

P1

NCSC NATIONAL CERTIFICATE IN STRENGTH & CONDITIONING

PHASE 1 TIMETABLE

The fundamental principles of Strength & Conditioning, delivered over three hands-on days of lectures and practical coaching.

3 DAYS

08:30–16:30 DAILY

LECTURES + PRACTICALS

■ LECTURE ■ PRACTICAL ■ BREAK / LUNCH

Day 01
FITNESS TESTING &
MOVEMENT
COMPENSATION
SCREEN (MCS)

08:30 – 08:45	ARRIVAL	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 02
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 Technique & High Intensity Drills
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 03
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	GRADUATION	Phase 1 Course Certification & Group Photo

P2

NCSC NATIONAL CERTIFICATE IN STRENGTH & CONDITIONING

PHASE 2 TIMETABLE

Builds on Phase 1 with advanced programming, max velocity speed, energy systems and agility, finishing with an athlete case study.

3 DAYS

08:30-16:30 DAILY

LECTURES + PRACTICALS

■ LECTURE ■ PRACTICAL □ CASE STUDY □ BREAK / LUNCH

Day 01

OLYMPIC WEIGHTLIFTING & ADVANCED PROGRAM DESIGN

08:30 - 08:45	ARRIVAL	Registration
08:45 - 10:15	LECTURE	Strength & Power Development
10:15 - 10:30		BREAK
10:30 - 12:30	PRACTICAL	Snatch Coaching Model
12:30 - 13:30		LUNCH
13:30 - 15:00	LECTURE	Advanced Program Design
15:10 - 15:30		BREAK
15:30 - 16:30	PRACTICAL	Strength & Power Development

Day 02

MAX VELOCITY SPEED & ENERGY SYSTEM DEVELOPMENT (ESD)

08:30 - 10:00	LECTURE	Max Velocity Speed
10:00 - 10:15		BREAK
10:15 - 12:30	PRACTICAL	Max Velocity Technique & High Intensity Drills
12:30 - 13:30		LUNCH
13:30 - 15:00	LECTURE	Energy System Development (ESD)
15:00 - 15:15		BREAK
15:15 - 16:30	PRACTICAL	Energy System Testing

Day 03

ADVANCED PERIODIZATION & AGILITY TRAINING

08:30 - 10:00	LECTURE	Conjugate Periodization
10:00 - 10:15		BREAK
10:15 - 11:45	PRACTICAL	Fast SSC Plyometrics
11:45 - 12:30	PRACTICAL	Agility Training
12:30 - 13:30		LUNCH
13:00 - 14:30	PRACTICAL	Agility Training
14:30 - 15:15	PRACTICAL	Anaerobic Glycolysis ESD
15:15 - 15:30		BREAK
15:30 - 16:30	CASE STUDY	Putting Everything Together
16:30 - 16:45	GRADUATION	Phase 2 Course Certification & Group Photo