



LEVEL **1**

Strength and Conditioning
Coach Accreditation

RECOGNISED INDUSTRY PROVIDER
FIT EDUCATION PTY LTD



The peak national body for strength and conditioning (S&C) professionals in Australia.
Providing high-level professional support, development and research
opportunities while continuing to enhance education for S&C Coaches.
www.strengthandconditioning.org

ASCA LEVEL 1 COACH REGISTRATION QUICK REFERENCE GUIDE

About the ASCA

The Australian Strength and Conditioning Association (ASCA) is an incorporated non-profit organisation and is the peak national body for strength and conditioning (S&C) professionals in Australia. The ASCA aims to provide high-level professional support, development and research opportunities while continuing to enhance education for S&C Coaches.

The ASCA provides a variety of S&C coach accreditation programs for all levels of coaching. These accredited programs, registered with the National Coaching Accreditation Scheme (NCAS), which is administered by the Australian Sports Commission (ASC), identify individuals who possess the knowledge and skill to design, implement and review safe and effective S&C training programs for individual and team sport athletes.

The ASCA S&C Coach Accreditation can only be achieved by passing all assessment requirements as prepared by experts in the field and overseen by professionals in elite practical coaching and theoretical coach education programs.

STEP 1 – Contact your education provider

Your education provider will have the paperwork required for your application as an ASCA Level 1 Strength and Conditioning Coach.

STEP 2 – Information required

Provide the following details to the ASCA:

- Full Name
- Address details
- Date of Birth
- Gender
- Contact phone
- Email address

STEP 3 – Minimum requirements

To be registered as an ASCA Level 1 Strength and Conditioning coach you are required to provide the following supporting documentation.

Completion of the Certificate III SIS30315 & IV SIS40215 in Fitness through FIT Education Pty Ltd

Be a student member of the ASCA

Complete the ASADA Level 1 e-Learning Module

Complete 30 hours practical coaching, min 10hrs supervised by a min ASCA Level 1 Accredited S&C Coach

Complete and sign the ASCA Consent and Coach's Code of Behaviour Agreement

Complete payment information

STEP 4 – Application

Complete the ASCA Level 1 Strength & Conditioning Coach Application and Membership form and submit to the ASCA together with evidence of completion of Practical coaching hours, ASADA Level 1 e-Learning Module and the signed ASCA Consent & Coach's Code of Behaviour Agreement no later than 6 months after completion of Certificate III & IV in Fitness through FIT Education Pty Ltd.

ASCA LEVEL 1 STRENGTH & COINDITIONING COACH APPLICATION AND MEMBERSHIP FORM

APPLICANT'S DETAILS

I have completed the Certificate III and IV through FIT Education Pty Ltd and hereby apply for ASCA Level 1 Strength and Conditioning Coach Accreditation and ASCA Membership.

First Name	<input type="text"/>	Surname	<input type="text"/>
Email	<input type="text"/>		
Mobile Ph.	<input type="text"/>	Home Ph.	<input type="text"/>
Address	<input type="text"/>		
		Post Code	<input type="text"/>
DOB	<input type="text"/>		

Attached please find the following supporting documentation:

- Certificate III & IV in Fitness from FIT Education Pty Ltd on fraud proof paper
- Certificate of completion of ASADA's Level 1 e-Learning Module
- 30hrs of practical coaching as stipulated in the ASCA Practical Coaching Recording Form
- A signed copy of the ASCA's Consent and Coach's Code of Behaviour Agreement
- I wish to be listed on the ASCA website as a mentor coach. (not compulsory)

APPLICATION AND MEMBERSHIP FEES

Fees include - 12 month ASCA membership, 4 year NCAS registration fee, ID card, Certificates)

ASCA Student Membership Fee	\$85.00
ASCA Administration Fee	\$99.00
Total Payment Required	\$184.00

