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2026

NATIONAL CERTIFICATE IN STRENGTH & CONDITIONING (NCSC)

COURSE HANDBOOK



2026

ACE →
APPROVED





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WELCOME TO THE 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 12 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

**PRACTICAL
COACHING SKILLS**

**EXPERT TUTORS
& ELITE COACHES**

**FLEXIBLE
LEARNING OPTIONS**





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THE NCSC QUALIFICATION AT A GLANCE



Phase 1 S&C Course
(3 Days)



Phase 2 S&C Course
(3 Days)



NCSC Exam (Online)
(Complete within 4 weeks)



MORE INFO HERE →



EPI

ABOUT EPI

EPI is a global leader in Strength & Conditioning education, providing practical, evidence-based learning for coaches, trainers and fitness professionals. Since 2012, we have helped over 5,000 coaches worldwide develop the skills, knowledge and confidence to excel in the Strength & Conditioning field.



**WORLD-CLASS
EDUCATION**



**GLOBAL
COMMUNITY**



**PRACTICAL
APPLICATION**



**REAL-WORLD
EXPERIENCE**



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OUR JOURNEY SINCE 2012

- **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
- **2022** Hungary
- **2026** Mexico



OUR CERTIFIED COACHES



5K+

CERTIFIED
COACHES



500+

COURSES
DELIVERED



12+

COUNTRIES
WORLDWIDE



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NCSC COURSE OVERVIEW

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 NCSC course is designed to give you the practical coaching skills you need, using our flexible learning options.



PRACTICAL
COACHING SKILLS



EXPERT TUTORS
& ELITE COACHES



FLEXIBLE
LEARNING OPTIONS





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NCSC COURSE TIMELINE

The National Certificate in Strength & Conditioning (NCSC) qualification is broken down into 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 8 weeks to take their NCSC exam online to become fully qualified.



COURSE CONTENT

PHASE 1 (3 DAYS)

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



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1 MOVEMENT SCREENING & FITNESS TESTING



Learn how to conduct a movement screen for injury prevention and identify appropriate fitness testing methods.

2 ACCELERATION SPEED



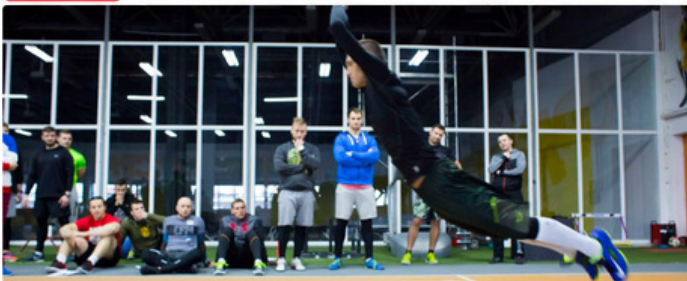
Learn how to construct an appropriate warm-up, improve speed mechanics and develop acceleration speed.

3 OLYMPIC WEIGHTLIFTING



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

4 PLYOMETRIC TRAINING



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

5 ATP-CP ESD



Learn how to develop the ATP-CP energy system to improve an athlete's explosive power, speed and repeat high-intensity efforts.

6 PROGRAM DESIGN & PERIODIZATION



Learn how to use program design and linear periodization to develop optimal performance development.

COURSE CONTENT

PHASE 2 (3 DAYS)

Phase 2 builds on the foundations from Phase 1, developing advanced coaching skills and applying them to complex performance environments.



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1 STRENGTH & POWER DEVELOPMENT



Learn how to develop strength and power using velocity-based training (VBT) and complex training methods to maximise performance.

2 MAX VELOCITY SPEED & AGILITY TRAINING



Learn how to develop and coach max velocity sprinting mechanics and agility techniques to improve speed, change of direction and overall athletic performance.

3 OLYMPIC WEIGHTLIFTING



Learn to teach and coach the Snatch using EPI's technical model, progressions and practical coaching strategies.

