

## New Zealand Strength and Conditioning Accreditation (NZSCA)

### Level One - Practitioner Details

#### COURSE AND ASSESSMENT OPTION

\$500

#### Pre-requisites:

- Completed at least two years of a sport degree
- Current First Aid Certificate
- Complete Drug Free NZ online e-learning tool – level 1
- Keep Sport Honest Australia online e-learning tool
- Be a current member of SESNZ

#### Indicative Content:

This is a 16hour course run over 2-days

- ✚ Effective training structure and training principles
- ✚ Assessment of current physical status
- ✚ Assessing Physical demands unique to different sports
- ✚ Effective training of the aerobic and anaerobic systems
- ✚ Strength development and exercise selection
- ✚ Effective coaching and demonstrating of key exercises
- ✚ Sports specific speed and agility
- ✚ Power and plyometric training
- ✚ Monitoring of training and general readiness
- ✚ Keys to good coaching practice
- ✚ How to effectively reflect on your coaching practice

#### Course Preparation:

Readings and videos will be part of the learning preparation for the course

#### Assesments:

The assessment is divided into 3 elements, a **75%** pass mark is needed for each element to gain the accreditation.

Assessments need to all be submitted together within 3-months of sitting the course

**Assessment 1** - Technical lifting coaching and demonstration

**Assessment 2** - Athlete Programme Case Study

**Assessment 3** - Delivery and reflection training sessions

Assesments will be marked by an approved NZSCA examiner

#### Re-assessments:

A \$50 reassessment fee per element will apply

Re-assessments must be submitted within 2 months

## New Zealand Strength and Conditioning Accreditation (NZSCA)

### Level One - Practitioner Details

ASSESSMENT ONLY OPTION

\$175

#### Pre-requisites:

- Completed at least two years of a sport degree
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- Keep Sport Honest Australia online e-learning tool
- Be a current member of SESNZ

#### Pathway 1

Completing final year of a sport degree – with an aligned Tertiary organisation

#### Pathway 2

At least four years S&C experience focused on sports performance

OR

Other S&C Accreditation (ASCA L.1, NSCA) AND Two years S&C experience focused on sports performance

#### Assessments:

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Assessments need to all be submitted together within 3-months of sitting the course

**Assessment 1** - Technical lifting coaching and demonstration

**Assessment 2** - Athlete Programme Case Study

**Assessment 3** - Delivery and reflection training sessions

Assessments will be marked by an approved NZSCA examiner

#### Re-assessments:

A \$50 reassessment fee per element will apply

Re-assessments must be submitted within 2 months

<https://sesnz.org.nz/>