EPI

EDUCATE · DEVELOP · EMPOWER

2026

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NCSC

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

Karl Gilligan MSc, CSCS

Founder & CEO

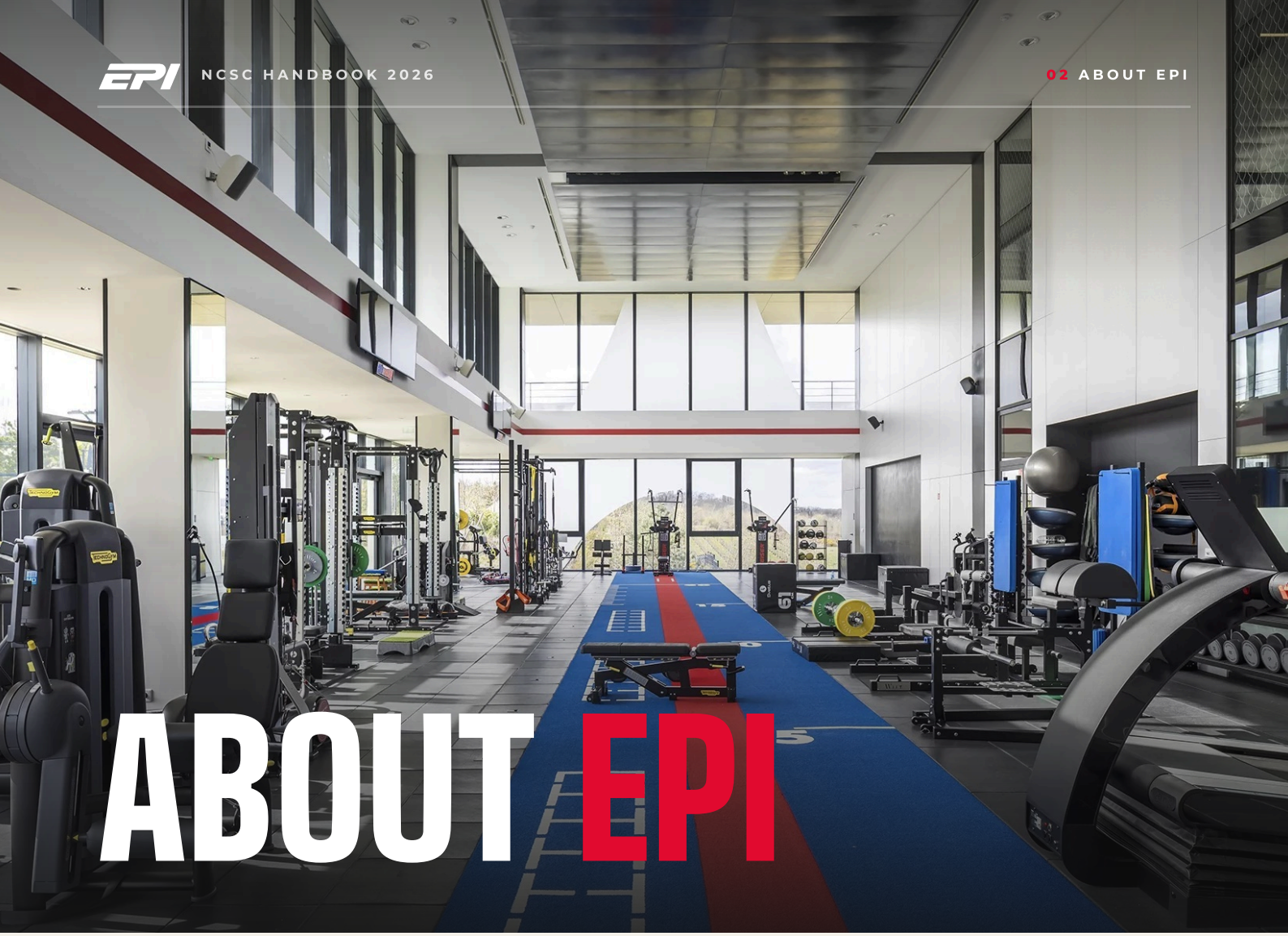
PRACTICAL COACHING SKILLS

EXPERT TUTORS & ELITE COACHES

FLEXIBLE LEARNING OPTIONS

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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



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.

