



NATIONAL CERTIFICATE IN STRENGTH & CONDITIONING (NCSC)





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Welcome to EPI's National Certificate in Strength & Conditioning (NCSC) qualification. Since 2012, the EPI team has certified more than 5,000 coaches in more than 10 countries worldwide. Our mission is to continue to provide world-class Strength & Conditioning education. Come join us and grow as a professional coach.



Karl Gilligan MSc, CSCS
Founder & CEO

COURSE OVERVIEW

SUMMARY

The NCSC qualification is comprised of:

- Phase 1 S&C Course
- Phase 2 S&C Course
- NCSC exam (online)

More info [HERE](#)



Our Industry-leading National Certificate in Strength & Conditioning (NCSC) course is the #1 choice for fitness professionals wanting to build careers in Strength & Conditioning and become a S&C coach.

The National Certificate in Strength & Conditioning (NCSC) course is designed to give you all the practical coaching skills you need, in a method of learning that suits you! We offer three options for completing our course;

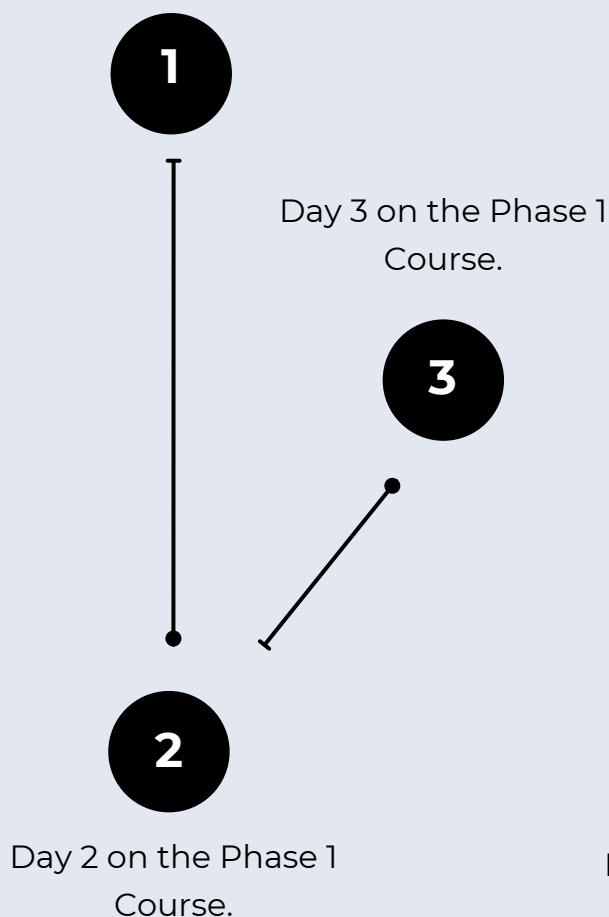
1. Fully in-person (specified dates for each Phase of the course)
2. Fully in-person (self selecting dates for each Phase of the course)
3. Fully online (start and complete the course at your own pace)

Whichever option you choose, you'll be supported all the way by expert tutors and elite Strength & Conditioning Coaches with years of experience in professional sport.

