Syllabus Overview

Module	Competencies	Content	Learning outcomes	Assessment tasks	Duration
M1 About the ASCA	▸ Describe the ASCA Coach Education Programs, accreditation framework and the professional levels within it. ▸ Communicate the ASCA Scope of Practice. ▸ Explain the ethical responsibilities of the S&C Coach.	▸ Housekeeping matters e.g., schedule, venue layout, etc. ▸ Introduction of presenter/s and Modules they will be presenting. ▸ About the ASCA. ▸ ASCA coach education course overview. ▸ The ASCA's Scope of Practice. ▸ ASCA Professional Coach Accreditation Scheme. ▸ ASCA level course modules overview. ▸ assessment requirements. ▸ Ethical responsibilities of the S&C Coach.	▸ Outline the ASCA Coach Education Programs, accreditation framework and the professional levels within it. ▸ Comprehend the ASCA's Scope of Practice. ▸ Be aware of the ethical responsibilities of the S&C Coach.	▸ Nil	30mins

M2A Planning Integrated Training	▸ Plan and implement the integrated training year, monitor training and include seasonal periodisation, incorporating stages and physical competencies for long term athlete development, for a variety of sub-elite and semi-professional sports.	Content for this module is divided into 2 units:
		
		Unit 1 – Periodisation – 60min
		
		▸ Bannisters Model - Adaptation process.
		  • Multifaceted nature of training effects.
		▸ Periodisation.
		  • Planning of the overall training year.
		  • Planning Periods – Pre-season, in season.
		  • Planning Phases – including tapering.
		  • Planning a training day.
		  • Planning a session and unit.
		▸ Periodisation and skill drills.
		▸ Long-term athlete development.
			▸ Comprehend the human body's response to training.
			▸ Appreciate the multifaceted nature of training effects to guide and plan training for a positive outcome.
			▸ Identify all aspects of periodisation to bring an athlete/team to performance at the most important competition and/or managing performance across a long-in season.
			▸ Understand the progression of athlete abilities in relation to a LTAD program.
			▸ Be familiar with the MAP concept in relation to methods of monitoring training to improve athletic performance.
				▸ Successfully complete the pre-course Online quiz.
				
				▸ Successfully complete the Associate L2 Workbook questions for this module.
					2hrs Theory

		Unit 2 – Monitoring Training – 60min Overview of methods of quantifying training loads. ▸ Olympic weightlifting method. ▸ TRIMPs. ▸ GPS monitoring. ▸ Load/Monotony/Strain - RPE Method.			
M2B Coaching Theory	▸ Determine and apply an advanced level of coaching skills applicable to a strength and conditioning coach working with semi-professional and professional athletes/teams.	Content for this module is divided into 2 units: **Unit 1 – Philosophy and cueing – 60min theory** ▸ Coaching Philosophy. ▸ Teaching and Coaching exercises. ▸ Acquisition and retention of skills. ▸ Cueing. **Unit 2 – Philosophy and cueing – 60min theory** ▸ Feedback. ▸ Organisation and supervision.	▸ Establish a coaching philosophy and how that affects athlete engagement. ▸ Describe the learning and coaching process in skills development. ▸ Demonstrate the use of cueing and feedback when teaching a physical skill. ▸ Determine and apply optimal organisation and supervision skills.	▸ Successfully complete the pre-course Online quiz. ▸ Assessor evaluation in practical sessions in course. ▸ Successfully complete the AL2 Workbook questions for this module.	**4hrs** **2hrs Theory** **2hrs Practical**

M3A Assessment of the Athlete & Movement Screening	▸ Implement movement screening assessments tests for different sports and different levels of athletes. ▸ Interpret results and adjust programming accordingly.	Content for this module is divided into 2 units: **Unit 1 – Movement screening and correctives – 60min** ▸ Movement screening considerations - PHV. ▸ Types of movement screening. ▸ Performing movement screens to assess an athlete. **Unit 2 – Control and stability – 40min theory** ▸ Identify and prescribe corrective movement exercises, such mobility, flexibility, control/stability or “activation” exercises.	▸ Demonstrate appropriate protocols for movement screening of athletes. ▸ Understand the potential impact on physical performance during PHV. ▸ Design and implement appropriate athlete assessment protocols for a variety of sports and level of athlete. ▸ Interpret results and adjust training needs to improve athletic performance and resilience based on the results. ▸ Incorporation of control & stability exercises into warm ups and cool down including flexibility components.	▸ Successfully complete the pre-course Online quiz. ▸ Assessor evaluation in practical sessions in course. ▸ Successfully complete the AL2 Workbook questions for this module.	**3.75hrs 100mins Theory 120mins Practical**
M3B Advanced Strength Training	▸ Outline current practices in strength and power training to improve sports performance. ▸ Design and implement a resistance training program to improve sports performance for stage 4-6 athletes in a high-performance environment.	Content for this module is divided into 2 units: **Unit 1 – Hypertrophy – 60min** Content for this unit includes Current Practices in: ▸ Intensity prescription ▸ Hypertrophy Training **Unit 2 – Power Training – 60min** ▸ Power Training (non-Weightlifting i.e. ‘Olympic lifting’ forms). ▸ Velocity Training.	▸ Comprehend the different types of strength and their relationship in improving performance in a variety of sports. ▸ Understand and apply different forms of accommodative resistance. ▸ Recognise and apply appropriate training methods and practices for stage 4-6 athletes. ▸ Identify the appropriate periodisation models for stage 4-6 athletes taking into consideration the overall training plan. ▸ Design and implement appropriate resistance training programs to improve sports performances in stage 4-6 athletes.	▸ Successfully complete the pre-course Online quiz. ▸ Assessor evaluation in practical sessions in course. ▸ Successfully complete the AL2 lifts. ▸ Successfully complete the AL2 Workbook questions for this module.	**8.30 hrs 4hrs Theory 4.30hrs Practical**

