

UKSCA Assessment Day Candidate Guidelines

In order to become a UKSCA Accredited Strength and Conditioning Coach (ASCC), members are required to demonstrate that they meet all criteria outlined in the UKSCA's Competency Document. In order to do this, they will be required to:

- Book on and attend a UKSCA run assessment day. For the up-to-date list of available assessment days and locations, please see UKSCA's website at www.ukzca.org.uk or contact the office on 0845 300 8078.
- Submit the Accredited Member Application Form with relevant supporting documentation.

Assessment fees

Members will be charged £250 for the assessment process. Candidates who are unsuccessful in any part of the above process will be liable for additional re-assessment charges.

The Assessment Day

The assessment day is divided into 4 parts:

1. Multiple choice examination
2. Case study presentation
3. Weight lifting coaching practical assessment
4. Plyometric / speed & agility practical assessment

MULTIPLE CHOICE EXAMINATION

- You are given 60 minutes to answer 50 questions on a variety of subjects
- The subjects covered can be found in the competency document
- The pass mark is 65%

CASE STUDY PRESENTATION

- One-on-one presentation with an assessor
- The assessor will look for you to demonstrate a range of competencies
- See page 2 of this guide and cross reference against the Competency Document for full details

WEIGHT LIFTING ASSESSMENT

- One-on-one assessment with the assessor
- The assessor will look for you to demonstrate a range of competencies
- See page 3 of this guide and cross reference against the Competency Document for full details

PLYOMETRIC / SPEED & AGILITY ASSESSMENT

- You will be paired with another candidate and will take turns in the coaching and athlete roles
- The assessor will look for you to demonstrate a range of competencies
- See page 4 of this guide and cross reference against the Competency Document for full details

Learning and/or physical disabilities

The UKSCA is an inclusive organisation. Please inform the office as far in advance and at least 7 days before your assessment, if any special provision is required to cater for your needs. You should also inform the Lead Assessor on the day.

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Case Study – 20 minute Assessment

1. You will be expected to present the Case study, one-on-one to a UKSCA Assessor. You will be given 10 minutes to complete the presentation which will be followed by up to 10 minutes of questioning. A Quality Assurance/Lead assessor may also be present but he/she is there to observe the assessor, not the candidate.
2. The case study should outline your delivery of Strength and Conditioning support for an athlete. It has to reflect your own work with the athlete (ie not working to someone else's programme) and has to present work that has been done, (ie not planned work/projected results).
3. This should be an oral presentation using appropriate supporting resources (eg MS PowerPoint), which can be submitted in electronic format to the office beforehand. Please note, the version you submit to the office is for administrative purposes will not be made available to the assessors on the day. You are responsible for bringing a version of your file that can be played on your own, or the assessor's laptop. MS PowerPoint or Adobe pdf are the preferred formats. If you choose not to deliver your presentation electronically then please inform the UKSCA office to enable suitable arrangements to be made.
4. You are not required to, but may also bring additional documentation/evidence that supports your main presentation eg actual session plans, which can be shown to support any questions the assessor may ask.
5. Appropriate case studies subjects:
 - performance sport/activity
 - recreational sport/activity
 - return to play after injury, including appropriate progressions for performance
4. You should present your case study in a logical, clear structure that should cover, as a minimum, all of the competency points listed below:

A NEEDS ANALYSIS OF THE SPORT AND THE ATHLETE

- Evidence of an assessment and an understanding of the sport/activity. This would typically include, but not limited to, a kinesiological, metabolic and injury risk analysis of the sport, a critical review of the established literature relating to the sport/activity and an objective assessment of the competitive level / demands for the athlete.
- Objective assessment of the athlete and an interpretation of this assessment to provide an evaluation of the individual's training status in relation to the demands of the sport, the competitive and training requirements of the athlete.
- Evidence of collaboration with a technical coach and/or other support staff.

PROGRAMME RATIONALE AND PROGRAMME DESIGN

- Present the programme rationale as a justification of the programme design based on the needs analysis.
- Present an overview of a macro cycle (or longitudinal training plan) with more specific detail and evidence from a minimum of a 3 month window.
- Illustrate how the programme is integrated with the technical aims, technical training programme and the competition schedule and/or performance outcomes as appropriate.
- Evidence of underlying scientific principles.