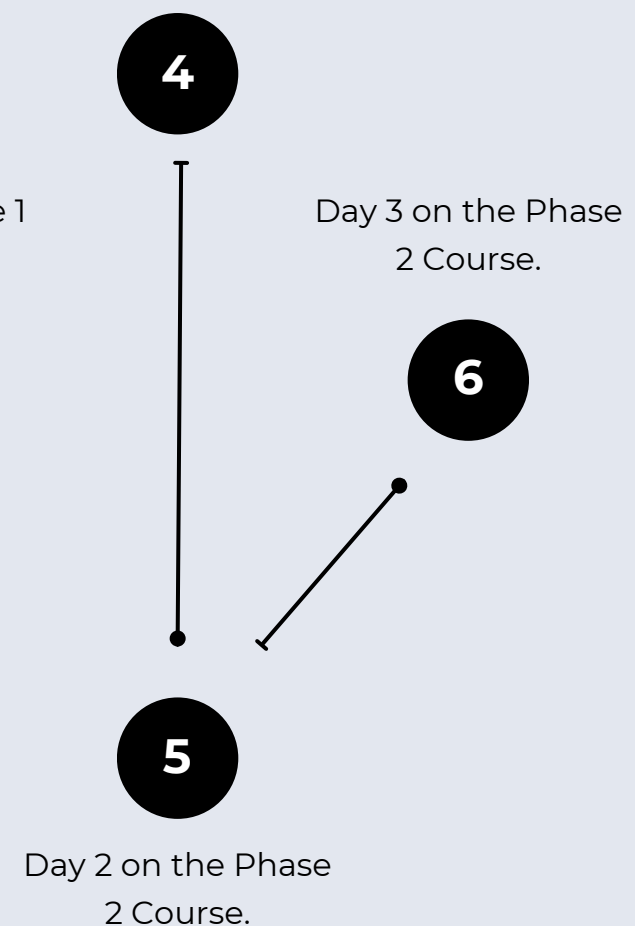
COURSE TIMELINE

The National Certificate in Strength & Conditioning (NCSC) qualification is broken down in Phase 1 & 2 courses, each phase is 3 days in duration. Upon completion of Phase 2, the participant has 4 weeks to take their NCSC exam online to become fully qualified.

Day 1 on the **Phase 1**
Course.



Day 1 on the **Phase 2**
Course.



7

Take **NCSC Exam** online



LEARN MORE
ABOUT EPI

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EPI

OUR JOURNEY

SINCE 2012

EPI delivered its first NCSC course in Dublin, Ireland in January 2012. Since then, it has been delivered in more than 10 countries worldwide with over 5,000 coaches certified to date.



2012: Ireland

2014: Northern Ireland

2015: Poland

2016: UK and Germany

2017: Czech Republic and Slovakia

2018: China and Romania

2019: Egypt and UAE

2020: Saudi Arabia

OUR CERTIFIED COACHES



400+ COURSES



10+ COUNTRIES



5K+ CERTIFIED



LEARN MORE
NCSC COURSE

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EPI

COURSE CONTENT

NCSC - Phase Course 1 (3 Days)

Phase 1 of the NCSC qualification provides participants with the fundamental principles of Strength & Conditioning in preparation for working with individual athletes, players and sports teams.

1: S&C PHILOSOPHY, METHODOLOGY & SYSTEM

Learn EPI's Strength & Conditioning philosophy, methodology and training system for athletic development.

2: MOVEMENT SCREENING & FITNESS TESTING

Learn how to conduct a movement screen for injury prevention and select appropriate performance assessments.

3: ACCELERATION SPEED

Learn how to construct an appropriate warm-up, improve speed mechanics and develop acceleration speed.

4: OLYMPIC WEIGHTLIFTING

Learn to teach the Clean & jerk following EPI's coaching model for Olympic weightlifting.

5: PROGRAM DESIGN

Learn EPI's system for program design when creating various resistance training sessions.

6: SLOW SSC PLYOMETRICS

Learn to improve your athlete's slow SSC potential using appropriate plyometric exercises.

7: ATP-CP ENDURANCE

Learn how to apply of appropriate training methods and and create effective training program for ATP-CP endurance.

8: LINEAR PERIODIZATION

Learn the principles of periodization and how to apply the linear periodization model for long term planning.

COURSE CONTENT

NCSC - Phase Course 2 (3 Days)

Phase 2 of the NCSC course builds on your knowledge and coaching skills learned on the Phase 1 S&C Course. Phase 2 will explore more advanced methods of training and systems used for elite level athletes.

1: ADVANCED PROGRAM DESIGN

Learn the principles of more advanced program design when working with elite level athletes.

2: STRENGTH & POWER DEVELOPMENT

Learn how to improve different strength & power qualities using various methods of training.

3: MAX VELOCITY SPEED

Learn how to create linear speed programs, improve speed mechanics and develop top-end speed.

4: AGILITY TRAINING

Learn to develop multi-directional speed using a mix of closed, open drills and game simulation drills.

5: ANAEROBIC ENDURANCE

Learn to develop the anaerobic glycolysis energy system using intensive interval training and conditioning games.

6: AEROBIC ENDURANCE

Learn to develop the aerobic energy system using extensive interval training and MAS training.

7: CONJUGATE PERIODIZATION

Learn how to apply of conjugate periodization for long term planning with an elite level athlete.

8: ATHLETE CASE STUDY

Bring all NCSC Phase 1 & 2 course content together with an athlete case study at the end of the course.