4 ADVANCED PLYOMETRICS



Learn how to develop fast SSC and tendon stiffness using advanced plyometric methods to enhance reactive strength and explosive performance.

5 AEROBIC & ANAEROBIC ESD



Learn how to develop aerobic and anaerobic energy systems to improve an athlete's endurance, repeat effort ability and overall performance capacity.

6 ADVANCED PROGRAM DESIGN & PERIODIZATION



Learn about advanced program design techniques and conjugate periodisation to develop optimal performance across different training phases.

NCSC COMPLETION OPTIONS

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Choose the learning format that suits you. Both options deliver the same high-quality education and lead to the National Certificate in Strength & Conditioning (NCSC).

01

IN-PERSON

LEARN. PRACTICE. APPLY.



Choose a location and start date

Attend an EPI training venue on scheduled dates.



Expert-led, in-person learning

Learn from world-class coaches with real-world experience.



Hands-on use of sports technology

Gain practical experience using EPI's performance tools and systems.



Six days delivered over Phase 1 and Phase 2

Three days each (total of six days in-person training).



Online access included

Full access to the EPI online learning platform and resources.



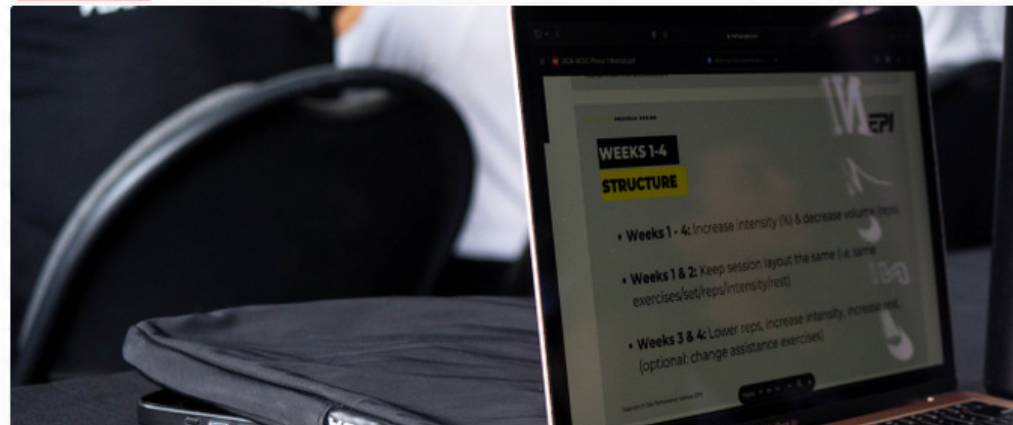
Same expert content and support

Identical course content, assessment and certification as On-Demand.

02

ON-DEMAND

FLEXIBLE. SELF-PACED. LIFETIME ACCESS.



100% self-paced learning

Study when and where it suits you.



Lifetime access to course content and updates

Revisit materials anytime, with ongoing updates included.



Typically completed in 4-6 weeks

Average completion time (varies by individual).



Study from anywhere in the world

Access the course online, on desktop, tablet or mobile.



Same expert content and support

Identical course content, assessment and certification as In-Person.



Join a global community

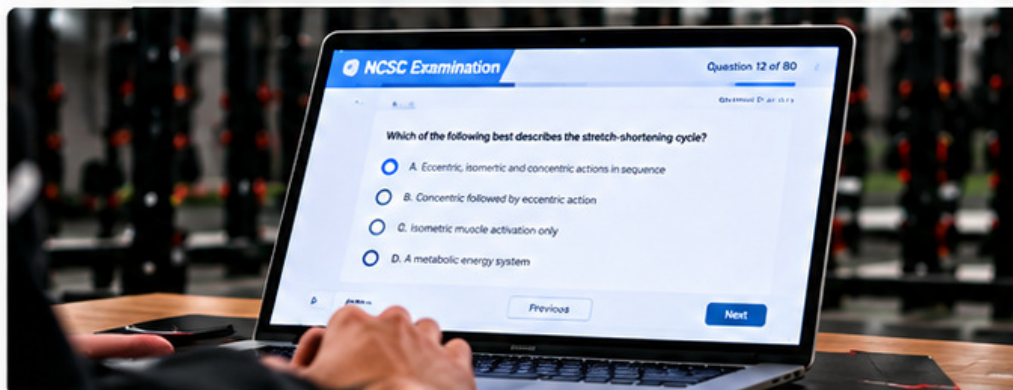
Connect with coaches from around the world through the EPI network.

