



# Planning Effective Programmes Workshop

## LEARNING OUTCOMES

The learning outcomes are centred on the acquisition of fundamental theoretical understanding, as well as practical application of key knowledge surrounding the planning and design of effective strength & conditioning programmes.

Students should be able to:

- Discuss the objectives of physical training and differentiate between various 'systems' of training
- Perform a needs analysis of the essential performance factors for a sport or activity, and determine areas for improvement of an individual in the context of performance
- Apply the scientific principles that underpin periodisation and physiological adaptation
- Design periodised strength and conditioning programmes
- Explain the specifics of training phases, peaking, and tapering
- Determine objective measures of progress within the context of planning and programming

## WHO?

This workshop is intended for those looking to become UKSCA Accredited Coaches looking to enhance their planning and programming skills in strength & conditioning.

## WHAT?

A 2-day workshop based on best practice supported by scientific evidence designed to provide the knowledge and understanding to create effective programmes to improve sports performance.

## WHERE?

All UKSCA Workshops take place regularly at venues across the country. Please check [uksca.org.uk](http://uksca.org.uk) for current venues and availability.