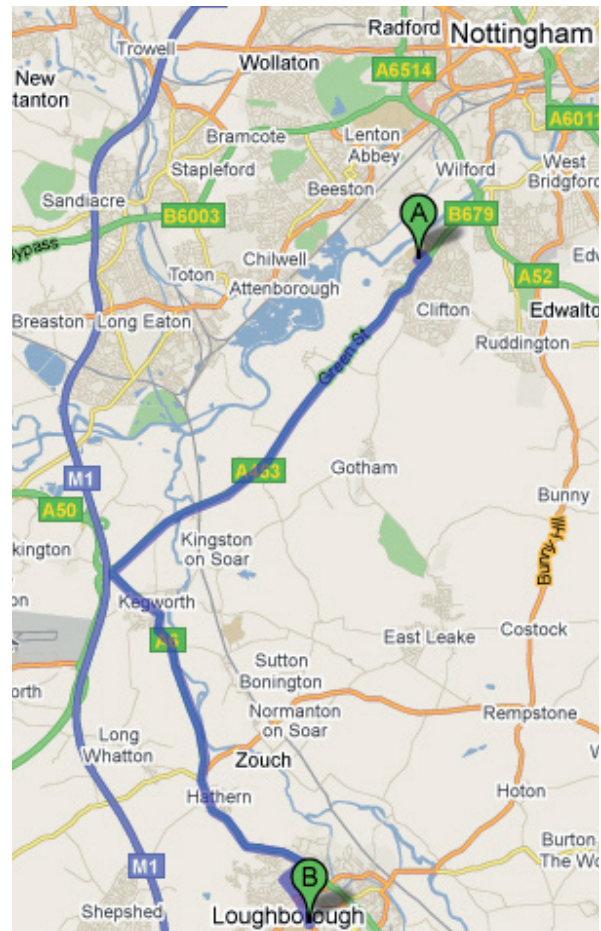
Course Fees

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

(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
- 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.

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 TUESDAY 12th JULY 2011

Interviews will take place week commencing 18th JULY 2011

Important Information:-

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