

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Master Certificate in Strength & Conditioning Coaching

Leadership Level



LAPT — London Academy of Professional Training

Address 85 Great Portland Street, W1W 7LT, London, United Kingdom

Email info@lapt.org

Telephone +44 7513 283044

Web lapt.org

Reference FT-PTS-L • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-PTS-L
AWARD	Certificate
ASSESSMENT	430 marks — 258 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1

Advanced Strength Techniques

5 chapters · 30 classes85 marks

• 1 Biomechanical Principles of Strength Training — 6 classes

› 1.1 Understanding Fundamental Biomechanics in Strength Training

› 1.2 Exploring the Role of Kinetics and Kinematics

› 1.3 Analyzing Joint Mechanics and Their Impact on Performance

› 1.4 Examining Muscle Function and Force Production

› 1.5 Applying Leverage and Torque Principles to Enhance Lifts

› 1.6 Integrating Biomechanical Insights into Training Program Design

• 2 Advanced Periodization Strategies — 6 classes

› 2.1 Understanding the Foundations of Periodization

› 2.2 Differentiating Traditional and Non-Linear Periodization Models

› 2.3 Integrating Advanced Block Periodization Techniques

› 2.4 Designing Individualized Periodization Plans

› 2.5 Applying Periodization to Enhance Performance Cycles

› 2.6 Evaluating the Effectiveness of Periodization Strategies

• 3 Explosive Strength and Power Development — 6 classes

› 3.1 Understanding Explosive Strength: Concepts and Benefits

› 3.2 Analyzing Biomechanics for Power Output

› 3.3 Assessing Current Power Levels: Tests and Measurements

› 3.4 Implementing Plyometric Training for Explosiveness

› 3.5 Integrating Olympic Lifts for Power Development

› 3.6 Designing a Comprehensive Power Training Program

• 4 Techniques for Enhancing Muscular Hypertrophy — 6 classes

› 4.1 Understanding the Science of Muscular Hypertrophy

› 4.2 Exploring Key Variables for Muscle Growth

› 4.3 Implementing Resistance Training Techniques

› 4.4 Utilizing Advanced Muscle Isolation Strategies

› 4.5 Designing Effective Hypertrophy Training Programs

› 4.6 Monitoring Progress and Adapting Techniques

• 5 Innovative Recovery and Regeneration Methods — 6 classes

› 5.1 Understanding Muscle Recovery Mechanisms

› 5.2 Exploring Innovative Recovery Strategies

› 5.3 Implementing Active Recovery Techniques

› 5.4 Analyzing Nutrition's Role in Regeneration

› 5.5 Assessing Technological Advancements in Recovery

› 5.6 Developing Personalized Recovery Plans

• 1 Understanding Key Performance Indicators in Strength & Conditioning — 6 classes

- › 1.1 Defining Key Performance Indicators in Strength & Conditioning
- › 1.2 Exploring the Role and Importance of KPIs in Fitness Programs
- › 1.3 Identifying Relevant Metrics for Assessing Athletic Performance
- › 1.4 Analyzing Data to Gauge Progress and Success in Training
- › 1.5 Implementing KPIs for Continuous Improvement in Coaching
- › 1.6 Evaluating and Adjusting KPIs for Optimal Athletic Development

• 2 Data Collection Techniques for Strength & Conditioning Programs — 6 classes

- › 2.1 Understanding the Importance of Data in Strength & Conditioning
- › 2.2 Identifying Key Performance Indicators for Athletes
- › 2.3 Exploring Tools for Accurate Data Collection
- › 2.4 Implementing Techniques for Reliable Data Gathering
- › 2.5 Analyzing Data to Inform Training Programs
- › 2.6 Applying Data Insights to Enhance Athlete Performance

• 3 Analyzing Training Data for Performance Optimization — 6 classes

- › 3.1 Understanding Key Performance Metrics
- › 3.2 Collecting Accurate Training Data
- › 3.3 Interpreting Strength and Conditioning Data
- › 3.4 Identifying Patterns and Trends in Data
- › 3.5 Applying Data Insights to Optimize Training
- › 3.6 Evaluating the Impact of Training Adjustments

• 4 Integrating Evaluation Metrics into Program Design — 6 classes

- › 4.1 Understanding Key Evaluation Metrics
- › 4.2 Analyzing Metric Data for Program Insights
- › 4.3 Mapping Metrics to Client Goals
- › 4.4 Designing Programs with Evidence-Based Metrics
- › 4.5 Implementing Continuous Evaluation in Training Programs
- › 4.6 Adjusting Training Programs Based on Metric Feedback

