

Level 4 Strength and Conditioning Award

Become a successful Level 4 Strength & Conditioning Coach with a great business in just 12 weeks!

REDEFINE YOUR CAREER, FINANCES & FUTURE IN JUST 12 WEEKS!

If you're working every hour possible and struggling to make ends meet...

Or you want to become the very best coach you can be...

Or you just want to work with clients that inspire you to give you your best results, and appreciate the work you do and get real results...

THEN YOU ARE ABSOLUTELY READY TO EXPLORE BECOMING A LEVEL 4 STRENGTH AND CONDITIONING COACH WITH STRENGTH AND CONDITIONING EDUCATION!

By radically expanding your knowledge and skillset, allowing you to attract clients who are truly dedicated to getting serious results, you'll find your income increases, you make a bigger impact with the work you do, and your ability to change peoples' lives expands and skyrockets.

With our leading Level 4 programme you'll be one of the very best in the industry, but you'll also learn proven Business Growth Strategies and mindset training meaning that not only will you be able to change the lives of your clients but that you will transform yourself in the process.

WE GUARANTEE OUR TRAINING GIVES YOU THE ABILITY TO:

- Provide unrivalled training to enable far better results for your clients.
- Attract more clients who will pay you what you are worth.
- Get the clients that inspire YOU.
- Increase your knowledge and skillset to a level that provides a fulfilling and fruitful career and business.

OUR STUDENTS LEARN MORE, EARN MORE AND GROW MORE!

START YOUR JOURNEY TO BECOMING A QUALIFIED S&C COACH AND ENJOY A MORE FULFILLING CAREER!

Avoid the frustration and obstacles of building a successful career on your own. Take the first step all our students have to learn more, earn more and grow more.

Course Content Overview

Our award-winning Industry-leading Level 4 Strength & Conditioning Course is the path to success for fitness professionals wanting to build careers in S&C and become Strength & Conditioning Coaches.

Our graduates go on to train professional athletes, coach sports teams, open their own facilities, earn far higher incomes and of course, deliver amazing results for their clients, helping them achieve their full potential.

The Level 4 Strength & Conditioning programme is designed to give you all the tools you need to build a career as a Strength & Conditioning Coach, in a method of learning that suits you. We now offer three options for completing our course, entirely remotely through 17 online modules & online exams, a fast-track accelerated option, or a blended approach offering online modules plus practical weekend workshop & face to face practical assessment.

Whichever option you choose, you'll be supported all the way by expert tutors and elite Strength & Conditioning Coaches with years of experience in the field.

When you join SCE you join a family and a support network that will last a lifetime.

JOIN OVER 10,000 SCE STUDENTS!

LEVEL 4 STRENGTH & CONDITIONING ONLINE MODULES

Find out exactly what's covered in our 17 comprehensive modules.

You'll be supported all the way from our team of tutors and at the end of the course not only will you be a high level coach but you'll also have the tools and the mindset to build an amazing business and career for yourself too.

1: THE NEEDS ANALYSIS

How to structure a good needs analysis to select appropriate performance assessments based on the client's situation.

2: DESIGNING THE MACRO, MESO & MICRO CYCLES

Develop and build macro, meso and micro cycles when designing client programmes.

3: DESIGNING RESISTANCE TRAINING PROGRAMMES

To be able to explain the key principles of designing the resistance components of a client's programme.

4: SPEED & AGILITY PROGRAMMING

To be able to explain the key principles to designing the Speed and Agility components of a client's programme.

5: PLYOMETRIC TRAINING & PROGRAMMING

This module will provide direct guidance for how to implement plyometric training

6: BUILDING THE PERFORMANCE PROGRAMME

Design performance programmes that address a client's needs based on their chosen activity.

7: PERIODISATION ESSENTIALS

Periodisation models and fundamental periodisation principles.

8: ENDURANCE TRAINING PROGRAMME DESIGN & ESD

This module will explain the key principles to designing endurance programmes and Energy System Training.

9: ADVANCED PROGRAMME DESIGN

Implement advanced training methods within your client's programmes.

10: RESISTANCE TRAINING PROGRESSIONS

Understand how to progress resistance-based training and ensure continued client adaptation and progression.

11: ADVANCED STRENGTH & POWER TRAINING

To learn more advanced training techniques whilst understanding when and where to use in your client's programmes.