SESSION EXAMPLES AND CONTENT

- Demonstrate how the sessions and the strength and conditioning content fit into the overall programme plan.
- Present session examples for all the appropriate elements of training as they occur within the case study, which may include;
 - Endurance; Speed; Agility; Strength; Power

EVALUATION AND MONITORING

- Objective and subjective measures of progress and an interpretation of these measures.
- Evidence of feedback to the athlete, coaches and/or other members of the support team.

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Weight Lifting – 20 minute Assessment

1. You will present one-on-one to a UKSCA Assessor, who is assessing both your ability to communicate knowledge of the key coaching points of the lifts, as well as your ability to demonstrate to a reasonable level.
2. A Quality Assurance/Lead assessor may also be present, but he/she is there to observe the assessor, not the candidates.
3. The assessment is split into 2, approximately 10 minute sections:
 - 1st lift, the compulsory lift – “Full back squat, high bar position”
 - 2nd lift, one of the following, randomly chosen – “Clean & Jerk” or “Snatch”
4. You will be given limited opportunity to warm-up and then asked to set up your demonstration for the back squat.
5. You will be expected to verbally detail the technical points of each phase of the lift, accompanied by physical demonstrations showing the postures and positions, consistent with your verbal description.
6. You will then be required to perform 3 silent demonstrations of the full lift, showing the fluency of movement.
7. You will then repeat the above steps for the 2nd lift.
8. During the assessment, the assessor will ask questions for clarification and also to enable you to address any points you may have omitted.
9. A lifting platform, squat stands, barbell, safety clips, technique discs, broomstick or light bar, and a range of discs will be provided. The candidate can set up as they wish, for each lift, from the equipment provided.
10. The assessor is not expecting a perfect demonstration, but a competent reflection of the technical model. If you are unable to demonstrate the lifts due to injury, you are advised to postpone your assessment until you are fit enough to demonstrate fully, your knowledge and ability.
11. If you have a permanent disability that prevents you from performing all phases of the lift, please contact the office (as soon as possible and at least 7 days in advance) with details/evidence and alternative arrangements for your assessment on the day will be made.

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Plyometrics, Speed and Agility – 20 minute Assessment

1. You will be expected to prepare and deliver a coaching session to another candidate (20 minutes) and will in turn act as an athlete for their assessment (20 minutes).
2. A Quality Assurance/Lead assessor may also be present, but he/she is there to observe the assessor, not the candidates.
3. The UKSCA Assessor is assessing your coaching skills (not your skills as the athlete), as well as your knowledge.
4. Assessors are looking for candidates to demonstrate strategies to improve the performance of the athlete in front of them.
5. The assessor will stop you from time to time to ask questions and/or ask questions at the end of your session.
6. A selection of standard equipment will be provided such as; speed ladder; micro hurdles; plyo boxes; medicine balls; cones; tennis ball.
7. The 20 minute assessment will be split into 4 sections:
 - **PLANNING (4-5mins)**
You will be shown a video clip of a sport and will be given time to watch the clip, identify the main movement patterns and prepare your drills for the assessment.
 - **WARM UP (4-5mins)**
You will then be required to coach the other candidate through a specific warm-up for the sport that you have just observed, with particular emphasis on the identification of the movement patterns and preparation for the session planned ahead.
 - **PLYOMETRICS (4-5mins)**
Having identified the main movement patterns from the video clip, you will then be required to coach plyometric exercises to assist performance enhancement for the identified movement patterns.
 - **SPEED AND AGILITY (4-5mins)**
You will then be required to coach speed & agility exercises to assist performance enhancement for the identified movement patterns.
8. Plyometrics considerations:
 - SAFETY: Footwear; floor Surface; injury status
 - TECHNIQUE: Mechanics; posture/alignment; foot contact; amortisation phase
 - PRESCRIPTION: Sets & Reps; intensity; fatigue
 - SPECIFICITY: Movement pattern; muscle groups
9. Speed and Agility considerations:
 - SAFETY: Environment; equipment
 - TECHNIQUE: Mechanics; posture/alignment; movement efficiency
 - PRESCRIPTION: Sets & Reps; intensity: work/rest
 - SPECIFICITY: Movement pattern; progression
10. If, due to injury, you are unable to act as the athlete for another candidate's assessment, please inform the office in good time (at least 7 days) ahead of your assessment so alternative arrangements can be made for their assessment.