



SAI/NIS/Acad./2024-25/.....1466

Date: 06.02.2025

Australian Strength and Conditioning Association (ASCA) Certification
Level 1 and Level 2

Website for registration: <https://www.nsnis.in>

Online registration open: 07 February, 2025 05:00 p.m.

***Last date of application: 28 February, 2025 05:00 p.m.**

Course Fee for Level 1: Rs. 29,000/-

Course Fee for Level 2: Rs. 68,000/-

Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala through its Academics Wing is going to conduct the ASCA LEVEL 1 and LEVEL 2 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

<u>S.No.</u>	<u>Course Name</u>	<u>Dates of the course</u>	<u>Last date of paying course fee*</u>	<u>Eligibility Criteria</u>
1.	ASCA Level 1	Batch 1: 24-25 March (35 participants) Batch 2: 26-27 March (35 participants)	28 February, 2025	<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 in sports.Participants must be 18 years of age and over to attend the course

Mode of Course : Offline class at NIS Patiala

Mode of Instructions: English

- ASCA Level 1, Batch 1: 24-25 March 2025 (35 participants)
- ASCA Level 1, Batch 2: 26-27 March 2025 (35 participants)

* The portal will automatically close after the allotted seats are full. (70 seats for ASCA Level 1 and 25 seats for ASCA Level 2)

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 29,000/- (Rs. Twenty-nine thousand only)

Rejection of Application:

Incomplete applications, applications received after the due date, application without the course fee payment of Rs.29,000/-, applications without supporting documents will be summarily rejected.

DETAILS OF ASCA LEVEL-2

<u>S.No.</u>	<u>Course Name</u>	<u>Dates of the course</u>	<u>Last date of paying course fee*</u>	<u>Eligibility Criteria</u>
1.	ASCA Level 2	28-31 March, 2025 (25 participants)	28 February, 2025	<ul style="list-style-type: none">• Candidate must hold a current ASCA Level 1 Coach Accreditation at the time of application AND• Evidence of Strength & Conditioning coaching experience of a minimum of 100 hours of state level or above athletes. Evidence to be provided is a letter from club/athlete of coaching activity outlining role, length of time, level of athlete, sport/s involved etc.

Mode of Course : Offline class at NIS Patiala

Mode of Instructions: English

ASCA Level 2 Date : 28-31 March 2025 (25 participants)

COURSE ASSESSMENT

- Pre-Course: Complete and return the pre-course questionnaire - Provided once registration is accepted and processed.
- Successfully complete the pre-course online quizzes.
- In Course: Attend all modules of the course.
- Practical Assessment - Participants are required to be assessed on competency and ability to coach, teach and/or demonstrate all components of the practical skills outlined in the course.
- Post Course: Successfully complete the Course Workbook within 3 months of course attendance.
- Provide evidence of a current Working with Children/Vulnerable Persons certification relevant to your state
- Coaching Hours - Complete 60 hours of practical S&C coaching post-course within 6 months of course attendance.
- A minimum of 20 of these hours must be completed with a minimum ASCA Associate L2 Accredited Coach.

COURSE FEE: Rs 68,000/- (Rs. Sixty Eight thousand only)

Rejection of Application:

Incomplete applications, applications received after the due date, application without the course fee payment of Rs.68,000/-, applications without supporting documents will be summarily rejected.

** The portal will automatically close after the allotted seats are full. (70 seats for ASCA Level 1 and 25 seats for ASCA Level 2)*

General Instructions:

- i. The portal will automatically close after the allotted seats are full. (70 seats for ASCA Level 1 and 25 seats for ASCA Level 2)
- ii. The list of batch wise selected candidates will be uploaded on NIS website www.nsnis.org
- iii. Offline classes will be started in batches at SAI NS NIS, Patiala.
- iv. Candidate's email id should be working as all official communication will be sent to candidate email id.
- v. Lodging and boarding facility will be provided at a time of course at SAI NS NIS, Patiala on SAI rates as per the availability.
- vi. For queries: email- nis.sportscience@gmail.com
- vii. Personal cars/four wheelers are not permitted in the campus.
- viii. 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.


06/02/25

Sibananda Mishra
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SAI NS NIS Patiala

