



EDUCATE · DEVELOP · EMPOWER

2026

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EPI COURSE HANDBOOK

NATIONAL CERTIFICATE IN **STRENGTH & CONDITIONING** (NCSC)
YOUTH **STRENGTH & CONDITIONING** COURSE (YSCC)

01 WELCOME

WELCOME TO THE EPI COURSE HANDBOOK

Since 2012, the EPI team has certified more than 5,000 coaches in more than 12 countries worldwide. This handbook brings both of our coaching courses together: the National Certificate in Strength & Conditioning (NCSC) and the Youth Strength & Conditioning Course (YSCC). Start with who we are, then turn to the course that fits your coaching.

5,000+

COACHES CERTIFIED

12+

COUNTRIES WORLDWIDE

NCSC

National Certificate in Strength & Conditioning

05–14

PAGES

YSCC

Youth Strength & Conditioning Course

15–24

PAGES

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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 field of Strength & Conditioning coaching.

01**WORLD-CLASS
EDUCATION****02****GLOBAL
COMMUNITY****03****PRACTICAL
APPLICATION****04****REAL-WORLD
EXPERIENCE**

5K+

CERTIFIED COACHES

500+

COURSES DELIVERED

12+

COUNTRIES WORLDWIDE



EPI CERTIFIED COACHES

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



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2026

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INCS

NATIONAL CERTIFICATE IN
STRENGTH & CONDITIONING (NCSC)

COURSE HANDBOOK

NSCA CEU APPROVED

ACE CEU APPROVED

01 A NOTE FROM OUR FOUNDER

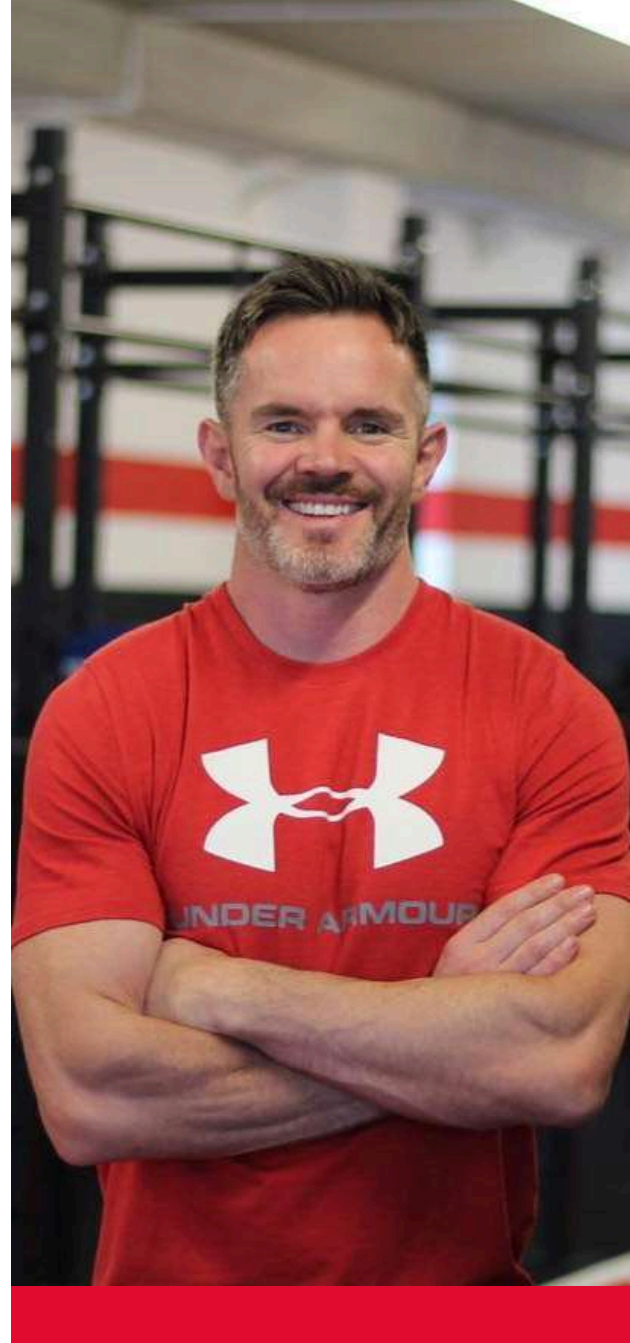
WELCOME TO THE NATIONAL CERTIFICATE IN STRENGTH & CONDITIONING (NCSC)

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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04 NCSC COURSE OVERVIEW

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.

