

In Association with:

# SESNZ

SPORT & EXERCISE SCIENCE  
— NEW ZEALAND —

## New Zealand Strength & Conditioning Accreditation

**BRAND NEW** and unique to the New Zealand strength and conditioning, health and fitness industry!

The purpose of the NZSCA is to champion the practical and people skills alongside the theoretical knowledge to assist S&C coaches to be better in their roles. The accreditation will bridge the gaps between these skill sets and encourage competency and greater proficiency. As the accreditation develops it will provide expansion across the spectrum of sports, physical activities, demographics, and promote female S&C representatives at all levels, eventually getting into wellness and greater community participation.

Assessments will include theory and practical components, through workshops and assessment modules, with practical assessments and experience hours observed by mentors as part of the final requirements.

As part of the membership there will be a professional code of conduct and ethics required to be signed, including clear processes and protocols; and a small requirement to 'give back' in some form as the coach progresses through the levels of accreditation. There will be clear distinction between retaining accreditation and re-accreditation after a membership has lapsed. Three levels will initially be introduced, with a system in place to recognise prior learning and experience, to place coaches at the right accreditation level.

### Benefits:

- Industry recognised S&C Accreditation
- Bi-yearly journal
- Social media updates
- Networking opportunities
- Reflective of NZ and it's culture
- Bi-yearly symposiums
- Yearly conference

**LEVEL 1  
LAUNCHING  
IN  
January 2019!!**



### For more information:

Such as the founding members  
and first assessment dates

*Keep an eye on the SESNZ  
Facebook, website and twitter  
pages*