

Active iQ

LEVEL 4 STRENGTH
AND CONDITIONING

SHAPE
YOUR FUTURE

S&C



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LEVEL 4 STRENGTH AND CONDITIONING



Introduction

The Active IQ Level 4 Certificate in Strength and Conditioning is at Level 4 on the Regulations Qualifications Framework (RQF)

Entry requirements

- Learners must hold a Level 3 Diploma in Personal Training (or equivalent), a level 3 coaching qualification (or equivalent) or a Level 3 Strength and Conditioning qualification (or equivalent)
- Learners may also hold a relevant higher education or further education qualifications that are equivalent or higher than those listed above (eg physiotherapist, 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.

Qualification Outline

Target learners

- Learners aged 16+.
- Personal Trainers.
- Sports Coaches.
- Strength and Conditioning Coaches.

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Purpose

- To provide learners with the knowledge and skills to be able to plan, prepare, deliver and review strength and conditioning programmes that will help athletes to achieve their performance goals. During the qualification learners will cover the following:
 - 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.

Progression

This qualification provides progression on to:

- Higher education (e.g. college or university) to study strength and conditioning at a higher level.
- A range of specialist strength and conditioning qualifications.
- Other level 4 and 5 qualifications in related sectors.

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Learner Journey

Dates and venues for all courses can be found on the website or simply email

info@revolutionisefitnesseducation.com

for information and to chat.

Once you have decided to enhance your career options by completing our Course the following will take place.

- Gain access to the online Classroom with resources at your finger tips and meet your fellow coaches to discuss and share ideas.
- 6 weeks online LIVE lectures with your tutor.
- Homework to be completed on a weekly basis.
- 4 Practical Teaching Days at an Academy learning;
 - Olympic Lifting - Clean and Jerk and Snatch
 - Speed, Agility and Plyometric coaching
 - Team Games
 - Alternative Training based on Needs Analysis
- 1 day practical assessment day
- Complete a 12 month case study for an athlete of your choice
- Present your Case Study to the tutor

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