

DLS002

DEVELOPMENT STRENGTH AND CONDITIONING COACH

A Development Level Course in the Strength and Conditioning Coaching 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

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

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

DEVELOPMENT STRENGTH & CONDITIONING COACH

The Development Strength & Conditioning Coach training programme will build on the knowledge and skills gained from the Community S&C course, improve integration of technical and strength and conditioning coaching, and raise awareness of key strength and conditioning knowledge and application to further develop as a strength and conditioning coach.

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			CLT001 Presenter CLT002 Assessor CLT003 Educator
DEVELOPMENT LEVEL (DL)	DLA001 Management in Sporting Organisation	DLC001 Development Coach	DLS001 Community Strength and Conditioning Coach DLS002 Development Strength and Conditioning 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

PREREQUISITES

- completed OSEP Community S&C coach training or equivalent
- prepare a practical coaching session
- provide a sample 4 weeks meso cycle periodisation programme for your sport
- be actively coaching athlete or team and nominated by National Federation
- 18 years and above

LEARNING OUTCOMES

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

Assess

- assess athletes using functional screening and performance testing

Analyze

- analyze the demands of the sport relative to the athlete and the level of competition

Create & synthesize

- create and synthesise overall periodised training plans (performance training plan with macro, meso, and micro cycles) for athletes or teams relative to their individual physical and performance needs and
- create and synthesise specific session plans based on the above overall Performance Training Plan for various physical and sporting needs

Evaluate

- evaluate coaches' ability to screen and test athletes
- evaluate the demands of the sport
- evaluate planning, coach delivery and review of specific sessions
- evaluate technical knowledge and application of movements for various exercises and
- evaluate the planning of periodised plans

Feedback and review

- review coaches' feedback and review skills to athletes during and after sessions

DURATION

The OSEP Development Strength & Conditioning Coach training programme will take approximately 40 hours face to face session plus workplace assessment of about another 40 hours to complete.

POST-COURSE REQUIREMENTS

- functional movement screen testing with results for your team
- written session plans for strength, speed and sport specific conditioning
- videos for speed, strength and sport specific conditioning.
- periodised plans showing macro-, meso-, and micro-cycles and loading
- performance testing batteries and results
- 20 hours diary under supervised coaching
- 10 hours diary unsupervised coaching
- feedback assessment of coaching session

MODULES

It consists of eight modules:

1. Coaching to perform

- a. How to coach
- b. What is a coaching philosophy
- c. Coaching using philosophies
- d. Types, styles and approaches to coaching

2. Long-term athlete development (LTAD)

- a. Understanding LTAD
- b. 10 key factors that influence LTAD

3. Periodisation (performance training plan)

- a. Steps in producing a periodisation plan
- b. Relationship between volume, intensity and recovery
- c. Training objectives
- d. Managing training loads
- e. Nutrition and hydration

4. Functional screening and corrective exercises

- a. Functional screening approach
- b. Scoring system
- c. Range of motion
- d. Corrective exercises (Anatomical adaptations)

5. Speed training

- a. Elements of speed
- b. Movement efficiency
- c. Planning and coaching a speed session

6. Strength training

- a. Types of strength
- b. Stability
- c. Maximal Strength
- d. Power training
- e. Strength Endurance
- f. Hypertrophy/general strength

7. Sport specific conditioning

- a. Energy systems
- b. Types of conditioning
- c. Specific conditioning
- d. General conditioning
- e. Integrated conditioning

8. Performance testing

- a. Testing principles
- b. Performance tests

FURTHER INFORMATION

Please talk to an officer in charge of OSEP in your National Olympic Committee or an OSEP Training Provider for further details.