



RUGBY STRENGTH AND CONDITIONING COACH AND INTERNSHIP PROGRAMME:

OBJECTIVE:

This programme provides students with the perfected blended approach to strength and conditioning, combining the theoretical component with daily hands-on practical strength and conditioning exposure. Students will learn and understand the physiological mechanisms of training; different training modalities available; understand what specific training is required in a rugby development cycle for every position of play; and learn how nutrition impacts training

WHO SHOULD ATTEND:

This programme is an exciting career for a player or individual who wants to build a career after ending a rugby playing career and has a passion for sport, fitness and performance coaching.

There is a demand for strength and conditioning coaches in the industry – especially women’s rugby that is a developing sport in South Africa, who have rugby specialist knowledge in fitness, strength and conditioning training for individual players and teams both on- and off the field.

DURATION:

- > 12 months (1 year) full time

THE UXi AND HFPA PROGRAMME INCLUDE:

- > The National Higher Certificate in Exercise Science NQF Level 6 OR National Certificate in Fitness NQF 5 dependant on the student’s GR 12 results.
- > Whilst attending lecturers for the national qualification the student is integrated into the daily High Performance Rugby programme as an intern coach.
- > Students will be required to shadow and assist the qualified Strength and Conditioning coaches with the implementation of the gym and field programmes.
- > Daily wellness monitoring and evaluation
- > Mentoring and facilitation in the understanding and execution of individual player development.
- > Performance coaching using video and game analysis tools and platforms.
- > Examinations, assessments, text books and certification.
- > Successful candidates will be assisted with job placement.



FEES:



Duration	Registration Application Fee	Deposit	Cash	Terms
12 months	R2000	R15 000	R63 000	R42 800 (7 x R4257)
TOP-UP kit (includes winter kit)			R4 000	

(*Fees exclude accommodation and meals)

The fee is inclusive of the HFPA National Exercise Science Qualification NQF level 6 or National certificate in Fitness NQF Level 5, World Rugby Education level 1 and 2, the full-time personal coaching- mentoring programme, practical sessions, internship workplace experience, assessments certification and the summer BLK Rugby kit.

HOW TO APPLY FOR REGISTRATION:



STEP 1: Complete the player application form
uxisport.co.za/online-registration/

STEP 2: Complete the parent finance approval application form
uxisport.co.za/online-registration/

STEP 3: Pay the registration application fee online
uxisport.co.za/online-registration/

STEP 4: Receive confirmation of acceptance and unique Player identity number

STEP 5: Receive player and parent agreements

WHAT ABOUT ADDITIONAL STUDIES?



Once a registered player the player automatically qualifies to access a list of programmes from the **EDUCATION PROVIDERS** uxisport.co.za/academic-programmes/

Select the study option of choice and request a quote therefore uxisport.co.za/online-registration/