NCSC EXAM & CERTIFICATION

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A 50/50 assessment model combining theoretical knowledge and practical application.

01 WRITTEN EXAM (50%) ASSESS YOUR KNOWLEDGE



Online multiple choice (MCQ)



60 minutes



80 questions



Covers Phase 1 & 2 course material



70% pass grade

02 PRACTICAL EXAM (50%) DEMONSTRATE YOUR COACHING AND TECHNICAL PROFICIENCY



Olympic weightlifting assessment



Video submissions demonstrating and coaching either the Clean or Snatch



Assessment of technical proficiency and coaching ability using EPI's technical model and progressions



70% pass grade

01 COMPLETE PHASE 1

Build your foundations.

02 COMPLETE PHASE 2

Develop advanced coaching skills.

03 TAKE ONLINE NCSC EXAM

Pass the written and practical assessments (70% required).

04 BECOME NCSC QUALIFIED

Receive your National Certificate in Strength & Conditioning (NCSC).



Successful participants receive the National Certificate in Strength & Conditioning (NCSC) electronically through the EPI online platform.

ACCREDITATIONS & RECOGNITION

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The NCSC is accredited and recognised by leading industry organisations, with continuing education credits available for professional members.



EPI's NCSC is an approved continuing education provider for the National Strength & Conditioning Association (NSCA), allowing eligible members to claim continuing education units.



ELIGIBLE MEMBERS CAN CLAIM
CONTINUING EDUCATION UNITS
THROUGH THE NSCA



EPI's NCSC is an approved continuing education provider for the American Council on Exercise (ACE), allowing eligible members to claim continuing education credits.



ELIGIBLE MEMBERS CAN CLAIM
CONTINUING EDUCATION CREDITS
THROUGH ACE



IRELAND'S TRAINING SUPPORT GRANT

EPI is an approved provider under Ireland's Training Support Grant (TSG). Eligible applicants can potentially receive up to **€1,000** towards their course fees.



ELIGIBLE APPLICANTS CAN RECEIVE
UP TO **€1,000** TOWARDS THEIR
COURSE FEES



EPI courses are internationally recognised for continuing education credits/units with a range of professional membership organisations across the fitness and strength & conditioning industry.



READY TO START YOUR NCSC?

Follow these simple steps to enrol and take the next step in your coaching journey.

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01

CHOOSE YOUR FORMAT

In-Person or On-Demand.



02

SELECT YOUR COURSE

Choose your location or start date.



03

SECURE YOUR PLACE

Full payment or deposit where available.



04

START YOUR NCSC JOURNEY

Gain the knowledge, practical skills and confidence to make a bigger impact.



REGISTER NOW →



epicertification.com





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LET'S TALK

Have a question about the NCSC?
Our team is here to help.



info@epicertification.com



epicertification.com



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[@epicertification](https://www.instagram.com/epicertification)

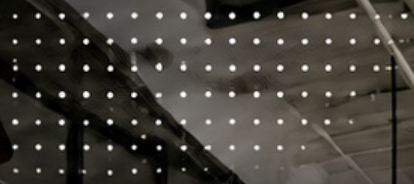


SCAN TO
LEARN MORE





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TAKE YOUR COACHING TO THE NEXT LEVEL.

National Certificate in Strength & Conditioning (NCSC)

START YOUR NCSC JOURNEY →



12+
COUNTRIES



500+
COURSES



5,000+
COACHES CERTIFIED