



**Australian Strength and Conditioning Association (ASCA) Certification Level 1**

Website for paying course fee: <https://ssc.nsnis.in/>

**Online payment open: 28th September, 2024**

**Last date for paying course fee: 12th October, 2024 05:00 p.m.**

**Course fee is Rs. 28,000/- (Non-refundable)**

Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala through its Academics Wing is going to conduct the ASCA LEVEL 1 course in 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.	Course Name	Duration of the course	Dates of the course	Last date of paying course fee	Eligibility Criteria
1.	ASCA Level 1	02 Days	21st-22nd Oct 2024 (Batch-I) 23rd-24th Oct 2024 (Batch-II) 25th-26th Oct 2024 (Batch-III)	12th October, 2024	<ul style="list-style-type: none"><li>Accredited sports coaches, certified fitness trainers, physical education teachers, physical training instructor, enrolled sports science students and athletes seeking a career in sports.</li><li>Participants must be 18 years of age and over to attend the course</li></ul>

**Mode of Course** : Offline class at NIS Patiala

**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)**

## **Rejection of Application:**

Incomplete applications, applications received after the due date, application without the course fee payment of Rs.28,000/-, applications without supporting documents and the applications not certified by Registered Medical Practitioner will be summarily rejected.

## **General Instructions:**

- i. The list of batch wise selected candidates will be uploaded on NIS website [www.nsnis.org](http://www.nsnis.org)
- ii. Offline classes will be started in batches at SAI NS NIS, Patiala.
- iii. Candidate's email id should be working as all official communication will be sent to candidate email id.
- iv. Lodging and boarding facility will be provided at a time of course at SAI NS NIS, Patiala on SAI rates.
- v. For queries: email- [nis.sportscience@gmail.com](mailto:nis.sportscience@gmail.com)
- vi. Personal cars/four wheelers are not permitted in the campus.
- vii. 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.*



Sibananda Mishra  
Deputy Director (A)  
SAI NS NIS Patiala

**सिबानंद मिश्रा/Sibananda Mishra**  
**उप निदेशक/Deputy Director**  
**भारतीय खेल प्राधिकरण**  
**SPORTS AUTHORITY OF INDIA**  
**एनएस एनआईएस पटियाला**  
**NS NIS Patiala.**