

Strength & Conditioning  
**Fundamentals Coach**

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# **Learner Study Guide**

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# Welcome to the **S&C Fundamentals!**

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## **Welcome to Strength and Conditioning Education!**

We are delighted that you have chosen us as your training provider and even more so that you have selected our Fundamentals Coach course! This course will take you on a journey into all the key elements that make up a Strength and Conditioning programme as well as how to coach effectively. Our goal for you on this course is to increase your level of knowledge all round and give you the tools to actually go out there and improve your own training and coaching.

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## **What will I learn?**

Upon completion of the Fundamentals Coach, you will have a greater understanding of all areas of Strength and Conditioning that will enhance your performance as a coach and your athlete's performance. Each of the 13 modules is delivered by industry-leading experts and has been tried and tested with Olympians, World Champions, Youth Athletes and the General Public. By implementing the lessons within each module, you can be confident you have made a huge leap forward with your development in all things Strength and Conditioning.

# RESOURCES

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## What will I need?

Everything you need to complete your Fundamentals Coach Course can be found on the learner portal! The course includes the following:

- 13 modules
- Downloadable PDF manual – there is a link to this within every module
- Exercise database
- Templates and programmes
- Online theory test (knowledge check)

## Modules Overview:

Exercise Database - video footage of a wide variety of exercises

**Module 1:** Coaching Essentials

**Module 2:** Functional Assessments

**Module 3:** Strength and How to Develop It

**Module 4:** Bodyweight Training

**Module 5:** Agility and Movement Training

**Module 6:** Power and How to Develop It

**Module 7:** Speed and How to Develop It

**Module 8:** Programming and Periodisation

**Module 9:** Olympic Weightlifting

**Module 10:** Core Training

**Module 11:** Mobility and Stability

**Module 12:** Fundamental Coach Practical

**Module 13:** Course Re-Cap

The modules for your Strength and Conditioning Fundamentals Coach Course are split between 2 courses. You can access module 1 - module 5 under the Fundamentals Course, once you have completed these it will then unlock the Fundamentals Coach Course where you will be able to access and work through the rest of the modules.

# RESOURCES

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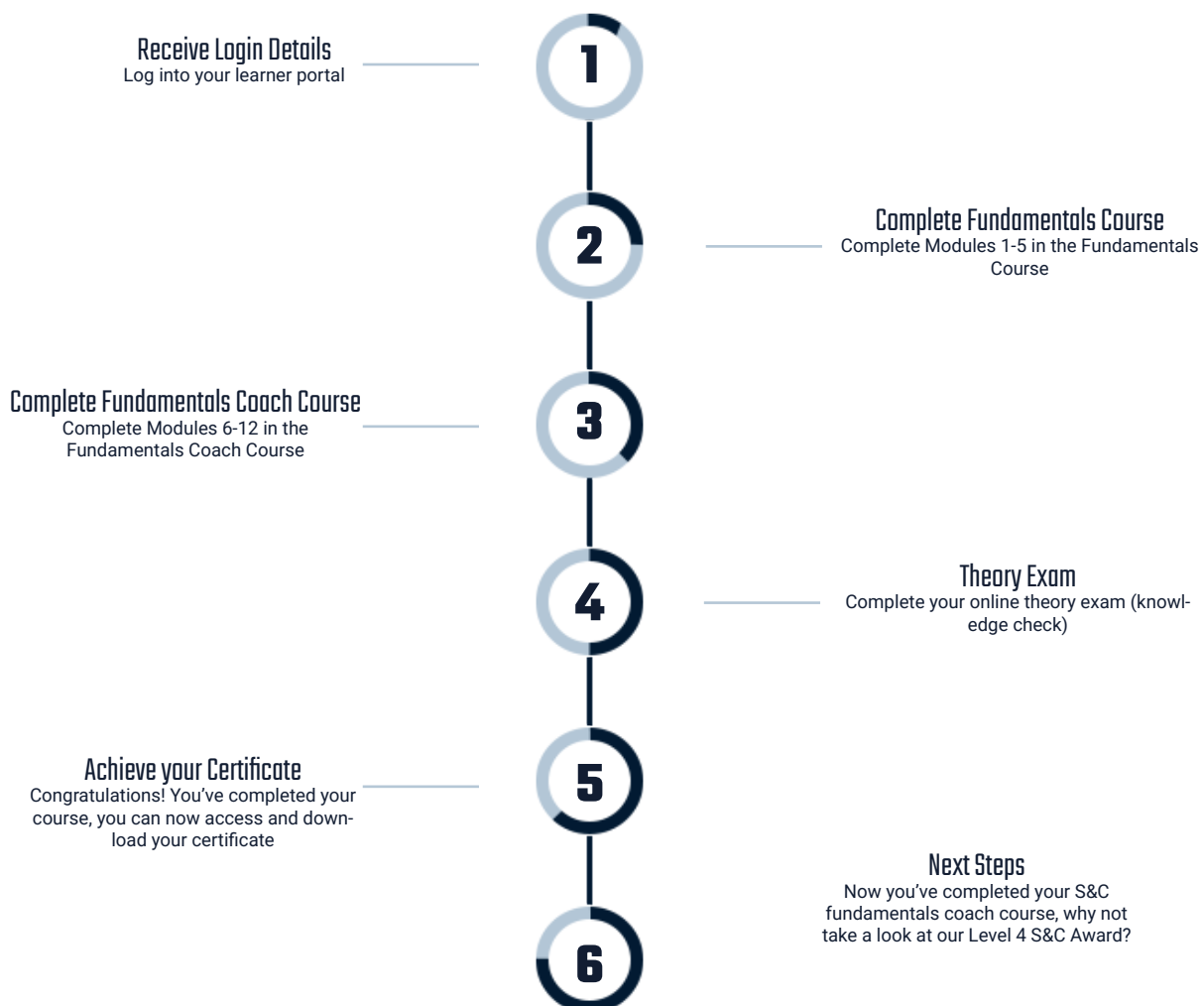
## Module Resources

