

# strength & conditioning specialist

LEARN MORE



**SCHOOL OF SPORT AND EXERCISE**

Enter the ever changing world of fitness

# about this programme

8 CEU's /  
20 CPD



Whether you work with children, the weekend warrior or a pro athlete, the Certified Strength Coach (CSC) programme will help you develop the knowledge and skills to effectively enhance human performance. Recognised by high school, college, and professional organisations as well as health clubs the CSC credential is nationally accredited by the highest standard in the industry.

The NCSF Certified Strength Coach programme is an approved continued education (80 CEUs) for Certified Trainers.

The course has both theoretical & practical elements.



3-6 months (300 hour course)

Online with support practical sessions at various campuses)

\*You can query, ask advice, check techniques via phone calls, emails & videos anytime while you are on the course



8 CEU's / 20 CPD points



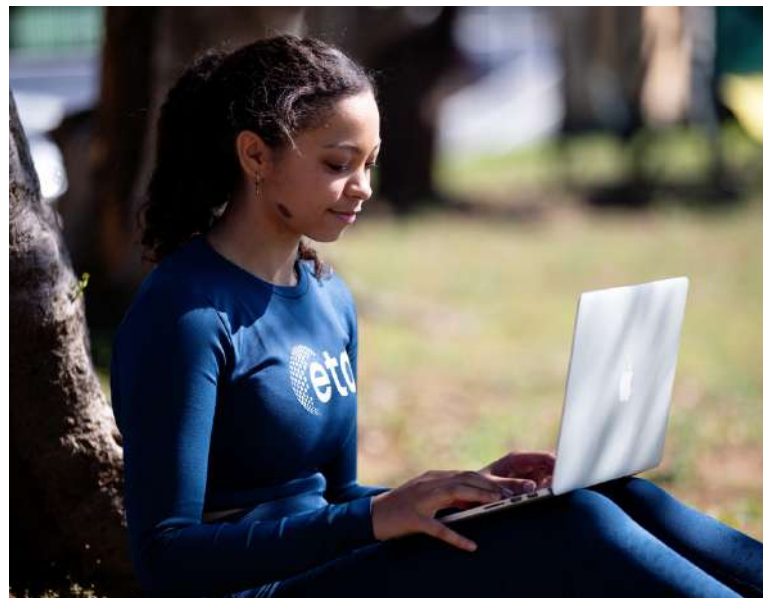
R15 000



Final practical & theoretical examination



Entry requirement is a Personal Trainer Designation



**BUY NOW**



# what will you learn?

- How to perform biomechanical and athlete-needs analysis
- High-level strength attainment using advanced strength techniques
- Ballistic Training Instruction including Olympic Lifting and Plyometrics
- How to develop Speed, Agility and Reactive Strength
- Advanced programming for performance in each sport

# what career can i go into once i am qualified

## NCSF CERTIFIED STRENGTH COACHES ARE QUALIFIED TO WORK WITH:

- Athletes
- Combat Sports
- Club Teams
- Competition Athletes
- Return to Play Persons

This is a fully recognised certification for those who wish to train athletes or work with sports teams. This course is recognised by the NCAA, REPS-USA & REPSSA.

# NOT QUITE WHAT YOU'RE LOOKING FOR?

Other students found the following programmes relevant to their career goals:

SUSPENSION  
TRAINER  
SPECIALIST



MOVEMENT &  
MOBILITY  
SPECIALIST



CERTIFIED  
KETTLEBELL  
COACH



## CONTACT US:

Complete an online enquiry form

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