PAYMENT

Application and Membership Fee as above	\$184.00			
+ 2.0% processing fee (if applicable)	\$			
Total to be paid	\$			
	<input type="checkbox"/>	Cheque/Money Order	<input type="checkbox"/>	AMEX
	<input type="checkbox"/>		<input type="checkbox"/>	MasterCard
	<input type="checkbox"/>		<input type="checkbox"/>	Visa
Card Number	<input type="text"/>			
Card Expiry Date	<input type="text"/>	CCV	<input type="text"/>	
Name on Card	<input type="text"/>			
Please charge my credit card the above outlined fees, signed	<input type="text"/>			

All payments are to be made in \$AU and are inclusive of GST with the exception of the International Journal Subscriber fees. Applications will not be processed without payment. All payments made by credit card incur a 2.0% processing fee. A copy of student ID must be provided each year to be eligible for student membership fees. International members are required to provide proof of residence outside of Australia. There is no refund of Membership fees once payment is processed. Information on this form is entered into the ASCA database of registered members. Database information is not passed on to any third party unless permission is granted by the applicant. Coaches will be sent relevant up-to-date information and may be contacted by the ASCA, unless the ASCA is otherwise notified by the applicant.

ASCA CONSENT & COACH'S CODE OF BEHAVIOUR AGREEMENT FORM

APPLICANT'S DETAILS

First Name

Surname

Email

Mobile Ph.

Home Ph.

Address

Post Code

Club or Company Affiliation

Position Held

The ASCA endorses the ASC's Sport's Code of Behaviour that provides guiding principles that reflect and uphold fairness, respect, responsibility and safety that lead to appropriate behaviour regardless of a person's involvement in sport as outlined below:

- Operate within the rules and spirit of your sport, promoting fair play over winning at any cost.
- Encourage and support opportunities for people to learn appropriate behaviours and skills
- Support opportunities for participation in all aspects of the sport
- Treat each person as an individual
- Display control and courtesy to all involved with sport
- Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
- Respect the decision of officials, coaches and administrators in the conduct of sport
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity
(When in a supervisory capacity or where power imbalance will exist) with people under the age of 18 years.
- Adopt appropriate and responsible behaviour in all interactions
- Adopt responsible behaviour to alcohol and other drugs
- Act with integrity and objectivity, and accept responsibility for your decisions and actions
- Ensure your decisions and actions contribute to a safe environment
- Ensure your decisions and actions contribute to a harassment free environment
- Do not tolerate harmful or abusive behaviours.
- Place the safety and welfare of the athlete above all else
- Help each person (athlete) reach their potential – respect the talent, development stage and goals of each person and compliment and encourage with positive and supportive feedback.
- Any physical contact with a person should be appropriate to the situation and necessary for the person's skill development
- Be honest and do not allow your qualifications to be misrepresented

To - The Australian Strength and Conditioning Association Inc.

I am seeking (please select one): Registration Re-registration

For the following Accreditation – Strength and Conditioning (Sport) Level (please select one):

ASCA Accreditation Level 0

ASCA and NCAS Accreditation Level 1 Level 2 Level 3

I agree to the following terms:

1. I agree to abide by the Australian Strength and Conditioning Associations Code of Behaviour (outlined above).
2. I acknowledge that the ASCA may take disciplinary action against me, if I breach the code of ethics (I understand that the ASCA is required to implement a complaints handling procedure in accordance with the principles of natural justice, in the event of an allegation against me).
3. I acknowledge that disciplinary action against me may include de-registration from the National Coaching Accreditation Scheme.

Please refer to the *Harassment Free Sport Guidelines* available from the Australian Sports Commission if you require more information on harassment issues.

ASCA Consent Form

The World Anti-Doping Agency is responsible for the review and development of the World Anti-Doping Code (The Code). The Code in turn informs ASADA's anti-doping programs, including the National Anti-Doping Scheme (NAD Scheme).