Throughout your modules you'll see links to download templates and programmes. These are actual programmes used by elite athletes and teams to improve their physical performance. Feel free to tweak, change, and study these to help you improve your own practise and coaching. When you get to the end of a module make sure you mark it as complete.

In addition to these resources throughout your time on the Fundamentals Coach Course you will receive regular support emails from us designed to help motivate and guide you through the course. Plus, if you ever need any additional support or guidance, you can reach out to us at any time!

# Your Course Timeline

You will most likely be super eager to start, but you may also be a little anxious. Below is the journey that you will follow broken down into a nice and simple flowchart!



# SUPPORT

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We are here to support you throughout your journey as a developing coach. Please don't hesitate to reach out to us at any point using the support and resources outlined below:

## **Tutor Team**

**Email: [Assessments@strengthandconditioningeducation.com](mailto:Assessments@strengthandconditioningeducation.com)**

Our tutor team are on hand to help you from Monday – Friday to help with any course related questions you may have. If you would rather have a chat – no problem! Just reach out to the team and they can organise for someone to call you!

## **Customer Support Team**

**Email: [info@strengthandconditioningeducation.com](mailto:info@strengthandconditioningeducation.com)**

Our customer support team are also available from Monday – Friday and are always happy to help! Maybe you were wanting to book your workshops or are having problems logging in? Just reach out and they will assist you as soon as they can!

# ELITE COACH NETWORK

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As part of your enrolment onto the course, we have given you 12 months free membership to our Elite Coach Network, more affectionately known as the ECN! The ECN includes over 10 hours of S&C presentations and over 20 hours of 'live' business coaching and mentoring from our founder, Brendan Chaplin. It also includes access to our thriving and supportive coaches' community! You should have received an email with a link to join the ECN Facebook group, however the link is below for you too.

Join this group and benefit from a thriving and supportive coaches' community ready to help you, drive you and support your journey. Why not reach out in the group and introduce yourself today! Share your reasons for joining the course and what you want to get out of it and reach out to the group with any questions you have! The community and our coaches are always on hand to respond and support how they can, it really is an extremely valuable tool for your studies, development, and your business!

**JOIN THE ECN FACEBOOK GROUP**



# COMPLETING THE COURSE

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## **Getting started:**

So... where to start? All you need to do is work through each module one by one – it's as simple as that! When you've completed a module, make sure you mark it as completed using the button at the bottom of the module page. When you have completed a module, you will then be able to move onto to the next module. Once you have worked through all 13 modules, the knowledge check will be unlocked for you to take.

## **Knowledge Check:**

Once you have completed all the modules in the course, you will then complete your end of course exam (knowledge check). In order to pass the knowledge check you need to achieve a pass rate of 80% (20 correct questions). Please don't worry if you don't pass the first time as you can go in and try again as many times as you need!

## **Your Certificates:**

When you have completed all of the modules and successfully passed the knowledge check, you will have passed the course! You'll be able to download your certificate of completion and you'll be a certified Strength and Conditioning Fundamentals Coach through Strength and Conditioning Education!

# NEXT STEPS

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At the end of the course you'll be in a position to move onto our industry leading Level 4 Strength and Conditioning Award and take your coaching and business to the next level! For more information on this course please visit <https://strengthandconditioningeducation.com/level-4-strength-and-conditioning-courses/> to download our brochure, reach out to our customer service team at [info@strengthandconditioningeducation.com](mailto:info@strengthandconditioningeducation.com) and they will pop you in contact with one of our Performance Consultants, or schedule a call with them directly [here](#). Our Performance Consultants will be able to provide you with all the information you need and enrol you onto our Level 4 S&C Award!

**SCHEDULE A PERFORMANCE CALL**