12: TRANSFER OF TRAINING

To understand the key principles of the Transfer of Training to better affect client's results.

13: MOBILITY & STABILITY TRAINING

To understand and explain the key principles of mobility and stability when designing client's training programmes.

14: CORE TRAINING CONSIDERATIONS

Understanding the principles of implementing core training within a client's programme.

15: DESIGNING INJURY REDUCTION PROGRAMMES

This module will provide direct guidance when designing any injury reduction training programmes.

16: RECOVERY & REGENERATION

Learn how to understand, explain and prescribe strategies to aid in the recovery and regeneration for clients following injury or time away from exercise.

17: LONG-TERM ATHLETIC DEVELOPMENT

Learn the fundamentals of training youth clients and how such clients should be progressed over a period of time.

Plus, 5 bonus modules for FREE. Book a call with our Course Experts [here](#) to find out more!

LEVEL 4 STRENGTH & CONDITIONING BONUS MODULES

Take your skills even further with 5 bonus modules completely FREE!

Designed to give your skills, knowledge, and coaching an additional boost, we've included 5 bonus modules...

1: THE COACHING RELATIONSHIP

We are performance coaches, therefore it is critical that we are able to challenge our athletes and clients in the most effective ways.

2: TWENTY-FIRST CENTURY COACHING

You'll learn cutting-edge tools and techniques that will allow you to charge higher fees and get far greater results than ever before.

3: PSYCHOLOGY FOR SPORTS PERFORMANCE

Understand the importance of the psychology within a sporting and performance arena.

4: NUTRITION FOR SPORTS PERFORMANCE

Aid your coaching practice by explaining the key principles of nutrition and sports nutrition and how these relate to performance.

5: BRILLIANT COACH, BRILLIANT BUSINESS

Understand how to improve personal coaching practice and develop a successful business model.

Delivering Level 4 Strength & Conditioning Coaches for some of the UK's leading fitness brands



LEVEL 4 COURSE

YOUR COMPLETION OPTIONS

LEVEL 4 TOTAL ONLINE

100% online learning & assessment | study in your own time and at your own pace

- 17 Online Modules + 5 Bonus Modules
- Online Assessments - arranged with your expert tutor at a time convenient for you
- Option to add a 2-day Workshop or Assessment day at any time
- Bonus SCE Strength & Conditioning Programming Specialist Certificate (worth £299)
- Bonus SCE Functional Assessment Specialist Certificate (worth £299)

0% FINANCE AVAILABLE, PAYMENT PLANS FROM £19.97 PM

ENROL NOW

LEVEL 4 FLEXI

Hybrid online learning and face-to-face workshops and assessments

- 17 Online Modules + 5 Bonus Modules
- 2-Day Practical Workshop led by our Expert Tutors
- Face-to-face Assessment Day with refresher session arranged at a venue and time to suit you
- Option to book with either 1 or 2 workshop passes that are available to use throughout the year
- Bonus SCE Strength & Conditioning Programming Specialist Certificate (worth £299)
- Bonus SCE Functional Assessment Specialist Certificate (worth £299)
- Bonus SCE Performance Movement Coach Certificate (worth £299)
- Bonus SCE Olympic Weightlifting Coach Certificate (worth £299)

0% FINANCE AVAILABLE, PAYMENT PLANS FROM £24.98 PM

ENROL NOW

LEVEL 4 MENTORSHIP

Combined Level 4 Flexi with our Mentorship Programme

- 17 Online Modules + 5 Bonus Modules
- 6 or 12 month Mentorship Programme working one-to-one with our mentors to guide you through your course and your career
- 2-Day Practical Workshop led by our Expert Tutors
- Face-to-face Assessment Day with refresher session arranged at a venue and time to suit you
- Option to book with either 2 or 4 workshop passes that are available to use throughout the year
- MSP Performance Coach Course (worth £399)
- Youth S&C Specialist Pathway (worth £599)
- Strength & Conditioning Programming Specialist Certificate (worth £299)
- Functional Assessment Specialist Certificate (worth £299)
- Performance Movement Coach Certificate (worth £299)
- Olympic Weightlifting Coach Certificate (worth £299)

0% FINANCE AVAILABLE, PAYMENT PLANS FROM £43.73 PM

ENROL NOW

LEVEL 4 MENTORSHIP

Take your career to the NEXT level!

