

# Course Outline: Diploma for UKSCA Strength and Conditioning Trainers



Unlock your potential and become a certified leader in strength and conditioning with the Athlete Academy's mentorship and Diploma for Strength and Conditioning Trainers. As the first training provider in the country to deliver the Diploma for UKSCA strength and conditioning trainers, the course has now evolved to become a comprehensive education and mentorship experience for aspiring S&C professionals.

Designed to build your knowledge and enhance your skills as a coach, our mentorship will provide you with not just a qualification, but access to a community of collaborative health and fitness professionals. You'll dive deep into foundational movement skills, strength-based training, energy systems training, and coaching science under the guidance of expert tutors. Whether you're a seasoned professional seeking to refine your skills or a newcomer to the field, this course offers the support and guidance you need to progress your career.

## The aims of this mentorship are as follows:

1

To deliver a thorough and expert-led Diploma for UKSCA Strength and Conditioning Trainers.

2

To expand on the core units of the diploma in line with the needs, analysis of, and feedback from, our diverse group of learners and professional partners. Our goal is to provide the most robust and up-to-date learning experience of any entry-level S&C qualification and to present a worthy challenge for all our mentees.

3

To create a community of aspirational and collaborative S&C practitioners who will apply these skills in a diverse range of environments, including PE teachers, sports coaches, personal trainers, physiotherapists, and sports therapists.

## What you'll learn:



### Foundation Movement Skills (FMS)

You will develop your personal and coaching skills by delving into the science and practical application of foundational movement skills (FMS). Mastering the art of building physical development pathways in diverse training environments, you'll implement FMS coaching across various contexts, including youth, older adults, rehabilitation, recreational fitness, and performance athletes, with an emphasis on versatility.

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## Strength-Based Training (SBT)

We will equip you with the skills to confidently design, demonstrate, and deliver enjoyable and effective strength-based training sessions as a coach. Through refining your understanding of facility and equipment operations, known as our S&C “toolbox,” you’ll ensure safe and proficient practice



## Technical Competency in Lifting

Setting high standards for technical competency in lifting, we will support you with an individual development plan tailored to your unique background and abilities. You’ll witness the evolution of your S&C training and coaching skills as you achieve and surpass these standards.



## Energy Systems Training (EST)

Addressing a common area of uncertainty for coaches, you’ll explore the intricacies of energy systems training both practically and theoretically. This part of the course will ensure you possess a diverse range of training solutions to meet your participants’ fitness goals effectively.



## Coaching Science

You’ll gain a clear understanding of coaching science and the fundamental principles of strength and conditioning vital for effective coaching. Guided by expert tutors, you’ll design and deliver a 12-week case study with a real participant, with access to credible information sources and appropriate technological tools to enhance your coaching and programming skills.



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## Who this course is aimed at:

This course is tailored for teachers, personal trainers, musculoskeletal (MSK) therapists, physiotherapists, sports coaches, and school leavers interested in pursuing a career in sports science or S&C. The course provides learners with the confidence and competence to effectively apply and deliver the most effective exercises and principles of S&C.

## Course structure:

Our Diploma programme is built on a minimum of **6 face-to-face full-day workshops** and extensive group and personal online tutor support throughout the **26-week course**. The 'magic' and the value lauded by our learners is the detailed and personal support provided on a weekly basis. Our tutors and online forum connect trainees with each other and a network of experienced coaches. We connect and communicate with employers and your participants to help provide you with appropriate support throughout your journey on the strength and conditioning and personal training diploma.

For further information on our courses and workshops  
please get in touch at [info@aperformance.co.uk](mailto:info@aperformance.co.uk)  
or 02920 362 664

Find out more at [aperformance.co.uk/courses](https://aperformance.co.uk/courses)

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