



Nov 16, 2023 16:14 GMT

## **Northumbria introduces key sports coaching qualification.**

Northumbria University has been accredited to provide PE teachers, fitness professionals, and sports coaches with a nationally recognised vocational coaching qualification.

The UKSCA Trainer's Award is a qualification designed for PE teachers, sports coaches, fitness instructors, students studying strength and conditioning (S&C) and sport science related disciplines and therapists to safely prescribe and coach elements of strength and conditioning-related training.

The course will be taught by Dr Thomas Jones, Programme Lead for the MSc in S&C at Northumbria University and Greg Aspin, Head of S&C at Northumbria. Both are now certified to deliver the UK Strength & Conditioning (UKSCA) Trainer Award.

Dr Thomas Jones holds a PhD in Sports Physiology from Northumbria University and is accredited as a S&C Coach and Sports Scientist with the UKSCA and the British Association of Sport and Exercise Sciences (BASES). Dr Jones has held numerous roles in high performance sport and currently provides sports science support to Newcastle United Football Club Academy. He also maintains research collaborations with the Swedish Winter Sports Research Centre, Newcastle Falcons Rugby Club and Aspire Academy for Sports Excellence.

Greg Aspin holds a BSc (hons) and MSc in Sport and Exercise Science from Leeds Beckett University and Teesside University respectively. Greg is currently Head of S&C at Northumbria University and is an accredited coach with the UKSCA, and a supervised Sport Scientist with the British Association of Sport and Exercise Sciences (BASES).

Northumbria is one of only a limited number of providers nationwide. Through a combination of practical workshop days and distance learning, the UKSCA endorsed Level 3 S&C Trainer Diploma aims to prepare, develop, and motivate aspiring coaches, whilst introducing practitioners to the key principles of S&C. The course will last for around nine months and the first intake will be in January 2024.

“This learning experience provides PE teachers, fitness professionals, and sports coaches with a nationally recognised vocational coaching qualification,” said Dr Jones. “It includes registration to the UKSCA national register as strength and conditioning trainers, lifetime access to a bank of online coaching resources, and a great start to an individual’s strength and conditioning journey.”

The UKSCA Strength and Conditioning (S&C) Trainer Award was launched in response to demand from early-career S&C coaches and associated professions such as sports coaches, physiotherapists, and PE teachers.

The UKSCA has worked in partnership with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) to develop the S&C

Trainer Award. This is based on the skills and knowledge covered in the UKSCA's Foundation workshop which has been running for over 10 years and through which over 4,500 people have progressed.

"The UKSCA S&C Trainer Award is an excellent qualification for those wishing to enter the strength and conditioning industry," added Greg. "It is also extremely valuable for practitioners from other disciplines already working in sport (coaches, physiotherapists, etc.) who wish to gain a more comprehensive understanding of strength and conditioning."

[Click here](#) to find out more information about the course and email [thomas2.jones@northumbria.ac.uk](mailto:thomas2.jones@northumbria.ac.uk) to register interest.

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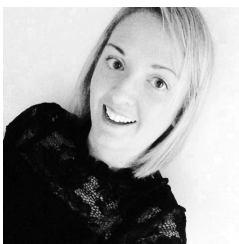
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