		Unit 3 – Bands & Chains, Strength Endurance – 60min ▸ How to use Bands and Chains. ▸ Strength-Endurance. **Unit 4 – Program design – 60min** ▸ Program Design. ▸ Strength testing and benchmarking.	▸ Incorporation of control & stability exercises into warm ups and cool down including flexibility components.		
M4 Speed Development	▸ Outline the concept of general, special and specific training methods with regards to speed development. ▸ Apply training methods to increase reaction, agility, acceleration, speed endurance and maximum velocity.	Content for this module is divided into 2 units: **Unit 1 – Linear Speed – 60min** ▸ Review of sub-qualities of speed. ▸ Review of speed terminology. ▸ Corrective Coaching Linear Speed (Acceleration and Max velocity). **Unit 2 – COD & Agility – 60min** ▸ Corrective Coaching COD and Agility. ▸ Speed & COD testing: normative data comparisons. ▸ Strength Training for Speed -Building robust hamstrings.	▸ Outline the concept of general, special and specific training methods with regards to speed development. ▸ Outline the factors effecting speed in a variety of sports. ▸ Describe the technical goals of acceleration training. ▸ Describe the technical goals of max velocity training. ▸ Determine and apply specific drills to increase the athletic performance for all speed sub-qualities. ▸ Incorporation of control & stability exercises into warm ups and cool down including flexibility components.	▸ Successfully complete the pre-course Online quiz. ▸ Assessor evaluation in practical sessions in course. ▸ Successfully complete AL2 Workbook questions for this module.	**4hrs** **2hrs Theory** **2hrs Practical**

M5 Advanced Energy System Training	▸ Define and apply energy system conditioning programs required for sports performance across a wide range of sports. ▸ Plan and implement necessary training strategies to improve energy systems using a wide range of modalities for national, international, and professional level athletes.	Content for this module is divided into 2 units: **Unit 1 – Aerobic – 60min** ▸ Energy System Conditioning Continuum. ▸ Aerobic Energy System conditioning – types and prescription. **Unit 2 – Anaerobic – 60min** ▸ Anaerobic Speed Reserve. ▸ Anaerobic Interval training. ▸ Game based conditioning. ▸ Other Energy Systems conditioning modalities. ▸ Circuit training. ▸ Metabolic weight training. ▸ Cross training.	▸ Define the energy systems that are required to be developed for sports performance and where they sit on the continuum. ▸ Outline factors to be manipulated to elicit an improvement in the Anaerobic Speed Reserve and how MAS can be utilised. ▸ Describe training methods and practices in the development of aerobic, phosphagen and Glycolytic energy systems. ▸ Design and apply sports specific energy system training strategies.	▸ Successfully complete the pre-course Online quiz. ▸ Assessor evaluation in practical sessions in course. ▸ Successfully complete AL2 Workbook questions for this module.	**3.5hrs** **2hrs Theory** **1.5hrs Practical**
M7 Recovery Methods	▸ Implement a variety of recovery methods that aim to decrease fatigue and avoid over-training, whilst increasing or maintaining athletic performance in their athletes.	▸ Overreaching/ training ▸ Negative Training adaptations ▸ Recovery Methods ▸ Sleep ▸ Better Planning ▸ Regeneration techniques ▸ Session specific recovery examples.	▸ Outline the difference between restoration and regeneration. ▸ List the methods that aid in restoration of physiological markers in athletes in variety of sport. ▸ Design and apply an appropriate recovery program to increase or maintain athletic performance.	▸ Successfully complete the pre-course Online quiz. ▸ Successfully completion of Level 2 Workbook questions for this module. ▸ Ability to conduct a given recovery session appropriate to the proceeding practical session (as required).	**2hrs 15mins** **1hr Practical** **1hr 15mins Practical (accumulated across the course).**

M8 Performance Nutrition	▸ Ably assist athletes in relation to provision of nutritional advice within the scope of practice for S&C Coaches.	▸ Finding an Accredited Sports Dietitian and scope of practice for S&C coaches. ▸ Measuring energy expenditure and energy intake. ▸ Nutrition for training and competition. ▸ Recovery and nutrition. ▸ Understand body composition assessment. ▸ Nutrition and travel.	▸ Know your Scope of Practice and where to find an Accredited Sports Dietitian. ▸ Understand how energy expenditure and energy intake are measured. ▸ Attain a broad understanding of nutrition for training and competition. ▸ How to support athlete's recovery with nutrition. ▸ Understanding how body composition can be assessed and reported. ▸ Managing food service and travel nutrition when travelling without a Sports Dietitian.	▸ Successfully complete the pre-course Online quiz. ▸ Successfully completion of Level 2 Workbook questions for this module. ▸ Completion of the SIA accreditations.	**1hr Theory and discussion**