



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 Philosophy, Methodology & 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
15:45-16:30	Practical: Corrective Exercise Prescription

Day 2: Acceleration Speed & Olympic Weightlifting

08:30-09:30	Lecture: Acceleration Speed
09:30-09:45	Break
09:45-10:15	Practical: R.A.M.P. 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
14:45-16:30	Practical: Clean & Jerk Coaching Model

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
13:30-15:00	Practical: ATP-CP ESD
15:00-15:15	Break
15:15-16:30	Lecture: Linear Periodization
16:30-16:45	Phase 1 Course Certification & Group Photo