



THE ASP COACH LEVEL III CERTIFICATE



AUSTRALIAN
STRENGTH
PERFORMANCE

ASP Coach Level 3

The ASP Coach International certification program is designed to develop highly competent coaches who set the highest standards of knowledge and application in science based training.

The ASP Coach Level 3 specialises on athletic programming and periodisation. How do we plan for off-season, pre-season and in-season training? What are the more relevant program considerations we need to account for when periodising? What is the best method for periodisation and for what purpose? How do we taper for optimal performance? These represent just some of the topics we will be covering in detail.

The course content includes:

- Training variables to consider for athletic programming.
- Advanced styles of loading and how do we incorporate them.
- Energy systems training.
- The incorporation of EST in programming – peaking the athlete.

Advanced periodisation:

1. Microcycles, Mesocycles and Macrocycles
 2. Methods of periodisation
 3. What are the considerations for periodisation
 4. Application of periodisation schemes with regards to choosing Intensification and Accumulation programs
- Specific training protocols and when to incorporate them.
 - The immediate application of theories through training practicals.

To get certified as an ASP Coach Level 2 there are three criteria:

1. *THEORY* – A minimum 90% pass on the ASP Coach Level 3 theory exam. This will comprise of both multi-choice and short answer questions.
2. *PRACTICAL* – The 3-day course will include practical demonstrations, training sessions as well as numerous case study discussions.
3. *ASSESSMENT* – A minimum of 2 athlete success stories: They have to place top 3 in a National or equivalent level competition. This will be assessed and must include:
 - A) Pictures and dates highlighting the before and after changes of a client (advanced population)
 - B) A report detailing how the level 2 syllabus was applied in transforming the client. This should highlight:
 - The client's goals.
 - The problems presented by the client.
 - The rationale and steps taken to design the program,
 - The program methodologies that was used. Please also provide the program written.
 - The coaching journey.
 - The final result.

WHO IS THE COURSE IS DESIGNED FOR:

Trainers/coaches who want to increase their theoretical knowledge, develop their coaching skills as well as increase their competency in creating successful athletes.

PRE-REQUISITES:

The ASP Coach Level 2 course. As long as participants have completed the ASP Coach Level 2 class components, they can register for this course.

CERTIFICATION AND POINTS:

The course is a REPS UAE certified course and participants will receive the full 10 CPD points for the 3 days. Participants will also receive an ASP Coach Level 3 certification recognised by ASP Education International upon successful completion and submission of all 3 criteria.

To obtain an ASP Coach Level 3 certification, all 3 criteria need to be met and achieved.

Each ASP Coach Level 3 will be added to an International ASP Coach database that will acknowledge them as an affiliate, and help promote their business and services.

REGISTRATION:

To see the schedule of ASP courses and to register, visit our website: www.trainasp.com.au/courses**



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Learn more at www.trainasp.com.au or call
us at +61 3 9038 8008 for more details