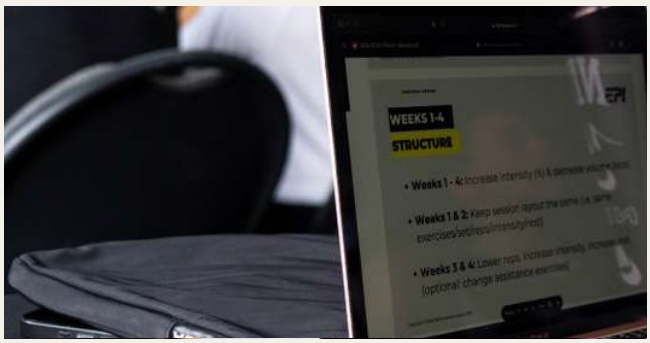
Expert-led, in-person learning
Learn from world-class coaches with real-world experience.

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	80	70%
MINUTES	QUESTIONS	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.

NSCA® NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

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

ACE® AMERICAN COUNCIL ON EXERCISE

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.

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





LET'S TALK

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

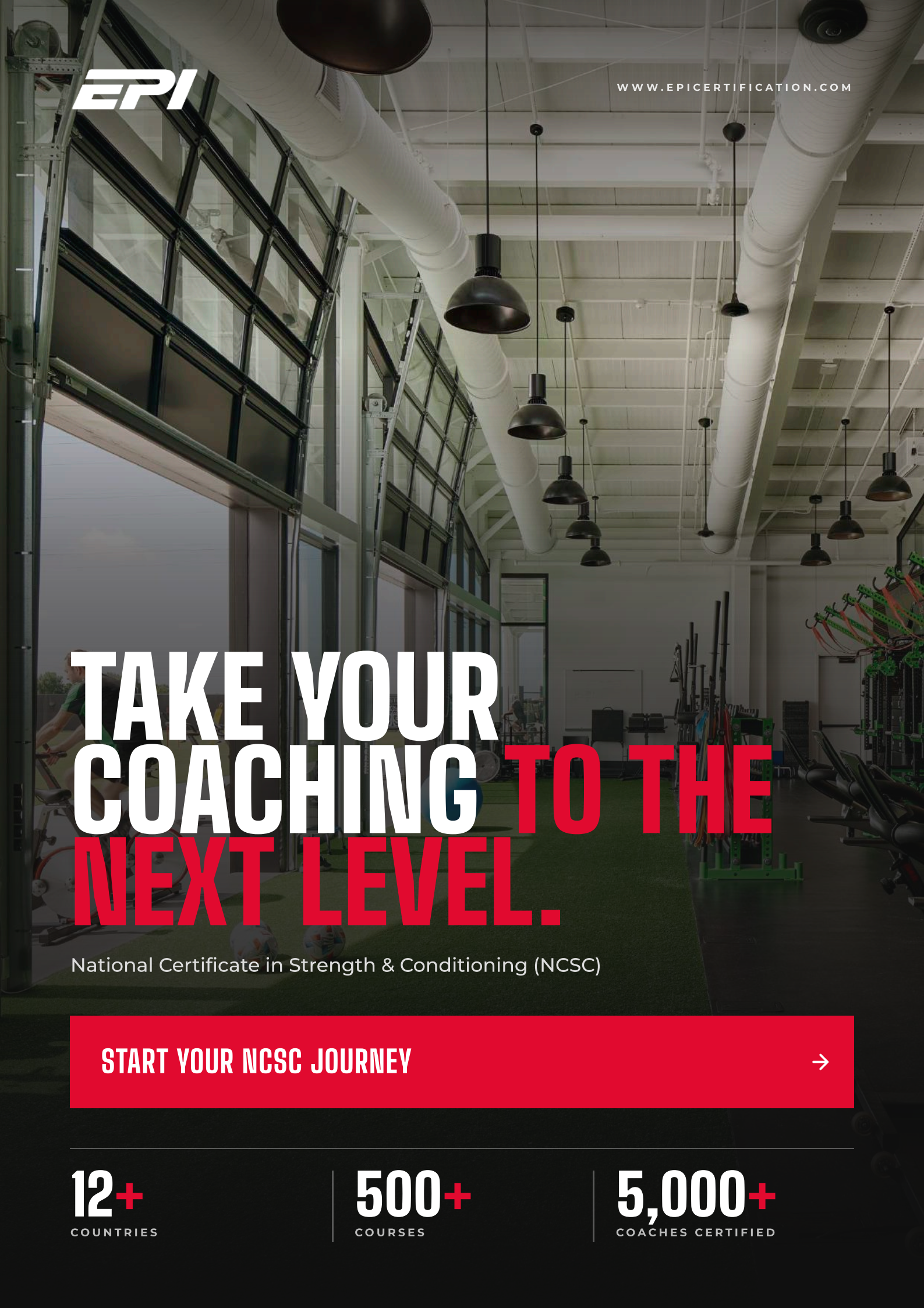
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SCAN TO LEARN MORE



WWW.EPICERTIFICATION.COM

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