



DEVELOPMENT LEVEL STRENGTH & CONDITIONING COACHING Pathway Community Strength & Conditioning Coach Training Programme Overview

The Oceania Sport Education Programme (OSEP) is a joint initiative of the Australian Sports Commission, the Oceania National Olympic Committee and the Organisation of Sports Federations of Oceania to support the development of sport education in the Pacific region.

The OSEP comprises a number of training programmes that have been specifically designed to provide a regional approach to sport education by developing flexible, relevant, modern curricula and training support resources in the areas of coaching, officiating, administration and assessor/presenter training.

The OSEP Strength & Conditioning Coaches Stream offers two levels of training programmes:

1. Community Strength & Conditioning Coach
2. Development Strength & Conditioning Coach

COMMUNITY STRENGTH & CONDITIONING COACH

The Community Strength & Conditioning Coach training programme will provide aspiring coaches with the skills to use the functional movement screen to develop appropriate conditioning training for athletes and help meet the demands of their specific sport and develop periodisation plans and fitness tests to check progress of athletes.

OSEP Community Strength & Conditioning Coach training programme will take approximately 24 hours to complete. It consists of seven modules:

1. Long-Term Athlete Development
 - a. LTAD pathway
 - b. Key principles of LTAD pathway
 - c. Stages of development
 - d. Components of Fitness
2. Functional Movement Screening (FMS)
 - a. Facility and equipment
 - b. Getting set up
 - c. Instructions to athlete
 - d. Positioning of coach
 - e. Ethics in testing
 - f. Warning
 - g. What to screen
 - h. The scoring system
 - i. Examples of common compensations during the overhead squat
3. Prepare to Train Exercises (Anatomical Adaptation)
 - a. Anatomical Adaptation exercises and programs
 - b. Benefits of anatomical adaptation phase
 - c. Anatomical adaptation integrated with the sport program
 - d. Anatomical adaptation circuits
4. Sport Fitness Requirements (Demands of the Sport)
 - a. Sports movement analysis
 - b. Introduction to principles of training
 - c. Integrate the principles of training with the demands of the sport
5. Speed and Sport Specific Conditioning
 - a. Warm up and cool down
 - b. Speed Training

- c. Integrated Conditioning
6. Periodisation and planning
 - a. Principles of Periodisation
 - b. Designing a Periodisation plan
 - c. Rate of Perceived Exertion Scale
 - d. Importance of Recovery and recovery routines
 7. Fitness Testing
 - a. Principles of fitness testing
 - b. Ethical standards of fitness testing
 - c. Types of fitness tests
 - d. Preparing a fitness test program and schedule
 - e. Analyse and interpret fitness test results

Upon successful completion of the Community Strength & Conditioning Coach training program, the participants will be able to:

Plan and prepare

- describe and outline appropriate Strength and Conditioning activities in the different stages of the Long-Term Athlete Development pathway
- prepare and conduct a fitness test schedule appropriate to the sport team or athlete
- design an anatomical adaptation program for the athlete and
- prepare and present an annual Strength and Conditioning training plan using all three cycles to advance the sport specific fitness of athletes.

Implement

- deliver speed and conditioning sessions with relevant warm up and cool down sessions
- competently conduct a Functional Movement Screening session and
- coach an Anatomical Adaptation Circuit to identify compensations from the Functional Movement Screening session.

Analyze and Provide Feedback

- analyse the demands of the sport and conduct appropriate relevant training; and
- record, analyse and provide feedback on athletes' performance of various fitness tests relevant to their sport.

Prerequisite

- completed OSEP CC&O or equivalent National Federation course
- be actively coaching athlete or team and nominated by National Federation and
- over 18 years of age.

Post course requirements

- Functional Movement Screening data;
- Anatomical Adaptation programs developed for your athletes/teams; and
- Annual Strength and Conditioning training plan.