

DLS001

COMMUNITY STRENGTH AND CONDITIONING COACH

A Development Level Course in the Strength and Conditioning Pathway



The Oceania Sport Education Programme (OSEP) is an initiative of the Oceania National Olympic Committee. It is designed to develop sport education in the Pacific region with National Olympic Committees, Regional Sports Federations in Oceania and their member national Federations.

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. The programme underwent an external, independent evaluation which involved several layers of stakeholder consultations, compilation of findings, recommendations, validation with stakeholders before moving into a new strategy and direction. At its core, the courses remain the same.

The courses are in five streams targeting community, development and national level sport volunteers and paid professionals:

1. Administration
2. Coaching
3. Strength and Conditioning Coaching
4. Team management
5. Trainer

This course is at Development Level.

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.

PROGRAMMES	ADMINISTRATION (A)	COACHING (C)	STRENGTH & CONDITIONING (S)	TEAM MANAGEMENT (M)	TRAINER (T)
COMMUNITY LEVEL (CL)	CLA001 Sports in Communities Administrator	CLC001 Community Beach Volleyball Coach CLC002 Community Coach and Official Coach	DLS001 Community Strength and Conditioning Coach DLS002 Development Strength and Conditioning Coach		CLT001 Presenter CLT002 Assessor CLT003 Educator
DEVELOPMENT LEVEL (DL)	DLA001 Management in Sporting Organisation	DLC001 Development Coach			DLT001 Master Educator
NATIONAL LEVEL (NL)	NLA001 Building Better Management – eOSEP NLA002 Advanced Sport Management			NLM001 National Team Manager	NLT001 Regional Master Educator NLT002 Mentor

LEARNING OUTCOMES

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
- 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
- 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

PREREQUISITES

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

DURATION

OSEP Community Strength & Conditioning Coach training programme will take approximately 24 hours to complete.

MODULES

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

POST-COURSE REQUIREMENTS

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

FURTHER INFORMATION

Please talk to an OSEP Educator in your National Olympic Committee or an OSEP Training Provider for **further details**.