

UKSCA S&C Trainer



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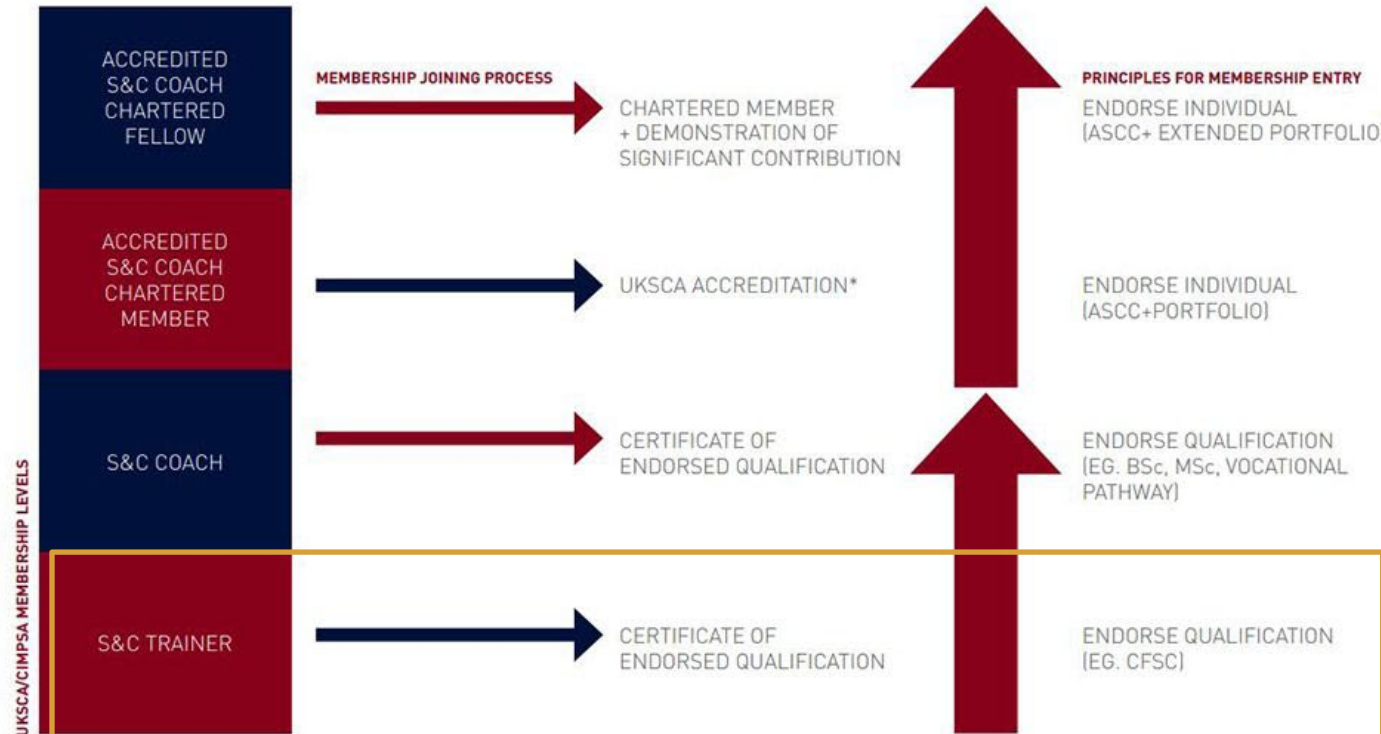


United Kingdom Strength & Conditioning Association

Professional body for strength & conditioning in the UK



UKSCA Pathway





CIMPSA Pathway

- ▶ The Chartered Institute for the Management of Sport and Physical Activity



Level 4 Diploma in Advanced
Personal Training

Level 3 Diploma in Personal
Training

Level 2 Certificate in Gym
Instructing



What will I learn?

