

SYSTEMS IN SPORT COACH EDUCATION

LEVEL 1 AWARD: ASSISTANT GYM INSTRUCTOR

A highly practical course with a Focus Awards Level 1 Award: Assistant Gym Instructor to kickstart your career in Strength & Conditioning, Personal Training & Health Professions.



COURSE SUMMARY

ACADEMIC QUALIFICATION

Level 1 Award: Assistant Gym Instructor

CONTENT

- 2-day intensive course
- Assessed through short written tasks and a practical coaching assessment.
- Classes teach you to effectively coach others by first learning the movements yourself.
- Learn cutting edge coaching methods for teaching human movement.
- Mini modules include Anatomy & Physiology, Planning & Reviewing a Coaching Session, Coaching Language.
- Packed with loads of professional skill development to help you on your way in the industry.

FUTURE DIRECTIONS

With this award you will be well prepared to pursue further qualifications in Personal Training (Level 2&3 PT) or UKSCA Level 1 Trainer Award for sports performance training.

ENTRY REQUIREMENTS

None. Just an interest in strength training, a willingness to learn new movements and practice your coaching skills with others.

LOCATION

Empire Fighting Chance, Lower Mill Rd, Easton, Bristol, BS5 0YJ

COST

FREE

FURTHER INFORMATION

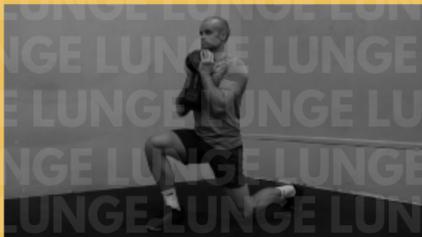
info@systemsinsport.com

ABOUT SYSTEMS IN SPORT

SO MANY COURSES TEACH COACHING OUT OF A TEXTBOOK BUT HERE WE DO THINGS DIFFERENTLY...

LUNGE PROGRESSION

FRONT LOADED STATIC LUNGE



LEVEL 1

With a dumbbell in a goblet hold the posture of the lumbar spine is controlled in an upright posture so that we can examine and correct positioning of the lower body. The hip of the trail leg should be pressed into full extension so that any limitations in hip flexors and quadriceps can be highlighted and addressed.

Coaching Direction:
"Bottom-Up setup: Begin with knee on floor, roughly 90 degrees at each knee, trail knee under hip"
"Use your glute to extend the trail hip, rib cage down"
"Keeping the 'glute on', stand-up"
"Dab the knee on the floor each time"

LEVEL 2
FRONT LOADED
REVERSE
LUNGE

Coaching is a doing word and some of the most important skills that a good coach has can only be learnt by coaching real people.

That's why our courses are heavily practical and our resources scaffold your knowledge to allow you to get to work, interact with peers and learn the softer skills of great coaching alongside the theory.

Our goal for this course is to light a fire in your belly and support your desire to help the people around you through fitness training. That fire will drive you to read more books and sit through webinars, maybe even apply to University or work your way through a massive organisations like the NHS.

Practical first, booksmarts second. By flipping your education on it's head, you'll have 100's of coaching hours under your belt and be infinitely more employable in the sport, health and fitness industries.

Systems in Sport is orientated for you to develop a coaching personality that is specific to you to best serve the people that you coach, whoever that might be. Great coaching is ultimately about people and Systems in Sport is built to help you make a difference in the world.

BOB SMITH- FOUNDER & TUTOR



I have worked as a Strength & Conditioning Coach in sport since 2006 with jobs in junior international field hockey, performance tennis and professional cricket as well as more minor roles in wheelchair basketball, both men's and women's rugby and football so I've seen a lot.

I've always had a passion for teaching athletes about their programmes with the aim of improving buy-in to my programmes. In 2020 I started designing courses to teach my method of coaching to practitioners rather than athletes, using the same resources to scaffold knowledge and provide highly practical recommendations to students.

I've learned a huge amount over the last 15+ years. With this entry level course I want to provide you the student with high quality information that can scale into all parts of my training system. Topics such as exercise selection for beginners, coaching language/ cues, theories for motivation, exercise techniques and professional skills for a career in health and fitness all wrapped up in a practical course that I hope you'll find engaging and fun.