— THE NCSC QUALIFICATION AT A GLANCE

1

PHASE 1 S&C COURSE

(3 Days)

2

PHASE 2 S&C COURSE

(3 Days)

3

NCSC EXAM (ONLINE)

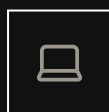
(Complete within 8 weeks)

MORE INFO HERE**PRACTICAL
COACHING SKILLS****EXPERT TUTORS
& ELITE COACHES****FLEXIBLE
LEARNING OPTIONS**

05 HOW IT WORKS

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.

PHASE 1**1** **DAY 1**
Phase 1**2** **DAY 2**
Phase 1**3** **DAY 3**
Phase 1**PHASE 2****4** **DAY 1**
Phase 2**5** **DAY 2**
Phase 2**6** **DAY 3**
Phase 2**TAKE NCSC EXAM ONLINE**

(within 8 weeks of completing Phase 2 Course)

8
WEEKS

P1

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.



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

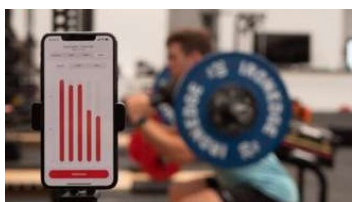
Learn how to use program design and linear periodization to develop optimal performance development.

P2

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.



1

STRENGTH & POWER DEVELOPMENT

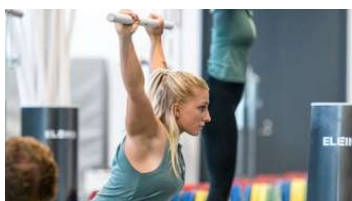
Learn how to develop strength and power using velocity-based training (VBT) and complex training methods to maximise performance.



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.

08 LEARNING FORMATS

NCSC COMPLETION OPTIONS

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.

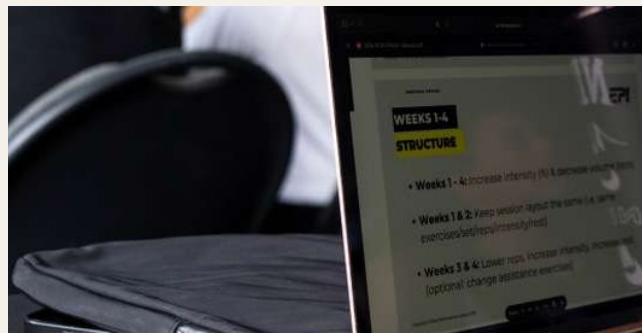
- 
Expert-led, in-person learning
 Learn from world-class coaches with real-world experience.

- 
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.

09 ASSESSMENT

NCSC EXAM & CERTIFICATION

50/50

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



01 WRITTEN EXAM (50%)

ASSESS YOUR KNOWLEDGE

60

MINUTES

80

QUESTIONS

70%

PASS GRADE

 Online multiple choice (MCQ)

 Covers Phase 1 & 2 course material



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.

10 RECOGNITION

ACCREDITATIONS & RECOGNITION

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



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.

11 ENROLMENT

READY TO START YOUR NCSC?

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

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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2026

WWW.EPICERTIFICATION.COM

YSCC

YOUTH **STRENGTH & CONDITIONING**
COURSE (YSCC)

COURSE HANDBOOK

NSCA CEU APPROVED

ACE CEU APPROVED

01 A NOTE FROM OUR FOUNDER

WELCOME TO THE 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 12 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



**PRACTICAL
COACHING SKILLS**



**EXPERT TUTORS
& ELITE COACHES**



**INTERNATIONALLY
ACCREDITED**

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04 WHAT SETS US APART

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.



01 OUR TUTORS

ELITE COACHES FROM PROFESSIONAL SPORT

- ✓ 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 to Premier League Football teams
- ✓ 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

02

TUTORING
EXPERIENCE

500+

IN-PERSON
COURSES

12+

COUNTRIES
WORLDWIDE

5,000+

COACHES
CERTIFIED

03 OUR PARTNERS

VALD

VITRUVÉ

FREELAP

ENODE

SKYHOOK

FLEXVIT

LEDSREACT

STATSPORTS

05 EDUCATION PARTNERSHIPS

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.