Foundation Movement Skills

Physical and technical skills to master movement control, stability and mobility

- Flexibility
- Mobility
- Stability
- Balance
- Coordination
- Strength
- Progression/regression

Energy System Training

Training to improve aerobic and anaerobic endurance

- Low intensity exercise endurance
- High intensity exercise endurance

Strength Based Training

Training using bodyweight and external resistance to develop strength

- Muscular endurance
- Hypertrophy
- Maximum strength
- Rate of force development
- Explosive strength
- Strength endurance

Speed Training

Recognising the importance of good basic mechanics in the context of sport and endurance activities

- Acceleration
- Deceleration
- Change of direction



On completion you will be able to...

Knowledge and Skills	Application
Understand the role of the S&C Trainer	Deliver appropriate 'performance led' S&C programmes across a diverse range of participants and understand when to refer
Understand the scientific basis of strength and conditioning	Apply the scientific principles of training to deliver effective sessions
Undertake effective training	Demonstrate, describe and coach effective movement, progressing/regressing where appropriate
Plan an effective S&C programme	Design and write medium term training plans based on a comprehensive needs analysis
Have a full working knowledge of S&C technical models	Observe, coach and feedback movements based on agreed technical models
Coach an effective S&C programme	Effectively engage, educate and communicate with participants across a wide background



S&C Trainer - The assessments

"Safe to
deploy"

Assessing:
- Attendance
- Adherence
- Impact
- Action plan

PRACTICAL

A
Foundation
movements
coaching

20 mins
1 to 3

B
Coaching
safety in the
gym

20 mins
1 to 1

C
Strength-
based training
coaching

40 mins
1 to 1

D
Programming authentication
assessment – 60 mins

Initial
consultation

Assessment
screens/tests

Needs
analysis

S.M.A.R.T.
goal setting

12 week
programme &
session plans

Programme
design
presentation

E
Programme impact & reflective
practice assessment – 60 mins

Programme delivery
min. 8 weeks

Reflective
practice
portfolio

Programme
impact
presentation

APPLIED THEORY

Min week 6

Min week 6-8

Min week 8

Min week 10

Min week 18



Practical assessment A

Foundation movements assessment

Coach a 20-minute session to a small group (min. 3 participants), consisting of:

- Introduction plus RAMP warm-up = 8 minutes
- Coaching 3 x prescribed movements plus session conclusion = 12 minutes (1 x running-based, 1 x jump, 1 x other)

Foundation movements assessment syllabus			
Running-based	Jumps	Lunge patterns	Quadrupedal
Heel-toe walk March Skip Side/lateral shuffle Starts and stops 180 degree turn	Jump to full extension Jump and stick Counter movement jump Horizontal progressions (2 to 2, 1 to 2, 2 to 1, 1 to opposite 1, 1 to 1 hop)	Half kneeling split squat Alternate linear lunge Lateral lunge Rotating 135 lunge Reverse crossover lunge	Basic cat Dynamic cat Pouncing cat Push-up plank Catwalk
Squat patterns	Pushes	Rotations	Hinges
Prisoner Counterbalance Gorilla	Push-up Modified push-up	Hip rolls Thoracic clams	Hands on knees A, T, W, Y positions

Practical assessment B

Coaching safety in the gym



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- Barbell back squat – setting safety bars
- Barbell back squat – single person spot
- Barbell back squat – failing safely
- Barbell push press – failing safely
- Dumbbell bench press- single person spot
- Rower – energy systems session set up



Practical assessment C

Strength-based training assessment

Coach a 40-minute session to an individual:

- Introduction plus RAMP warm-up = 5 minutes
- Coaching 5 x prescribed movements, 1 from each category plus session conclusion = 35 minutes

Strength-based training assessment syllabus		
1	Lower body dominant, bilateral	Back squat Overhead squat Front squat Barbell deadlift (clean first pull)
2	Lower body dominant, unilateral	Split squat Bulgarian split squat Barbell lunge Step up
3	Pull	Suspension or inverted row Bent over row Pull-up
4	Push or vertical press	Push-up Strict press from behind Landmine strict press (half-kneeling) Barbell push press from front
5	Trunk & Medicine ball	Supine overhead throw Rotating throw Deadbug Superman Side Plank

