

Australian Strength and Conditioning Association (ASCA) Certification Level 1

Website for filling Online Application: <https://ssc.nsnis.in/>

Online Application Open: 14th February 2024

Last date for filling up online application: 17th February, 2024

Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala through its Academics Wing is going to conduct the ASCA LEVEL 1 course with collaboration with Australian strength and conditioning association, the objective of Australian Strength and Conditioning Association (ASCA) certification is to elevate the professionalism and expertise of strength and conditioning professionals, establish industry standards, recognize qualified practitioners, and contribute to the advancement of the field. The Course curriculum will be facilitated by reputable and internationally experienced faculty members.

DETAILS OF ASCA LEVEL-1

S.No.	Courses Name	Duration of the Course	Dates of the course	Last Date of Submission of application	Eligibility Criteria
1.	ASCA Level 1	02 DAYS	•Batch 1: 28-29 February 2024 •Batch 2: 1-2 March 2024 •Batch 3: 3-4 March 2024	17th February, 2024	<ul style="list-style-type: none"> Accredited sports coaches, certified fitness trainers, physical education teachers, physical training instructor, enrolled sports science students and athletes seeking a career after sports. Participation must be 18 years of age and over to attend the course <p>Candidates should be Physically & Medically fit and free from any contagious disease.</p>

Mode of Course : Offline

Mode of Instructions: English

COURSE ASSESSMENT

- Pre-Course - Successfully complete the online multiple-choice quizzes prior to course attendance.
- Attend all modules of the ASCA Level 1 Course.
- Successfully completed the SAI Level 1 Anti-Doping Quiz.
- Complete Sign and return the ASCA Consent and Coaches Code of Behaviour Form.
- Practical Assessment in Course** – Participants will be assessed in course on competency and ability to coach, teach and/or demonstrate all components of the practical skills outlined in the ASCA Level 1 Course. (E.g. ASCA Level 1 lifts & Variations, speed & agility drills, stretching & mobility exercises & energy system conditioning & endurance).
- Post Course** - Successfully complete the ASCA Level 1 Course Workbook within 1 month of course attendance.
- Post Course** - Complete 30 hours of practical S&C coaching within 6 months of course attendance. A minimum of 10 of these hours must be completed with a minimum ASCA Level 1 Accredited Coach. Note a list of mentor coaches can be found on the ASCA website under 'Find a Mentor Coach'.

- Complete Sign and Return

PRACTICAL ASSESSMENT

- During the course there will be practical sessions that require active participation. However all active, physical participation is optional and participants will not be disadvantaged by not actively participating in any of the exercises. As part of the practical assessment, participants are required to demonstrate competencies in coaching/teaching the practical skills included in the ASCA Level 1 Course.
- Participants are required to complete and return a 'Pre-Course Questionnaire' prior to attendance to notify the ASCA Presenter/Assessor of their individual situation.

Examination : On the completion of the course candidates have to fill the workbook and required training hours under ASCA certified mentor.

Attendance : Candidate with less than 95% attendance will not be allowed to appear in the examination

COURSE FEE: Rs 28,000/- (Rs. Twenty-eight thousand only)

**Extra charges for Boarding and Lodging as per detail:*

LODGING:

AC Hostel room Rs. 200/- per person per day.

BOARDING:

Food – Veg./Non-veg. Rs. 450/- Per person per day.

Rejection of Application:

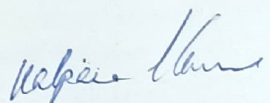
Incomplete applications, applications received after the due date, application without the application fee of Rs.3000/-, applications without supporting documents and the applications not certified by Registered Medical Practitioner will be summarily rejected.

General Instructions:

- The list of selected/eligible candidates will be uploaded on our website www.nsnis.org
- Candidates selected/Eligible for the course will have to deposit Rs. 28,000/- as course fee (Non-refundable).
- Offline classes will be started in batches at SAI NS NIS, Patiala.
- Candidate's email id should be working as all official communication will be sent to candidate email id.
- Lodging and boarding facility will be provided at a time of block teaching at SAI NS NIS, Patiala on SAI rates.
- For queries: email- Helpline No: 0175-2394252
- Personal cars/four wheelers are not permitted in the campus.
- Use of banned drugs and consumption of alcoholic drinks and smoking and chewing of tobacco is strictly prohibited in the campus, any candidate found guilty strict action will be taken against him/her.

Note: Sports Authority of India Netaji Subhas National Institute of Sports, Patiala reserves the right to cancel the course without assigning any reason.

प्रो कल्पना शर्मा/Prof. KALPANA-SHARMA
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