Level 1 ASCA Strength & Conditioning Coaching Course Registration Form Bathurst Oct 9-10, 2010

The **Level 1 Strength and Conditioning Coaching Course** provides basic level knowledge and skills to understand, apply and design training programs to improve the performance of athletes.

Course Modules include:

- Training theory and how to effectively plan and measure training
- How to design and coach strength, speed, flexibility & energy system training programs
- Describe common faults and their implications from the Level 1 Strength exercise lifts
- Manage and implement a recovery program
- Effects of nutrition and common drugs on performance
- Practicalities of how to coach including teaching and improving skills and organizing training sessions
- Strength training program for special populations including youth and adolescents
- Employ a range of field tests to assess an athlete's physical capabilities
- Design a basic 2-3 day/week 4-7 week periodised program for beginner athletes using all training modalities
- Injury prevention, management and rehabilitation

This course is suitable for sports coaches, athletes, fitness trainers, gym instructors, physical education teachers, physiotherapists and Year 1 and 2 sports science students.

Course Assessment Requirements:

- Attend **all units** of the course
- Sign and return the ASCA Coaches Code of Behaviour Form
- Successfully complete the Level 1 Workbook provided
- Complete **30 hours** of practical coaching (10 hours direct involvement – observation of or supervision by an ASCA Accredited Coach of a minimum Level 1 or above, and 20 hours practical coaching in the field of strength and conditioning unsupervised).

Practical Activity: During the course there will be practical sessions that require active participation. However all active, physical participation is optional and you will not be disadvantaged by not actively participating in any of the exercises. Please ensure your presenter/instructor of your situation and ensure that this is noted on your **"Pre Course Questionnaire**" that will be sent to you on registration.

Course Costs: Registration (2 weeks prior to advertised course date) **$395.00 inc. gst**

Refund and Cancellations: The ASCA Refund policy is limited to the following circumstances and timeframes only:

Notification of withdrawal in writing **4 weeks** prior to course date: **FULL REFUND LESS 20% ADMIN FEE.**
Notification of withdrawal in writing **less than 4 weeks** prior to course date: **NO REFUND**

Note: Refunds will **not be given** for partial attendance nor will make up lessons be provided. If, for any reason, you do not attend the full 2 days then you will be required to transfer to the next available course and pay the appropriate transfer fee.

How to Register:

By Fax or Mail: Download Registration form from the ASCA Website and post or fax to Dr. Stephen Bird, School of Human Movement, Charles Sturt University, Bathurst, NSW, 2795.
Fax to **02 6338 4065** – Attention Dr. Stephen Bird.

Additional Information: The course is 16 hours in duration. The course starts at 9.00am and concludes at 5.30pm each day with course registrations open from 8.30am. **PARTICIPANTS MUST ATTEND ALL UNITS OVER THE TWO DAY PROGRAM.**

Pre requisites: **Participants must be 16 years of age and over to attend the training program**

ASCA Strength & Conditioning Level 1 Coaching Course

Registration Details

Name

Date of Birth / /

☐ **Male** ☐ **Female**

Address

Post Code

Phone

Mobile

Home

Email

Course Details

Course Dates: 9 / 10 October 2010

Course Venue: Charles Sturt University, Bathurst

How did you hear about the Course?

Payment Details

My cheque or money order made to "The Australian Strength and Conditioning Association" is enclosed OR charge $ _____ to my credit card: ☐ Visa ☐ MasterCard

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Cardholder Name

Signature

Please note all credit card payments incur an additional 2.5% fee

Privacy Statement

"Information on this form is entered into the National Coaching Accreditation Scheme (NCAS) database of registered coaches maintained by the Australian Sports Commission (ASC) in conjunction with the ASCA. Database information is passed on to relevant state and national sporting organizations and state coaching & officiating centres. Coaches will be sent relevant up-to-date information and may be contacted by the ASCA. Your information will not be used or disclosed except in accordance with the provisions of the Privacy Act 1988"

Risk Waiver

I agree to attend the course to undertake all activities and/or to participate in the course and that I will abide by the rules and conditions of the venue and/or the ASCA, including those in any literature or verbal or written instructions. I authorize in the case of an emergency for the ASCA/ASCA representative, where it is impracticable to communicate with me, to arrange for me, to receive such medical or surgical treatment as may be deemed necessary. I also undertake to pay or reimburse costs which may be incurred for medical attention, ambulance transport and drugs while I am participating in attendance at the course.

Except for situations in which a claim arises as a result of a negligent act or omission by the ASCA or its employees, servants, volunteers or agents (hereafter the "Released Persons"), I agree to indemnify and keep indemnified the Released Persons from and against all claims whatsoever and whenever brought, prosecuted or made against any of the Released Persons for which the Released Person will or may be or become liable arising from or as a result of my attendance at the course and/or participating in any activity. I also agree to waive, release and discharge all and any claim, right or cause of action against the Released Persons, however arising, whether currently known or arising in the future which I may otherwise have for, or arising out of the loss of my life or injury, damage or loss of any description whatsoever and howsoever caused which I may suffer or sustain in the course of or as a result of my attendance and participation in any activity during the course.

Full Name:

Signature:

Date: