



ELITE PERFORMANCE INSTITUTE (EPI)

COURSE HANDBOOK





LEARN MORE
ABOUT EPI



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

OUR PARTNERS

WORLD'S LEADING SPORTS TECHNOLOGY

EPI has established education partnerships with some of the leading sports technology companies in the world. These partnerships allow EPI to provide our participants with unique opportunities to get hands-on with the latest equipment used in elite level sport.



LED SREACT



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.

WHY CHOOSE AN EPI COURSE?

WHAT SETS US APART FROM THE REST

When you attend an EPI education course, you can expect everything to be at an ELITE level and surpass your expectations,



Tutoring Experience

- 400+ in-person courses
- 10+ countries worldwide
- 5, 000+ coaches certified

Our Tutors

- Masters degree level
- Membership to NSCA or UKSCA
- Worked at Rugby World Cups and Olympic Games
- Head of Strength & Conditioning with World Rugby
- S&C coach with Ireland Rugby
- S&C Coach with Leinster Rugby
- S&C coach with Ulster Rugby
- S&C coach with Egyptian Handball team
- S&C coach with Romanian Handball team

Our Partners

- | | |
|---|--|
| • Vitruve <input checked="" type="checkbox"/> | • MAT <input checked="" type="checkbox"/> |
| • Freelap <input checked="" type="checkbox"/> | • Enode <input checked="" type="checkbox"/> |
| • Skyhook <input checked="" type="checkbox"/> | • Flexvit <input checked="" type="checkbox"/> |
| • Ledsreact <input checked="" type="checkbox"/> | • Statsports <input checked="" type="checkbox"/> |



LEARN MORE
NCSC COURSE



EPI



NATIONAL CERTIFICATE IN STRENGTH & CONDITIONING (NCSC)

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. Join us and take your coaching to the next level..



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)

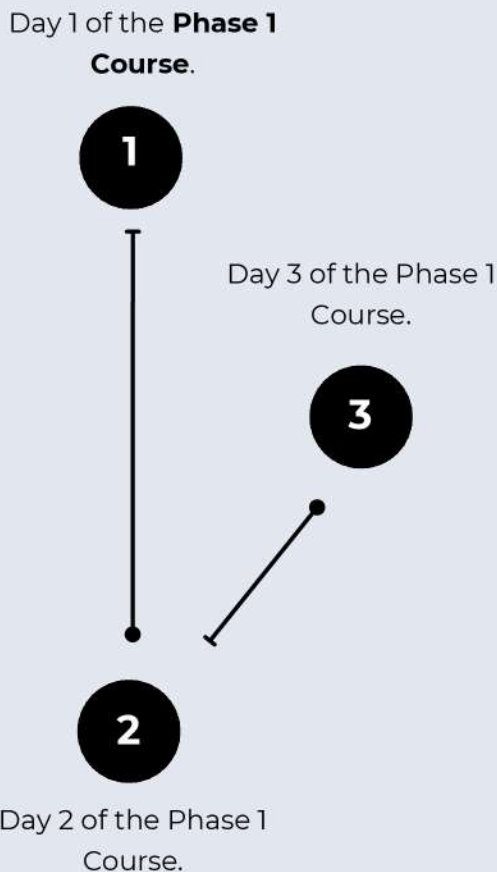
Whichever option you choose, you'll be supported all the way by expert tutors and elite Strength & Conditioning Coaches with years of experience in professional sport.

COURSE TIMELINE

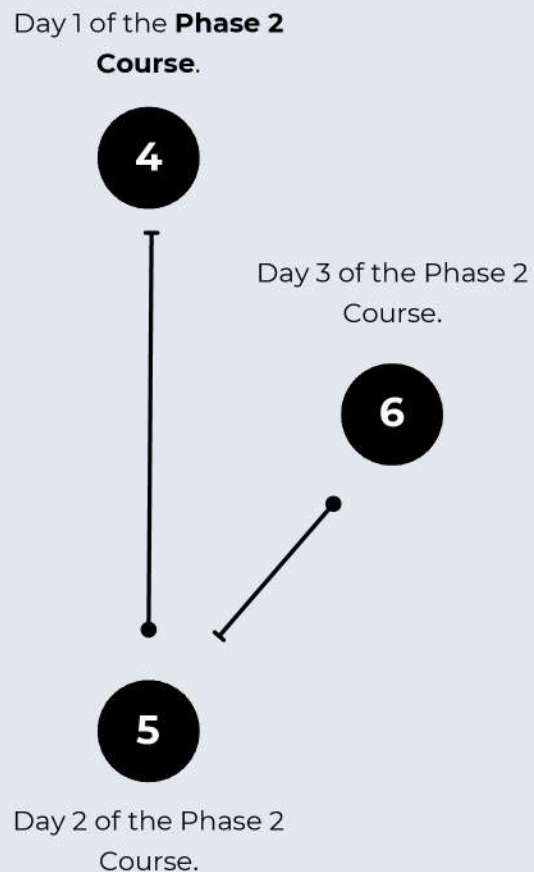
The National Certificate in Strength & Conditioning (NCSC) qualification is broken down in Phase 1 & 2 courses, each phase is 3 days in duration. Begin with Phase 1 before progressing to Phase 2.