NCSC COURSE

YOUR COMPLETION OPTIONS

NCSC COURSE (SELECTED DATES)

100% in-person | complete course following EPI selected course dates

- Receive a 15% discount when completing NCSC course on selected dates on EPI website
- Complete all practical and lecture content in-person
- 16 course modules covering all aspects of Strength & Conditioning
- Online exam which can be completed at a time convenient for you.

**PAYMENT PLANS AVAILABLE
GRANT FUNDING APPROVED**

ENROL NOW

NCSC COURSE (CHOOSE YOUR DATES)

100% in-person | complete course selecting your preferred course dates

- Complete NCSC course selecting your own Phase 1 & Phase 2 course dates
- Complete all practical and lecture content in-person
- 16 course modules covering all aspects of Strength & Conditioning
- Online exam which can be completed at a time convenient for you.

**PAYMENT PLANS AVAILABLE
GRANT FUNDING APPROVED**

ENROL NOW

NCSC COURSE

YOUR COMPLETION OPTIONS

ONLINE NCSC COURSE

100% online | study in your own time and at your own pace

- 100% online with all course content contained on EPI's LMS platform
- Complete all practical and lecture content at your own pace. Watch content again and again.
- 16 course modules covering all aspects of Strength & Conditioning
- Online exam which can be completed at a time convenient for you.

**PAYMENT PLANS AVAILABLE
GRANT FUNDING APPROVED**

ENROL NOW

COURSE ACCREDITATION

INTERNATIONALLY RECOGNIZED



EPI's National Certificate in Strength & Conditioning (NCSC) has received the endorsement and approval of the National Strength and Conditioning Association (NSCA). This significant distinction recognizes the quality and authenticity of our NCSC, and places it among the premier educational offerings in the S&C industry.

The NSCA endorsement signifies that our NCSC course meets their high standards for excellence in curriculum, course tutors, and assessment. This endorsement provides graduates with a valuable advantage in the job market, demonstrating their commitment to evidence based practice and adherence to industry best practices.



ACE approval demonstrates that EPI as a course provider and the NCSC course have been rigorously reviewed and found to offer quality continuing education according to best practices in the fitness industry.

The ACE endorsement signifies that our NCSC course meets their high standards for excellence in curriculum, course tutors, and assessment.



LEARN MORE
**PAYMENT
OPTIONS**

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EPI

PAYMENT OPTIONS

FLEXIBLE PAYMENT PLANS

PAY BEFORE COURSE BEGINS

Get best value by paying in full before the course starts



- Get a 15% discount when payment is made in full before the course starts
- Pay deposit payment followed by remaining course fees or make pay in full when registering for the course

PAY WHILST COMPLETING COURSE

Complete your course on a payment plan



- Pay course fees on a monthly basis
- Complete your course payment using a 3-month installment plan

GRANT FUNDING

SOCIAL WELFARE SUPPORT

SECURE GRANT FUNDING

Receive a grant from the department of social welfare



- Secure a Training Support Grant (TSG) from the department of social protection
- Receive a €1, 000 grant towards the payment of your NCSC course

SEE WHAT OUR COURSE GRADUATES HAVE TO SAY



Great course, would recommend for any S&C coach. Teaching and content delivery was excellent. This course will help me improve my skills set massively, a lot learned throughout the course.

Monroe Kerr



An excellent course with a lot of specialized theory that is immediately applied in practice. After the first Phase, you are able to incorporate the theory into your training plans. Because of this, I highly recommend it. !!!!!

Kacper Matysik



Incredible educational experience with across Phase 1&2. The learnings have been implemented and helped improve every athlete/team I've worked with to date. I highly recommend EPI for every person whether looking to further their learnings within performance based environment or simply working with gen pop.

John Sullivan



Excellent course from start to finish! Quality teaching and content delivery throughout. I have no doubt this course will massively improve my skills set and overall service. The best course I've attended to date!

Kevin McReynolds



Great course. Great mix of lecture and practical and loved all the evidence base. Cant wait for phase 2!

Michelle Lacey

[See More Google Reviews Here](#)

GET IN TOUCH TO LEARN MORE & GET STARTED!



Email: info@epicertification.com



<https://www.facebook.com/epicertification>



<https://www.instagram.com/epicertification>