The logo for VALD, featuring the word "VALD" in a bold, orange, sans-serif font.The logo for VITRUVUE, featuring the word "VITRUVUE" in a bold, black, sans-serif font, with the letters "VITRUVUE" stacked vertically.The logo for LED SREACT, featuring a stylized black icon of a person jumping above the text "LED SREACT" in a black, sans-serif font.The logo for FLEXVIT, featuring a red infinity symbol icon to the left of the word "FLEXVIT" in a bold, black, sans-serif font, with the tagline "BANDS RELOADED" in a smaller, black, sans-serif font below it.The logo for STATSports, featuring the word "STATSports" in a black, sans-serif font, with a stylized black icon of a person jumping above the "T".The logo for enode, featuring a stylized black icon of a person jumping to the left of the word "enode" in a black, sans-serif font.The logo for freelap, featuring the word "freelap" in a bold, yellow, sans-serif font, with the tagline "freedom of timing" in a smaller, black, sans-serif font below it.The logo for skyhook, featuring the word "skyhook" in a bold, yellow, sans-serif font, with a stylized black icon of a person jumping above the "y".

YSCC participants also receive **discounts** from EPI performance partners.

06 YSCC COURSE OVERVIEW

YSCC OVERVIEW

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 YSCC 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.

— THE YSCC QUALIFICATION AT A GLANCE

1

YOUTH S&C COURSE (YSCC)

(3 Days)

2

YSCC EXAM (ONLINE)

(Complete within 4 weeks)

3

BECOME FULLY QUALIFIED

(YSCC Certificate)



**PRACTICAL
COACHING SKILLS**



**EXPERT TUTORS
& ELITE COACHES**



**YOUTH ATHLETE
DEVELOPMENT**

07 HOW IT WORKS

YSCC 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.

IN-PERSON COURSE**1****DAY 1**

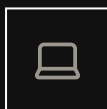
YSCC Course

2**DAY 2**

YSCC Course

3**DAY 3**

YSCC Course

**TAKE YSCC EXAM ONLINE**

(within 4 weeks of completing the YSCC Course)

4
WEEKS**BECOME FULLY QUALIFIED**

Receive your Youth Strength & Conditioning Course (YSCC) certificate.



09

COURSE CONTENT · NINE MODULES

YSCC (3 DAYS)

The YSCC covers nine modules over 3 days of in-person education, giving you the tools to train youth athletes safely and effectively at every stage of their development.

-
- | | | |
|----------|---|--|
| 1 | YOUTH ATHLETE FITNESS TESTING | Learn how to implement standardised fitness test batteries and adjust assessments to athletic ability, with resources for profiling teams and individual athletes. |
| 2 | LONG TERM ATHLETE DEVELOPMENT (LTAD) | Learn how to plan multi-year training using growth and maturation principles, and implement LTAD models for young athletes. |
| 3 | YOUTH ATHLETE PYRAMID (YAP) | Learn age-appropriate training methods across the Foundation, Development and Performance phases of the Youth Athlete Pyramid. |
| 4 | FUNDAMENTAL MOVEMENT SKILLS (FMS) | Learn how to implement fundamental movement skills using gymnastic shapes, positions and animal movements. |
| 5 | ATHLETIC MOTOR SKILL COMPETENCIES (AMSC) | Get access to EPI's exercise library, categorised from Level 1 to 3, for safe progressions and regressions in youth training. |
| 6 | SPEED & AGILITY TRAINING | Learn how to develop acceleration and velocity mechanics using age-appropriate drills and games-based approaches. |
| 7 | ENDURANCE TRAINING | Learn how to train the energy systems using games-based methods and plan Energy System Development (ESD) sessions. |
| 8 | YOUTH ATHLETE PROGRAM DESIGN | Learn how to design programs for FMS, AMSC and multiple physical qualities across the YAP phases. |
| 9 | YOUTH ATHLETE PLANNING & PERIODIZATION | Learn how to apply periodization models for medium- to long-term planning across different athlete levels. |
-

09 RECOGNITION

ACCREDITATIONS & RECOGNITION

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



EPI's YSCC 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 YSCC 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



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.

10 GRADUATE REVIEWS

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

“

★★★★★

Comprehensive course aimed at young athletes. Everything is clearly explained and practically shown. I recommend it to everyone who is interested in strength and conditioning training.