Upon completion of Phase 2, the participant has 4 weeks to take their NCSC exam online to become fully qualified.

NCSC Phase 1 Course



NCSC Phase 2 Course



NCSC Online Exam



Take **NCSC Exam** online



NCSC COURSE

REGISTRATION FOR IN-PERSON OPTIONS

Register For NCSC Course

Registration:

- Sign up to the full NCSC course

Price:

- ~~€1,340~~ €1,200 (Ireland)
- ~~€1,540~~ €1,400 (International)

What You Get:

- Phase 1 course
- Phase 2 course
- NCSC exam
- FREE access to the online NCSC course



Register For Phase 1 Course

Registration:

- Sign up to NCSC Phase 1 course only

Price:

- €595 (Ireland)
- €695 (International)

What You Get:

- Phase 1 course
- FREE access to the online Phase 1 course



NCSC COURSE

REGISTRATION FOR ON-DEMAND OPTIONS

Register For NCSC Course

Registration:

- Sign up to the full online NCSC course

Price:

- €995

What You Get:

- Online Phase 1 course
- Online Phase 2 course
- Online NCSC exam



Register For Phase 1 Course

Registration:

- Sign up to online NCSC Phase 1 course only

Price:

- €495 (Ireland)

What You Get:

- Online Phase 1 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](#)



YOUTH STRENGTH & CONDITIONING COURSE (YSCC)

Welcome to EPI's Youth Strength & Conditioning Course (YSCC). 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 YSCC qualification is comprised of:

- 3 days of education
- YSCC exam (online)

More info [HERE](#)



Our Industry-leading Youth Strength & Conditioning Course (YSCC) is the #1 choice for fitness professionals wanting to build a career in Strength & Conditioning and become a youth Strength & Conditioning coach.

Our YSCC graduates go on to train amateur and semi-professional players in youth academies, coach sports teams, open their own facilities, or provide better rehab programmes as part of their clinical practice.

The Youth Strength & Conditioning Course (YSCC) course is designed to give you the tools and systems you need to build a career as a youth S&C Coach, working as part of a multidisciplinary team or setting up your own coaching business.

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 Youth Strength & Conditioning Course (YSCC) involves **3 days** of youth strength & conditioning **education**. Upon completion, participants have **4 weeks** to take their **YSCC exam** online to become fully qualified.

Day 1 on the **YSCC**.



Day 3 on the **YSCC**.



Day 2 on the **YSCC**.



Take **YSCC Exam** online

YSCC COURSE

REGISTRATION FOR IN-PERSON OPTION

[Register For YSCC Course](#)

Registration:

- Sign up to the YSCC course

Price:

- €595 (Ireland)
- €695 (International)

What You Get:

- YSCC course
- Discounts from EPI performance partners



SEE WHAT OUR COURSE GRADUATES HAVE TO SAY



I am immensely appreciative of the exceptional youth strength and conditioning course I undertook in Belfast. The course surpassed my expectations, offering invaluable insights and guidance.

I highly recommend this course to anyone looking to enhance their knowledge within the strength and conditioning industry. It truly exceeded my expectations and provided me with invaluable knowledge and support.

Levi Thumann



I recommend this course! A decent dose of theoretical and practical knowledge. great atmosphere and top-level organization.

Julia Swistun



Comprehensive youth athletic development course aimed at young athletes. Everything is clearly explained and practically shown. I recommended to everyone who is interesting in strength and conditioning training.

Ivan Baratynskyy



Very good training, a lot of theoretical and practical knowledge presented in a very accessible way. Great knowledge of lecturers. I highly recommend!

Konrad Lonc

[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>