Master the skills needed to boost your career and rapidly accelerate your income, mindset, and coaching skills with our Level 4 Mentorship. We've combined the Level 4 Strength and Conditioning Award with our Elite Coach Mentorship!

MASTER THE SKILLS NEEDED TO BECOME AN ELITE COACH

The Level 4 Mentorship programme is for the most dedicated Strength and Conditioning Coaches! If you're serious about taking your strength and conditioning career to the top - this is for you! The Level 4 Mentorship is the pinnacle in how to drive a rewarding, successful, profit focused Strength and Conditioning business.

- Do you want to **become the best strength and conditioning coach** you can be?
- Do you want to take your **boost your income** and **personal freedom** to levels you never thought possible?
- Do you want to **work alongside like-minded fitness professionals** where every single one is focused on **helping each other grow** into the world top coaches?
- Do you want to elevate your **personal brand**, be respected by your peers, be the go-to expert in your class or create a legacy driven business?

If you answered 'YES' to any of the above, the Level 4 Mentorship is for you! Book a career performance call with our team today to get guided support on your next steps with us!

[BOOK A PERFORMANCE CALL](#)

LEVEL 4 MENTORSHIP

What it's all about

Understanding marketing or business is not what will get you clients and being able to write a brilliant programme alone simply will not work when it comes to making the impact you want to make.

We are led to believe that we must spend lots of money learning Facebook ads and building fancy websites. **It's simply not true!**

The amount of people out there (maybe you are one of them) that absolutely have the potential to achieve great things but get distracted, frustrated and end up in a negative headspace and not achieving what they want because of this is crazy. It's time to STOP doing this right now.

Unless you have the self-belief and confidence to actually be a success you will always find a way to selfsabotage and stop yourself from achieving.

The programme is about developing that belief that goes with an elite skill set. We give you the tools, we give you the skills, plus we combine that with the critical mindset components, and we work in a supportive environment with like-minded people so that your chances of going off the rails dramatically reduces and your ability to achieve amazing things radically increases.

IS THE MENTORSHIP PROGRAMME FOR ME?

This is the right programme for you if:

- You're incredibly passionate about helping people but realise that to make the impact you want to make you need to continue to upgrade your technical and coaching skills to reach more people.
- You want to attract your ideal clients be they athletes, athletic people, young people, general public, men, women etc.
- You want to be mentored alongside an amazing network of like minded people and build a solid business.
- You already have a business but you want to grow your personal brand, go online, open your own gym and make money working from anywhere.
- You are very knowledgeable in one or two sports but you want that roundedness of an elite coach so you can create even more opportunities for yourself and can really scale your offering.
- You very simply want a very solid technical and coaching education and the ability to start projects and make impact and income for years to come.

LEVEL 4 MENTORSHIP CORE COMPONENTS

Find out exactly what's covered in the 6 key stages of the Mentorship Programme

1: TECHNICAL KNOWLEDGE

Detailed sport specific knowledge, key exercises, a business plan and a clear structure to delivering elite results within specific sports.

We cover every major sport on the mentorship and we will work with you if there are other sports you need support on. Those sports include:

- Boxing, MMA and combat sports
- Rugby Union and League
- Court Sports including netball and basketball
- Raquet Sports including tennis, badminton and squash
- Football
- Endurance sports including cycling, triathlon and running
- Track and Field
- Strength sports including powerlifting, weightlifting and crossfit.
- And More

For each one of these sports once you have attended the live session or watched the recorded session afterwards you'll get a certificate to show you have attended the session and that you are an ECM Combat Sports Specialist, Rugby Specialist etc.

2: BREAKTHROUGH COACHING SKILLS

It's not enough to simply 'know a lot about the sport' you must also be able to coach the person or group in front of you.

We give you a clear framework for doing that, and a full toolbox of techniques you can use to get breakthrough results. * This is unique to the ECM and is not taught in a systematic way anywhere else. This WILL have a HUGE impact on your results!

3: ELITE PROGRAMMING SKILLS

Programme templates for all major sports with proven results. The mentorship programme teaches you how to adapt a strength & conditioning programme for your athletes through live weekly sessions, designed to develop both your programming skills, results and confidence. Understand programme structure with practical working examples.

