

# ATHLETIC PERFORMANCE EDUCATION COMPANY

Please see info below for the Level 2 Fitness Instructor and Level 3

Personal Trainer qualification and the National Accreditation in Strength and Conditioning. They are provided and then combined with two qualifications and certificate as a Level 3 diploma in personal training and an accreditation as an Accredited Strength and Conditioning Specialist (ASCS).

To qualify as a Level 3 Personal Trainer, you would first need to qualify as a Level 2 Fitness Instructor (Gym-Based Exercise). We can support you even if you have no qualifications to being a fully qualified and insurable personal trainer.

The Level 2 Certificate in Fitness Instructing  
The Level 2 Certificate in Fitness Instructing (Gym-Based) is a 10-day taught programme.

The first 5 days will cover your anatomy and physiology at level 2, then the following 5 days will be in the classroom and the gym, teaching you how to safely and effectively use and teach others to use the gym equipment, as well as deliver gym inductions.

You will sit 2 multiple-choice papers; 1 for anatomy and physiology and 1 for the principles of fitness, as well as a practical assessment on submission of your portfolio (made up of simple workbooks) at the end of the course.

# Level 3 Personal Training

The next step is to decide what metrics matter to you. Below are some metrics you can start with:

Level 3 Personal Training

Level 3 Personal Training (Gym-Based) is a 10-day taught programme.

The course will first cover your anatomy and physiology at level 3.

Following this will be nutrition to support physical activity.

Next, you will be both in the classroom and the gym, teaching you how to safely and effectively programme and deliver bespoke personal training sessions for a range of client types and goals.

There will be a multiple-choice paper for the anatomy and physiology. At the end of the course, you will then complete 2 case studies. You will design and implement a 7-week programme with 2 clients for 2 different goals 1) hypertrophy 2) weight loss. You will then put together a portfolio as proof of your learning and evidence of your personal training experience. There will then be a practical assessment upon submission of your portfolio. This will be at a later date agreed with your tutor.

# National Accreditation in Strength & Conditioning

National Accreditation in Strength & Conditioning (NASC) Athletic Performance Education Company (APEC) can provide you with the accreditation to help build your theoretical and practical strength & conditioning knowledge. APEC and our National Accreditation in Strength & Conditioning (NASC) course was specifically designed to aid international strength & conditioning coaches and fitness professionals in both practical and theoretical strength & conditioning knowledge and skills. The NASC is the most highly sought after and widely recognized qualification for strength & conditioning professionals within the fitness industry.

The NASC is broken down into two course levels, both of which run during a 4-day period. Upon completion of both Level 1 and Level 2, there will be a 1-day examination to assess your progress and assure you have gained the right knowledge from the course.

The NASC is aimed solely at fitness professionals who want to work with elite level athletes or within professional sports. Both levels of our NASC were designed specifically and meticulously to create a standardized approach to strength & conditioning coaches and industry professionals.

## NASC LEVEL 1

### Level 1

Level 1 of the National Accreditation in Strength & Conditioning (NASC) was designed to provide coaches with a starting point in honing superior education and practical applications of strength building and physical conditioning.

Level 1 of the NASC will provide coaches with a superior education, as well as providing the tools to translate what was learned into practical applications. Coaches will be provided with in-depth training that will give participants the same methodology and systematic training techniques used by both professional & Olympic athletes worldwide. NASC Level 1 coaches will have invaluable exposure to APEC's elite tutors, many of whom currently coach on the Olympic and international stage.

NASC Level 1 will cover:

- o Athlete Profiling Performance Testing
- o Movement Competency Analysis (MCA)
- o APEC's speed mechanics assessment
- o Speed development for linear acceleration
- o APEC's advanced strength & power methodology
- o Velocity Based Training
- o Science and application of hypertrophy (Level 1)
- o Acute Methods for hypertrophy development
- o Coaching Science (Level 1)
- o Periodization & Programming

## NASC LEVEL 2

### Level 2

Level 2 of the NASC program builds upon the system of training we introduced during APEC's Level 1 NASC, while also introducing our more advanced systems of coaching and athlete management strategy.

Whether your goals are to train elite level athletes, youths, or amateur level athletes, learning the proper roadmap within the NASC's unique methodology will allow you to become an instinctively better strength & conditioning coach.

Level 2 builds upon the solid foundation taught in Level 1 by providing coaches with an even greater understanding of all around speed and movement skills associated with a wide variety of sports. Coaches will start to look at athlete management and related strength training issues associated with the relevant sport including, our Energy Systems Development (ESD), Velocity Based Training (Olympic lifting), and Plyometric.

NASC Level 2 will cover:

- o Olympic lifting
  - o Advanced Velocity Based Training
  - o Athlete Monitoring and Coaching Science (Level 2)
  - o Max velocity sprinting
  - o Multi-directional speed for track & field
  - o Plyometric
  - o Energy System Development (ESD)
  - o Science and application of hypertrophy (Level 2)
  - o Methods vs. principles
  - o Periodization strategies & programming (Level 2)
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# Examination/ Assessment Day

## National Accreditation in Strength & Conditioning Examination/Assessment Day

Upon completion of Level 1 and Level 2 of the NASC program, an exam/assessment will be administered to each participant. Successful completion of the examination/assessment will award you with the NASC accreditation widely recognized within professional sports.

The exam/assessment is broken down into two separate sections, focusing on material found in both Level 1 and Level 2: the first being a multiple-choice questionnaire covering the theoretical elements of the course, and the second being a practical examination in which you will be asked to demonstrate some of the various movement skills covered within the NASC course. Once accredited, you will join an elite group of coaches, fitness professional, dedicated researchers and educators, and top athletes as an Accredited Strength & Conditioning Specialist (ASCS)

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On the multiple-choice examination/assessment, you will be required to complete a 1-hour exam whereby you will be questioned on theoretical content covered on both Level 1 & Level 2 of the courses.

### Practical Examination/Assessment

The practical examination will assess your ability to actively demonstrate the skills learned within Level 1 and Level 2, assessing how accurately and effectively you can apply the knowledge you have learned, as well as an overall judgement of the movement skills covered in both levels of the NASC. The examination/assessment will last for 30 minutes.