**UKSCA Courses**

**Foundation Workshop and Certification (Level 1)**

Level 1 Certification is aimed at anyone looking to enter the profession and wanting a clear and progressive development pathway. Also to anyone wishing to add best practice strength and conditioning to their existing roles e.g. PE teachers, sports specific coaches, personal trainers, undergraduate students etc.

**Plyo, Agility and Speed Workshop**

This 2 day, practical workshop is designed as preparation for those looking to become UKSCA Accredited and for those looking to introduce plyo, agility and speed exercises into their strength & conditioning programmes. It covers key technical and coaching points as well as providing the knowledge to include into training programmes to improve sports performance.

**Weight Lifting Workshop**

This 2 day, practical workshop is designed as preparation for those looking to become UKSCA Accredited and for those looking to introduce Olympic lifts into their strength & conditioning programmes. It covers key technical and coaching points as well as providing the knowledge to incorporate these lifts into training programmes to improve sports performance.

**Planning Effective Programmes**

This 2 day workshop is designed as preparation for those looking to become UKSCA Accredited and for those looking to improve their skills in enhancing their planning and programming skills in strength & conditioning. The content is based on best practice supported by scientific evidence and will provide you with the knowledge and understanding to create more effective programmes to improve sports performance.

**Online application**

<http://www.uksca.org.uk/uksca/Common/home.asp>