• 5 Advanced Applications of Metrics for Leadership in Coaching — 6 classes

- › 5.1 Understanding Key Metrics in Coaching Leadership
- › 5.2 Analyzing Data-Driven Decision Making in Coaching
- › 5.3 Implementing Metrics to Enhance Leadership Skills
- › 5.4 Evaluating Performance Through Advanced Metrics
- › 5.5 Applying Metrics for Team Development and Growth
- › 5.6 Integrating Feedback Mechanisms in Coaching Leadership

• 1 Principles of Performance Programme Design — 6 classes

- › 1.1 Understanding the Foundations of Programme Design
- › 1.2 Analyzing Athlete Needs and Goals
- › 1.3 Crafting Periodization Plans
- › 1.4 Integrating Sports Science into Training Design
- › 1.5 Developing Customized Strength & Conditioning Modules
- › 1.6 Implementing and Adjusting Performance Programmes

• 2 Scientific Basis for Strength and Conditioning — 6 classes

- › 2.1 Understanding Muscular Physiology for S&C
- › 2.2 Exploring Biomechanics in Performance
- › 2.3 Applying Sport-Specific Energy Systems
- › 2.4 Analyzing Neuromuscular Adaptations
- › 2.5 Integrating Periodization Principles
- › 2.6 Designing Evidence-Based Training Programs

• 3 Assessing Athlete Needs and Performance Levels — 6 classes

- › 3.1 Understanding Athlete Needs and Goals
- › 3.2 Identifying Key Performance Indicators
- › 3.3 Analyzing Baseline Performance Data
- › 3.4 Conducting Comprehensive Athlete Assessments
- › 3.5 Interpreting Assessment Results for Program Design
- › 3.6 Developing Tailored Training Interventions

• 4 Designing Specific Conditioning Protocols — 6 classes

- › 4.1 Understanding Key Conditioning Principles
- › 4.2 Analyzing Athlete Needs and Goals
- › 4.3 Creating Tailored Endurance Protocols
- › 4.4 Designing Strength Conditioning Sessions
- › 4.5 Implementing Speed and Agility Drills
- › 4.6 Monitoring and Adjusting Conditioning Plans

• 5 Advanced Strategies for Programme Optimization — 6 classes

- › 5.1 Understanding the Principles of Programme Optimization
- › 5.2 Analyzing Performance Metrics for Targeted Improvements
- › 5.3 Integrating Periodization Techniques in Programme Design
- › 5.4 Applying Progressive Overload to Enhance Performance
- › 5.5 Customizing Training Variables for Individual Athlete Needs
- › 5.6 Evaluating Programme Effectiveness and Making Adjustments

• 1 Fundamentals of Risk Management in Fitness Environments — 6 classes

- › 1.1 Understanding Risk in Fitness Environments
- › 1.2 Identifying Potential Hazards in Gyms and Studios
- › 1.3 Assessing Risk Levels and Impact
- › 1.4 Developing Risk Mitigation Strategies
- › 1.5 Implementing Compliance Measures
- › 1.6 Monitoring and Reviewing Risk Management Effectiveness

• 2 Identifying and Assessing Hazards in Strength & Conditioning — 6 classes

- › 2.1 Understanding Common Hazards in Strength & Conditioning
- › 2.2 Identifying Potential Risks in Training Environments
- › 2.3 Analyzing Risk Factors: Athlete Populations and Equipment
- › 2.4 Utilizing Risk Assessment Tools and Techniques
- › 2.5 Prioritizing Hazards: Severity and Likelihood of Risks
- › 2.6 Developing Risk Mitigation Strategies

• 3 Implementing Control Measures and Emergency Procedures — 6 classes

- › 3.1 Understanding Control Measures in Strength & Conditioning
- › 3.2 Identifying Potential Risks in Athletic Training Environments
- › 3.3 Developing Effective Risk Assessment Strategies
- › 3.4 Implementing Emergency Procedures for Sports Settings
- › 3.5 Evaluating the Effectiveness of Control Measures
- › 3.6 Integrating Compliance Standards into Daily Operations

• 4 Compliance with Legal and Industry Standards — 6 classes

- › 4.1 Understanding Legal Frameworks in Strength & Conditioning
- › 4.2 Identifying Key Industry Standards for Compliance
- › 4.3 Exploring the Role of Health and Safety Regulations
- › 4.4 Implementing Compliance Strategies in Coaching Practices
- › 4.5 Conducting Risk Assessments for Coaching Environments
- › 4.6 Applying Legal and Industry Standards to Case Studies

• 5 Developing a Risk Management Culture within an Organization — 6 classes

- › 5.1 Understanding the Importance of Risk Management Culture
- › 5.2 Identifying Key Elements of a Risk Management Framework
- › 5.3 Analyzing Organizational Risk Exposure
- › 5.4 Developing Strategic Risk Communication Channels
- › 5.5 Implementing Risk Management Strategies Effectively
- › 5.6 Evaluating and Enhancing Risk Management Culture

