

Strength and Conditioning Coach

What's the difference to a Personal trainer?

Personal trainer – will take a more rounded approach to their client's health goals.

Strength and Conditioning Coach - offers a more specialised service.



What jobs can I get with a S&C qualification?

Professional Sport teams (Rubgy, Football, Cricket, etc)

S&C specialist in a fitness gym.

Qualifications requirements; A UKSCA membership and Bachelor's degree in **Sport and Exercise Science** are generally accepted by many professional sports clubs. As well as the UKSCA and REPS, 1st4sport Qualifications offer standardised training in accordance with other official National Governing Body qualifications.

Sports Nutritionist

Sports nutrition allows you to gain a specialist knowledge of the role of nutrition in sports and exercise. This can be key in optimising sporting performance.



What jobs can I get with a sports nutrition qualification?

- Educational and research institutions
- Food retailers and manufacturers
- Local authorities
- the National Health Service (NHS)
- Sports organisations.

Qualification requirements: a degree in **Sport and Exercise Nutrition** will guarantee you the knowledge and expertise to take forward into the industry. You may want to consider a postgraduate degree to continue your development and understanding in a specific area. Alternatively you could do a **Nutrition and Dietetics** degree and complete a SENR accredited sports nutrition course