



National Certificate in Strength & Conditioning (NCSC)

Phase 1 Course:

Day 1: Fitness Testing & Movement Compensation Screen (MCS)

08:30-08:45	Registration
08:45-10:00	Lecture: EPI Training System
10:00-10:15	Break
10:15-12:30	Practical: Fitness Testing & Profiling
12:30-13:30	Lunch
13:30-15:30	Practical: Movement Screening
15:30-15:45	Break
15:45-17:00	Practical: Corrective Exercises

Day 2: Acceleration Speed & Olympic Weightlifting

08:30-09:30	Lecture: Acceleration Speed
09:30-09:45	Break
09:45-10:15	Practical: RAMP Warm-up
10:15-10:45	Practical: Speed Testing
10:45-12:30	Practical: Acceleration Speed
12:30-13:30	Lunch
13:30-14:30	Lecture: Olympic Weightlifting
14:30-14:45	Break
14:45-17:00	Practical: Clean & Jerk

Day 3: Program Design & Energy System Development (ESD)

08:30-10:30	Lecture: Program Design Fundamentals
10:30-10:45	Break
10:45-12:30	Practical: Slow SSC Plyometrics
12:30-13:30	Lunch
13:30-14:30	Practical: Agility Training
14:30-15:30	Practical: ATP-CP ESD
15:30-15:45	Break
15:45-16:45	Lecture: Linear Periodization
16:45-17:00	Phase 1 Course Certification & Group Photo



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Phase 2 Course:

Day 1: Olympic Weightlifting & Complex Training

08:30-08:45	Registration
08:45-09:15	Course Introduction & Phase 1 Review
09:15-10:45	Lecture: Strength & Power
10:45-11:00	Break
11:00-13:00	Practical: Snatch Coaching Model
13:00-14:00	Lunch
14:00-15:15	Lecture: Advanced Program Design
15:15-15:30	Break
15:30-17:00	Practical: Upper Body Strength & Power

Day 2: Max Velocity Speed & Energy System Development (ESD)

08:30-10:00	Lecture: Max Velocity Speed
10:00-10:15	Break
10:15-12:00	Practical: Max Velocity Speed
12:30-13:30	Lunch
13:30-15:00	Lecture: Energy System Development (ESD)
15:00-15:15	Break
15:15-16:30	Practical: Lower Body Strength & Power

Day 3: Conjugate Periodization & Putting It All Together

08:30-10:00	Lecture: Conjugate Periodization
10:00-10:15	Break
10:15-11:15	Practical: Fast SSC Plyometrics
11:15-11:30	Break
11:30-13:00	Practical: Energy System Testing
13:00-14:00	Lunch
14:00-15:15	Practical: Anaerobic Glycolysis ESD
15:15-15:30	Break
15:30-16:30	Case Study: Putting Everything Together
16:30-17:00	Phase 2 Course Certification & Group Photo