

## Level 1 Certificate in Coaching Strength and Conditioning for Sport

The L2CCSC is awarded by 1st4sport Qualifications and is accredited at Level 1 on the National Qualifications Framework. It is a vocationally related qualification that provides you with an opportunity to study and be assessed for both theoretical and practical aspects of coaching strength and conditioning.

### What can candidates use the L1CCSC for?

- For sports coaches who wish to devise and conduct simple sessions for their teams or to assist the Strength and Conditioning coach in supervising sessions
- For Physiotherapists who may be asked to assist in conducting warm ups and supervising gym sessions
- As a stepping stone to more advanced vocational qualifications.
- As part of the development of a credible CV for employment in the sport and recreation industry.

### Course Dates

Tuesday/ Wednesday 8/9 April

Assessment Tuesday 27<sup>th</sup> May

Streatham Sports Centre, Exeter University, Exeter.

### Booking

Cost £135 Send a deposit of £50 made payable to "Excelsior" at

1, Tanners Mews,  
Willand  
Devon  
Ex15 2ty

Booking Deadline is March 6<sup>th</sup>

For further details contact James Marshall at [james@excelsiorgroup.co.uk](mailto:james@excelsiorgroup.co.uk)