



Sport Conditioning Coach	<p>An Exercise Professional qualified to provide advice and a range of exercise training to apparently-healthy populations who require programmes for athletic conditioning.</p> <p>Professional scope of practice includes: pre-participation risk screening, assessment and fitness testing, evaluation of clients' needs and goals, exercise programme design and instructing safe and effective exercise sessions.</p>
Competency and scope of practice	UNIT STANDARDS: ID, title, NQF level and credits
MINIMUM PRE-REQUISITE: CERTIFICATE PERSONAL TRAINING	
A. Plan and instruct classes/exercise sessions:	
1. Apply knowledge of anatomy and biomechanics to exercise programmes and training sessions	13921: Identify and describe the anatomical & bio-mechanical differences unique to special populations, NQF level 5, 5 credits
2. Apply knowledge of physiology to exercise programmes and training sessions	13920: Identify and describe the physiological characteristics unique to special populations, NQF level 5, 10 credits
3. Lead exercise session according to designed plan	14475: Periodize training & the training year, level 5, 20 credits 14466: Apply principles and methods of sport fitness conditioning, level 5, 20 credits
4. Provide safe and effective warm up and cool down	
5. Regress and progress exercises and sessions	
6. Design exercise programmes based on clients' needs, abilities and goals	
7. Plan exercise sessions based on clients' abilities, needs and goals	
B. Leadership and communication:	
1. Instruct exercise with the use of effective motivation and leadership skills	
2. Lead and instruct exercise with the use of effective visual and verbal communication skills	
3. Motivate clients through agreed exercise session/s	
4. Conduct oneself in a confident and professional manner	
C. Risk Screening, assessment and fitness testing:	
1. Conduct client screening and assessment	
2. Interpret a PAR-Q	
3. Conduct health assessment and postural assessment	



4. Conduct fitness testing, according to needs and ability of client	13922: Perform assessment and fitness tests for special populations, Level 5, 20 credits
5. Identify clients who are outside scope of practice and refer appropriately	
6. Work only with apparently-healthy clients and special populations, within scope of practice	
7. Provide generic nutritional guidelines	13923: Advise special populations on nutritional requirements and ergogenic aids, NQF level 5, 5 credits
D. Health & Safety:	
1. Provide safe and effective exercises according to exercise modality	13924: Deal with common injuries, illness and special considerations in the context of special populations, Level 5, 10 credits
2. Ensure health & safety of the exercise environment	
3. Manage self and clients in a fitness facility environment	
4. Maintain own fitness environment and equipment according to safety requirements	
5. Ensure injury prevention measures	
OUTSIDE SCOPE OF PRACTICE TOTAL	TOTAL CREDITS: 90
<ul style="list-style-type: none"> • Working in rehabilitation, providing therapeutic exercises and providing exercise for the correction of faulty motor patterns • Working with acutely injured clients or members • Prescribing dietary intervention and supplementation • Working with clients that experience chronic pain 	