The ASCA welcomes the changes to The Code. To enhance the integrity of Strength and Conditioning Coaches all coaches are now required to be compliant with Article 2.10 of The Code by signing this Consent Form and Coaches Code of Behaviour Form and returning to the ASCA

I have not at any time engaged in Prohibited Association as prescribed under Article 2.10 of the World Anti-Doping Authority (WADA) Code (in effect from 1 January 2015) , meaning association in a professional or sport-related capacity with any Athlete Support Personnel who:

- a) *is serving a period of Ineligibility; or*
- b) *has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping rules; or*
- c) *is serving as a front or intermediary for an individual described in (a) or (b) above.*

The 2015 WADA Code can be downloaded from the following link from the ASCA website

<http://www.strengthandconditioning.org/component/content/article/9-uncategorised/927-useful-links>

Full Name

Signature

under 18 parent/guardian signature

Date



LEVEL 1

Strength and Conditioning
Coach Accreditation

PRACTICAL COACHING RECORDING FORM



The peak national body for strength and conditioning (S&C) professionals in Australia.
Providing high-level professional support, development and research
opportunities while continuing to enhance education for S&C Coaches.
www.strengthandconditioning.org

YOUR QUESTIONS ANSWERED

Q. What is required?

- A. To attain the Level 1 ASCA Strength and Conditioning Coach award you are required to, in addition to other course requirements, complete a minimum of 30 hours of practical coaching.

Q. When does it need to be completed by?

- A. You are required to submit the completed Practical Coaching Recording Form to the ASCA National Office within 6 months of the course.

Q. How do I do this?

- A. The area of practical coaching is the area that usually generates the most questions. It is the intent that this 30 hours be spent involved in the training process of **athletes**, as opposed to general members of the public (**Personal training is not acceptable**). The athletes can be any age, sex, sport and level of competition. Involvement in the training process is described as any or all of the following: observation, supervision, program design, and assessment.

It is the responsibility of your mentor to be comfortable with your coaching capabilities before signing your form.

Q. Who do I do this with?

- A. You are required to complete this with a person who holds a current ASCA Level 1 or higher accreditation. The aim of this is to gain the benefits associated with having a 'mentor', someone to guide you in the attainment of practical skills. There are other benefits, including networking that may contribute to future employment.

Please note that the 10 hours of supervised coaching are to be complete in the role of Strength and Conditioning. Hours can be obtained by coaching, observing and assisting. All supervised hours are to be signed off by an ASCA accredited coach level 1 or above.

In the instance an ASCA coach is unavailable the ASCA will accept the supervised hours to be completed with a coach from another sport but the sport must have an Accreditation recognised by the National Coach Accreditation Scheme which is administered by the Australian Sports Commission and they must have an NCAS number and provide details of the sports they are accredited through.

Please note that these are the only accreditations that the ASCA accept to supervise these hours.

Q. How much of the 30 hours will I need to be involved with a mentor coach?

- A. Minimum of 10 hrs direct involvement (observation of or supervision by) with an ASCA accredited coach of a minimum of the Level 1 or above.

Maximum 20 hrs Practical coach experience unsupervised in the role of strength & conditioning.

Q. How do I find a mentor coach?

- A. Most major sporting teams/academy's /institutions will have an ASCA accredited strength and conditioning coach employed. You could also call the ASCA National Office to see if they can recommend anyone in your area, or visit the ASCA website and look for a mentor under the 'mentor coach' link.

Q. What if there are no mentor coaches in my region e.g. you may live in a remote area?

- A. If you are not able to locate an appropriately qualified supervisor you can negotiate alternative arrangements with the ASCA. Please contact the National office if you require assistance via the detail on the front of this form.

PARTICIPANT'S DETAILS

First Name	<input type="text"/>	Surname	<input type="text"/>
Email	<input type="text"/>		
Mobile Ph.	<input type="text"/>	Home Ph.	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>	Post Code	<input type="text"/>
Course Dates	Course Location	Course Coordinator	
<input type="text"/>	<input type="text"/>	<input type="text"/>	

MENTOR COACH'S DETAILS

First Name	<input type="text"/>	Surname	<input type="text"/>
Email	<input type="text"/>		
Mobile Ph.	<input type="text"/>	Home Ph.	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>	Post Code	<input type="text"/>

Is the mentor Coach: An ASCA Accredited S&C Coach? Level?

OR

An NCAS Accredited Coach in another sport Sport?

Level?

All mentor coaches must provide their NCAS Coach Accreditation Number

NCAS Coach Accreditation Number

Note: if you use more than one mentor or supervising coach, provide details for each.

