

The 1st4sport Coaching Strength and Conditioning for Sport Suite



Coaching for peak 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), 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 \(QCF\)](#)

The qualifications are a must for serious coaches and fitness professionals¹ at every level with learners who choose to progress through each qualification being able to produce a well-constructed programme to support the development of speed, agility, endurance and strength.

Find out more about each qualification and how you can deliver them by clicking the qualification title above.

Alternatively, download our [Coaching Strength and Conditioning flyer](#) (PDF).

- more information on the qualifications listed above
- why you should deliver the qualifications
- why you should choose 1st4sport as your awarding body.

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

In partnership with:



- [Five reasons to choose 1st4sport](#)
- [Become a recognised centre](#)
- [Deliver this qualification](#)

Built on [Cubik](#)
©2012 1st4sport Qualifications

1st4sport Qualifications is a brand of Coachwise Ltd, the trading arm of sports coach UK, the UK-registered charity leading the development of coaching. Any proceeds from your business goes directly back to sports coach UK to invest in developing coaching for all children, players and athletes in the UK.

Coachwise Ltd. is registered in England 2340767, registered offices at: Chelsea Close, Off Amberley Road, Armley, Leeds, LS12 4HP.