• 1 Understanding Leadership Theories in Strength & Conditioning — 6 classes

- › 1.1 Exploring Leadership Theories: Foundational Concepts in Strength & Conditioning
- › 1.2 Distinguishing Between Leadership Styles and Their Impacts on Team Performance
- › 1.3 Analyzing Transformational Leadership in Strength Training Environments
- › 1.4 Applying Situational Leadership to Varying Strength & Conditioning Scenarios
- › 1.5 Evaluating Emotional Intelligence and Its Role in Effective Leadership
- › 1.6 Integrating Leadership Theories into Strength & Conditioning Practice

• 2 Developing Personal Leadership Skills for Coaching — 6 classes

- › 2.1 Understanding Personal Leadership Styles
- › 2.2 Identifying Core Leadership Strengths and Weaknesses
- › 2.3 Exploring Emotional Intelligence in Coaching
- › 2.4 Developing Effective Communication Skills
- › 2.5 Implementing Decision-Making Strategies
- › 2.6 Applying Leadership Skills in Coaching Scenarios

• 3 Building and Leading Effective Coaching Teams — 6 classes

- › 3.1 Understanding the Dynamics of Coaching Teams
- › 3.2 Identifying Key Roles and Responsibilities within a Team
- › 3.3 Developing Effective Communication Strategies
- › 3.4 Fostering Trust and Collaboration in Teams
- › 3.5 Managing Conflict and Promoting Resolution
- › 3.6 Applying Leadership Techniques to Drive Team Success

• 4 Strategic Planning and Goal Setting in Strength & Conditioning — 6 classes

- › 4.1 Understanding Strategic Vision in S&C Coaching
- › 4.2 Analyzing Current S&C Processes and Performance
- › 4.3 Setting SMART Goals for S&C Progression
- › 4.4 Prioritizing Objectives in S&C Strategic Planning
- › 4.5 Developing Action Plans for S&C Initiatives
- › 4.6 Evaluating and Adjusting Strategies for S&C Success

• 5 Navigating Organizational Change and Innovation in Fitness Leadership — 6 classes

- › 5.1 Understanding Organizational Change in Fitness Leadership
- › 5.2 Identifying Key Drivers of Innovation in Fitness
- › 5.3 Developing a Change Management Strategy for Fitness Organizations
- › 5.4 Implementing Innovative Solutions in Fitness Leadership
- › 5.5 Overcoming Resistance to Change in Fitness Teams
- › 5.6 Evaluating the Impact of Change and Innovation in Fitness Services

• 1 Understanding Group Dynamics in Fitness Teams — 6 classes

- › 1.1 Exploring the Fundamentals of Group Dynamics
- › 1.2 Identifying Roles and Responsibilities in Fitness Teams
- › 1.3 Analyzing Communication Patterns and Their Impact
- › 1.4 Navigating Conflict Resolution in Team Settings
- › 1.5 Fostering Cohesion and Collaboration in Fitness Teams
- › 1.6 Applying Group Dynamics Strategies to Enhance Performance

• 2 Communication Strategies for Effective Teamwork — 6 classes

- › 2.1 Understanding Team Dynamics in Fitness Settings
- › 2.2 Identifying Key Communication Challenges
- › 2.3 Developing Active Listening Skills
- › 2.4 Mastering Non-Verbal Communication Techniques
- › 2.5 Facilitating Effective Feedback and Critique
- › 2.6 Implementing Communication Strategies for Team Cohesion

• 3 Conflict Resolution and Problem-Solving Techniques — 6 classes

- › 3.1 Understanding Conflict: Types and Causes in Fitness Settings
- › 3.2 Identifying Problem-Solving Techniques for Coaches
- › 3.3 Developing Effective Communication Skills to Manage Team Dynamics
- › 3.4 Implementing Conflict Resolution Strategies in Group Workouts
- › 3.5 Building Consensus: Techniques for Collaborative Decision Making
- › 3.6 Evaluating and Reflecting on Conflict Resolution Outcomes

• 4 Leadership Styles and Team Motivation — 6 classes

- › 4.1 Understanding Leadership Styles in Fitness Environments
- › 4.2 Identifying Team Motivation Factors
- › 4.3 Analyzing the Impact of Leadership on Team Dynamics
- › 4.4 Strategies to Enhance Team Motivation
- › 4.5 Adapting Leadership Styles to Team Needs
- › 4.6 Implementing Leadership Techniques in Fitness Settings

• 5 Building High-Performance Fitness Teams — 6 classes

- › 5.1 Understand the Basics of High-Performance Team Dynamics
- › 5.2 Identify Key Roles and Responsibilities within a Fitness Team
- › 5.3 Explore Communication Strategies for Effective Team Collaboration
- › 5.4 Develop Conflict Resolution Skills in High-Performance Settings
- › 5.5 Foster Motivation and Team Cohesion through Leadership
- › 5.6 Implement Strategies for Sustained Team Performance