

# STRENGTH AND CONDITIONING PRACTITIONER

Professional  
Development  
Course



## OVERVIEW

The International Strength and Conditioning Practitioner course provides an advanced level of knowledge in strength and conditioning coaching to give you the skills and ability to plan, conduct and design advanced strength and conditioning programs.

From conducting sports-specific analysis to developing athlete profiles and high-performance training programs, this course goes above and beyond to provide you with an extremely comprehensive understanding of all things strength and conditioning.

## COURSE OUTLINE

### COURSE MODULES

- Module 1 - Anatomy and Physiology for Strength and Conditioning
- Module 2 - Biomechanics for Strength and Conditioning
- Module 3 - Athlete Pre-Screening and Testing
- Module 4 - Programming for Strength and Conditioning
- Module 5 - Exercise Instruction for Strength and Conditioning
- Module 6 - Periodization for Strength and Conditioning
- Module 7 - Managing and liaising with your athlete, sports coaches, and other associated professionals
- Module 8 - Sports Injuries and Injury Prevention in Strength and Conditioning
- Module 9 - The Benefits of Training in Abnormal Environments for Strength and Conditioning Athletes
- Module 10 - Nutrition for Strength and Conditioning

### ASSESSMENT REQUIREMENTS

- Online Multiple Choice Quizzes
- Practical Skills Placement (or Video Demonstrations, if unable to attend placement)

## DETAILS

**STUDY MODE:** ONLINE

**COURSE TIMELINE:** 12 MONTHS

**PRICE:** \$995

### RECOGNITION



This course is Internationally Recognised and Approved through the International Institute for Complementary Therapists (IICT). The IICT is one of the world's leading professional bodies, representing health and fitness practitioners operating within Australia, NZ, UK and US.



This course is Recognised by FITREC, one of Australia's peak registering bodies, with the highest level of recognition, Level A.

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