

New Zealand Strength & Conditioning Association (NZSCA) Accreditation Levels -

Level 1: NZSCA Foundation Coach

Pre-requisite

- Completed a sport science related degree
- Current Comprehensive First Aid Certificate (CPR & AED)
- Be a current SESNZ Member
- Establishment of a Mentor(s)
- Ethics Form
- NZSCA Consent & Coach's Code of Conduct Agreement Form.

Assessment

- (1) Technical lifting coaching and demonstration video (i.e. Squat / Deadlift etc)
- (2) Session delivery and reflections
- (3) **Logged 40 hours** S&C work during the previous 12 months using the Level 1 excel Log and **5 training sessions** documented using the **Coach REFLECTION SHEET** resources provided. The excel Log includes athlete:
 - Screening
 - Monitoring (Assessment)
 - Program design (Aerobic / Anaerobic / Session Preparation & Recovery)
 - Field & Gym-based sessions.

Level 2: NZSCA Practitioner Coach

Pre-requisite

- Completed an undergraduate or postgraduate sport science related degree
- Current Comprehensive First Aid Certificate (CPR & AED)
- Be a current SESNZ Member
- Established (or Establishment) of a Mentor(s)
- Ethics Form
- NZSCA Consent & Coach's Code of Conduct Agreement Form.

Assessment

- (1) Technical lifting coaching and demonstration video (i.e. Olympic Pulls (CG OR SG) / Countermovement Jump etc)
- (2) Athlete Performance Plan Case Study
- (3) 2 yrs Full Time (Undergraduate) OR 300 logged hours (Postgraduate) in the last 12 months. This includes athlete:
 - Screening
 - Monitoring (Assessment)
 - Program design (Aerobic / Anaerobic / Session Preparation & Recovery)
 - Field & Gym-based sessions.

Note. Use the provided SESNZ S&C excel Log.

Level 3: NZSCA Advanced Practitioner Coach

Pre-requisite

- Hold a Level two practitioner accreditation with 7 years' relevant S&C coaching experience OR Have 10 years' relevant S&C coaching experience and sport science related degree.
- Current Comprehensive First Aid Certificate (CPR & AED)
- Be a current SESNZ Member
- Established Mentor(s)
- Ethics Form
- NZSCA Consent & Coach's Code of Conduct Agreement Form.

Assessment Options

Choose **one** option to complete:

- Webinar for the membership area of SESNZ
- Workshop for SESNZ either at the conference OR in your region
- Practical based article for the membership area or article for the Journal of Sport and Exercise Science
- Bespoke option focused on proving value to the NZ S&C community.