You will complete this course with complete confidence in your programming skills for any athlete, any sport, any level.

4: PERSONAL CONFIDENCE AND BELIEF

You'll be amazed how this will increase for you on the programme.

This is where the mentorship aspect of this course really develops our students confidence and allows them to go out and get elite results. By working in close conjunction with top coaches in live sessions, webinars and online content you'll have the full support of an elite team who will help you focus on and develop your strengths.

Our mentorship group allows our students to share any questions with a community of skilled coaches, using our network to provide answers from experience.

You'll learn the tools to develop confidence through our coaching models. You'll be able to coach yourself as well as others. It really is a very powerful programme.

With the Mentorship Programme, support is always there when you need it.

5: BUSINESS ACUMEN

Business knowledge is critical for you to make an impact and be a successful elite coach. The Mentorship 6 business masterclasses cover key topics such as Facebook ads, online coaching, community building and email marketing. Our business masterclasses are unlocked as soon as you join the Mentorship allowing you to start learning immediately

6: PROFILING, ACTION PLANNING AND CHARTING

Students are taught the proven 'profile into plan model' allowing them to develop technical action plans for athletes which will drive elite results in their field.

THINK ABOUT WHERE YOU ARE NOW, AND WHERE YOU WILL BE AFTER THE MENTORSHIP. YOU WILL BE IN A TOTALLY DIFFERENT PLACE BOTH TECHNICALLY AND MENTALLY!

The mentorship programme is included as part of the Level 4 Strength and Conditioning Mentorship. However, you can add the Mentorship programme onto your learning at any time.

YOUR COMPLETION OPTIONS

We've broken the mentorship programme down into either a 6 month (Accelerated Mentorship Programme) or 12 month (Elite Coach Mentorship Programme) so you have the flexibility to choose whichever suits you!

[Speak to our team today](#) to learn more!

BOOK A PERFORMANCE CALL

LEVEL 4 MENTORSHIP

What it's all about

The mentorship programme offers a unique approach to learning through the mentorship & guidance offered daily. Daily interaction with other students as well as leading coaches and tutors, immersion sessions, mentoring sessions and coaching skill sessions allow our students to develop over the course of either 6 or 12-months, graduating as elite coaches. The network of inspired, educated & professional coaches created upon the completion of the programme is an invaluable tool for further success.

DAILY SUPPORT

WEEKLY LIVE
MENTORING
SESSIONS

SPORT SPECIFIC
IMMERSION
SESSIONS

ELITE
PROGRAMMING
SKILL SESSIONS

BREAKTHROUGH
COACHING SKILL
SESSIONS

We give you instantly actionable content and tasks for you and your business on a daily basis.

Just stop and imagine where you will be by going through this content on a daily, weekly, monthly basis?

With our [Level 4 Mentorship Programme](#), you'll be one of the very best in the industry. You'll learn proven Business Growth Strategies and mindset training meaning that not only will you be able to change the lives of your clients but you will transform yourself in the process.

LEVEL 4 MENTORSHIP

Combined Level 4 Flexi with our Mentorship Programme

- 17 Online Modules + 5 Bonus Modules
- 6 or 12 month Mentorship Programme working one-to-one with our mentors to guide you through your course and your career
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ENROL NOW

OUR STUDENTS LOVE WHAT WE DO!



“Great company to study with. The tutors are extremely knowledgeable and helpful in both the academic and practical aspects of the courses they provide. The company and its representatives truly unlock your physical and mental potential. Love studying with you guys. Keep up the great work. Absolutely fantastic!”



“Gives you direction, makes you focus, offers bags of S&C content for you to impliment into your own coaching practice and all dished out by a brilliant team that really know their stuff! No quastions too tough, and of course not forgetting the amazing network of contacts and new fellow coach friends, there’s no I in team! It’s just the beginning! Spot on and worth every penny.”



“I am so impressed with the level of knowledge they have delivered within the L4 course. In addition the team are constantly adding value, be it through networking opportunities, additional coach development or just generally imparting their years of knowledge.”



“The Mentorship is the most life/business changing course you could do. It is incredibly detailed, it does demand work, but it will focus you to improve yourself as a coach. Business, career and personal development, all in one course.”

GET IN TOUCH TO LEARN MORE AND GET STARTED!



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