

## Why should you choose 1st4sport as your awarding body?

### Time-saving support

Unlike many other awarding bodies, which just supply you with the basic qualification standards, we go a step further by providing:

- **full and comprehensive Learner Packs**, which include a full set of structured learning and assessment tasks to help you deliver the qualification
- **tutor/assessor guidance notes**, which support you and your staff in the delivery, assessment and quality assurance of the qualifications.

### Administration that makes your life simple

The registration and certification of learners couldn't be simpler, with our time-saving online system giving you access to your learners' records at the click of a button!

### Plan confidently with the industry experts

Our unique working relationships with governing bodies of sport like The FA, ECB and RFU help us to develop the most up-to-date and relevant sport-specific qualifications in the industry.

### FREE recognition and qualification approval

Delivering 1st4sport qualifications is easy on your budget as there are no costs involved in becoming a recognised centre. Qualification approval is also FREE!

## Start reaping the benefits today!

Apply to become a 1st4sport recognised centre by visiting:

[www.1st4sportqualifications.com/fq/strength](http://www.1st4sportqualifications.com/fq/strength)

## Fitter, faster and stronger with 1st4sport

### How you can offer these qualifications

#### Non-1st4sport recognised centres

If you are not already a 1st4sport recognised centre<sup>2</sup>, you need to apply to become one by completing a Centre Recognition Application Form. You can now do this online through *Athena*, the online 1st4sport Quality Assurance System, where you can also apply to become approved for the qualifications that interest you.

Simply call us on 0113-290 7610 to receive a unique access code or visit the web address shown below.

#### Existing 1st4sport recognised centres

If you are already a 1st4sport recognised centre and would like to seek approval to deliver any qualification in the 1st4sport Coaching Strength and Conditioning for Sport (QCF) Suite, please access *Athena* and complete the qualification approval process.

### Apply to become a 1st4sport recognised centre today!

To find out more or to request access codes for *Athena*, call us on 0113-290 7610 or visit:

[www.1st4sportqualifications.com/fq/strength](http://www.1st4sportqualifications.com/fq/strength)

<sup>2</sup> A 1st4sport recognised centre is an organisation (eg training provider, further education college, university, governing body of sport) that has been recognised and approved to deliver a 1st4sport qualification.

There are no costs involved in applying or becoming a 1st4sport recognised centre.



## 1st4sport Qualifications

the awarding body for active learning and leisure

# Coaching for peak performance

## 1st4sport Coaching Strength and Conditioning for Sport (QCF) Suite



Developed in partnership with:





## Optimising physical performance

Strength and conditioning is an essential aspect of all athletes' training programmes, and is crucial for achieving peak performance. The 1st4sport Coaching Strength and Conditioning for Sport (QCF) Suite is a complete progression set of nationally accredited qualifications, designed to provide coaches with the knowledge to build well-constructed and effective strength and conditioning programmes.

Developed in partnership with technical experts from the Rugby Football Union (RFU) and professionals from a variety of sports, the Suite consists of:

- 1st4sport Level 1 Award in Coaching Strength and Conditioning for Sport (QCF)
- 1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport (QCF)
- 1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport (QCF)

## A must-have for serious coaches and fitness professionals at every level

Learners who choose to progress through each qualification will be able to produce a well-constructed programme that supports the development of speed, agility, endurance and strength. They will also be able to ensure their athletes/clients are working on the right area of training at the right time to produce the best possible performance.



## 1st4sport Level 1 Award in Coaching Strength and Conditioning for Sport (QCF)

7 Credits  
(47 GLH)

16+

Qualification number: 600/0199/9

This Award provides learners aged 16 and over with an introduction to the principles and practices of coaching safe and effective strength and conditioning activities. Holders of this Award are able to seek employment as Assistant Strength and Conditioning Coaches in clubs, schools or equivalent environments.



## 1st4sport Level 2 Certificate in Coaching Strength and Conditioning for Sport (QCF)

19 Credits  
(118 GLH)

16+

Qualification number: 600/0200/1

This qualification is designed to provide learners aged 16 and over with the level of knowledge needed to build and lead well-constructed strength and conditioning programmes through an understanding of how to plan, conduct and evaluate strength and conditioning sessions. This will enable successful learners to seek employment as Strength and Conditioning Coaches in a number of settings, such as sports clubs, or with athletes or teams in educational/youth environments.

## 1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport (QCF)

26 Credits  
(140 GLH)

18+

Qualification number: 600/0337/6

This qualification provides learners aged 18 and over with the advanced level of knowledge needed to deliver a comprehensive strength and conditioning coaching programme, by applying the principles of performance profiling and goal-setting. This will enable them to seek employment as Strength and Conditioning Coaches in a number of settings, which may include sports clubs, or with individual athletes or teams.

## Why deliver these qualifications?

### Flexibility of delivery

This Suite can be used as a progression pathway, enabling learners to move from foundation to advanced levels. Or, the qualifications can be delivered individually – allowing coaches and/or fitness professional at Levels 1 to 3 broaden their skills in the area of strength and conditioning.

### Excellent CPD opportunity

The qualifications provide an excellent continual professional development (CPD) for exercise and fitness industry professionals via The Register of Exercise Professionals<sup>1</sup> (REPs) – an ideal way to improve and broaden their skill set.

### Essential addition to sport-specific programmes

The importance of strength and conditioning to support optimal sporting performance means this Suite of qualifications can complement any sport-specific programmes you may already be running.

Attracts CPD points for REPs<sup>1</sup>



<sup>1</sup>The Register of Exercise Professionals (REPs) is a public register that recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. For more information, visit: [www.exerciseregister.org](http://www.exerciseregister.org)

Start reaping the benefits today! Apply to become a 1st4sport recognised centre – visit [www.1st4sportqualifications.com/fq/strength](http://www.1st4sportqualifications.com/fq/strength)