— IVAN BARATYNSKYV

“

★★★★★

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

— JULIA SWISTUN

“

★★★★★

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

— KONRAD LONG

★★★★★

FIVE-STAR REVIEWS
FROM OUR GRADUATES

[SEE MORE GOOGLE REVIEWS HERE](#)

11 ENROLMENT

READY TO START YOUR YSCC?

Registration for the in-person YSCC course. Sign up and take the next step in your youth coaching journey.

01

REGISTRATION

Sign up to the YSCC course.



02

PRICE

€595 Ireland · €695 International



03

WHAT YOU GET

YSCC course
Discounts from EPI performance partners

[REGISTER FOR THE YSCC](#)epicertification.com

THE YSCC IN NUMBERS

3

DAYS

IN-PERSON COURSE

9

MODULES

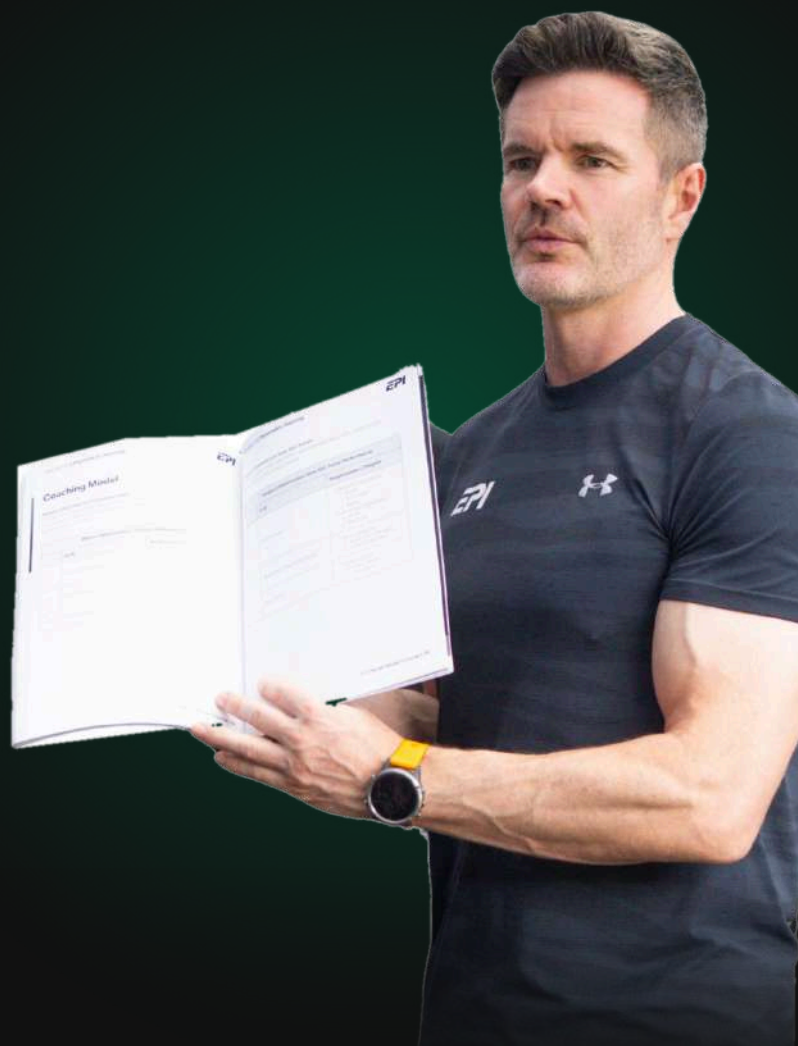
YOUTH S&C CONTENT

4

WEEKS

TO COMPLETE THE ONLINE EXAM

LET'S TALK



Get in touch to learn more
& get started!



EMAIL

info@epicertification.com



WEB

epicertification.com



FACEBOOK

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



INSTAGRAM

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



LINKEDIN

[EPI Education](https://www.linkedin.com/company/epe-education)



SCAN TO
LEARN MORE



WWW.EPICERTIFICATION.COM

TAKE YOUR COACHING TO THE NEXT LEVEL.

START YOUR NCSC JOURNEY

STRENGTH & CONDITIONING



START YOUR VSCC JOURNEY

YOUTH STRENGTH & CONDITIONING



12+

COUNTRIES

500+

COURSES

5,000+

COACHES CERTIFIED