Assessment D

Programming assessment with a real-life participant



COLLECT & SUBMIT EVIDENCE:

- Initial consultation
- Assessment screens/tests
- Needs analysis
- 12-week programme design

AUTHENTICATE WORK:

- Programme design presentation
- Professional discussion

Assessment E

Impact assessment after minimum 8 weeks of programme delivery



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DELIVER & SUBMIT EVIDENCE:

- Programme changes
- Reflective log
- Applied A&P and biomechanics

AUTHENTICATE WORK:

- Impact presentation
- Professional discussion

Supporting resources – core text and eLearning



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Section 1 – Understanding the role of the S&C Trainer

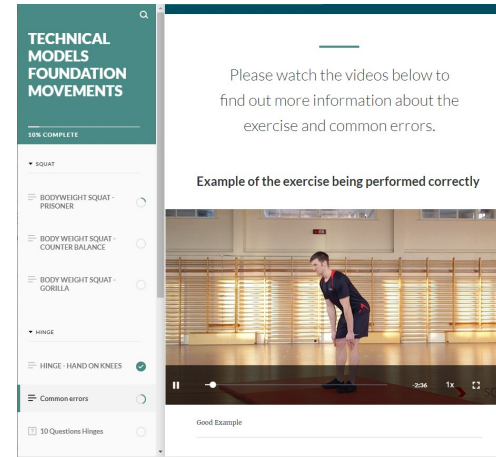
Section 2 – The scientific basis of S&C

Section 3 – Effective training

Section 4 – Planning an effective S&C programme

Section 5 – Guidelines for designing specific S&C sessions

Section 6 – Technical models



eLearning complements the core text:

- Expert commentary on videos of all exercises
- Aims to improve coaching observation and correction skills
- Can be re-branded and developed further to meet your needs

Learning & Assessment Schedule

(Provision and subject to change)



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Week	Week commencing	Activity	Topic	Duration
1	16/02/2026	Workshop Including assessment 1	Foundational movement and safety	1.5 day weekend
2	23/02/2026			
3	02/03/2026			
4	09/03/2026	Online Tutorial 1	Check in	
5	16/03/2026			
6	23/03/2026	Workshop 2a Mock Assessment	Coaching	1 Day Saturday / Sunday
7	30/03/2026			
8	06/04/2026	Workshop 2b Assessment	Coaching	1 Day Saturday / Sunday
9	13/04/2026		Online From now	
10	20/04/2026	Online Tutorial 2	Check in	
11	27/04/2026	Portfolio		
12	04/05/2026	Assessment 2	Programming	60 min per person – Individual online or in person
13	11/05/2026	Portfolio		
14	18/05/2026	Portfolio		
15	25/05/2026	Portfolio		
16	01/06/2026	Portfolio		
17	08/06/2026	Check in		
18	15/06/2026	Portfolio		
19	22/06/2026	Portfolio		
20	29/06/2026	Portfolio		
21	06/07/2026	Portfolio		
22	13/07/2026	Online Tutorial 3	Check in / Drop in	
23	20/07/2026	Portfolio		
24	27/07/2026	Assessment	Impact assessment	60 min per person – Individual online or in person
25	03/08/2026			
26	10/08/2026	Submission & Finalisation of Marking & Paperwork		
27	17/08/2026			
28	24/08/2026			

Introductory weekend– Day 1



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Time	Topic
9:00 – 9:45	Introduction
9:45 – 11:00	Foundation movement skills & squat variations
11:00 – 11:15	Break
11:15 – 12:30	Foundation movement skills 2 & Acceleration, deceleration, Change of direction

Introductory weekend – Day 2



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Time	Topic
09:00 – 09:45	RAMP Warm Up
09:45 – 10:45	Energy systems training practical
10:45 – 11:15	Break
11:15 – 12:15	Deadlift and variations
12:15 – 13:00	Unilateral Lower body dominant (LBd) exercises
13:00 – 13:30	Lunch
13:30 – 14:15	Pulls
14:15 – 15:00	Trunk strength
15:00 – 16:00	Upper Body Pressing
16:00 – 16:30	Conclusion