



## Certificate in Strength and Conditioning - K138

Welcome to Level 4 Certificate in Strength and Conditioning at Wirral Met. This evening course will equip you with the knowledge and skills to be able to plan, prepare, deliver and review strength and conditioning programmes that will help professional athletes to achieve their performance goals.

### COURSE DETAILS

This high-level qualification is designed to provide you with skills and knowledge required to deliver specialist strength and conditioning services. Taught at our Oval Campus in Bebington, you will work in our fully equipped fitness facilities, combining practical and theoretical study.

- Topics covered include:
  - The role of a strength and conditioning coach as part of an athlete's support team.
- Methods of carrying out performance-related needs analysis, measurements and assessments.
- Strategies to analyse and evaluate assessment findings in order to be able to develop and agree short, medium and long-term performance goals
- Planning, delivering and evaluating periodised, performance-related strength and conditioning programmes.

### ENTRY GUIDELINES

This course is for learners aged 19+.

Learners must hold either:

- Level 3 Diploma in Personal Training (or equivalent)
- Level 3 Strength and Conditioning qualification (or equivalent)

Learners may also hold:

Subject relevant higher education or further education qualifications that are equivalent or higher than those listed above (e.g. physiotherapy, sports therapy).

There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 3.

## EQUIPMENT REQUIRED

This course will require suitable gym clothing.

## WHERE CAN I PROGRESS TO?

Following this course, you will possess the skills to provide strength and conditioning training, services and plans at all levels, from occupational level through to professional.

## WHEN DOES THIS COURSE RUN?

CAMPUS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	Part Time	K138Q001	

**If you are aged 19 or over:**

Please note, there are no discounts for this course. If you are aged 19+, you may be able to apply for a 19+ Advanced Learner Loan (which is available for this course).

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 26th December, 2024 and may be subject to change.