



TAFE NSW

# HEALTH, SPORT & FITNESS



## Strength & Conditioning

The Health, Sport and Fitness Department at NSW TAFE - Macquarie Fields will be running Strength and Conditioning programs for **South West Sydney Academy of Sport** athletes aged 12 years and over. All programs are supervised by students who are completing a Statement in Attainment in High Performance Athletic Development and currently have a Certificate 3 and Certificate 4 in Fitness.

These programs are designed by Head Teacher Mark Cudmore (*qualifications below*), and include all aspects of athletic conditioning including strength, power, speed, agility etc.

### MARK CUDMORE QUALIFICATIONS

- Registered as a Professional Coach with the Australian Strength and Conditioning Association (ASCA)
- Level 2 Strength and Conditioning Coach (ASCA)
- Level 2 Sports Scientist - registration with Exercise and Sports Science Australia (ESSA)
- Exercise Physiologist registration with ESSA
- Exercise Scientist registration with ESSA



### PROGRAM DETAILS

**Cost:** Free

**Start Date:** Tuesday 18 September 2018

**Time:** 5pm

**Duration:** 6 weeks (*not including school holidays, or 2/10/18 and 9/10/18*)

**Note:** Times on Wednesdays and Thursdays may also be available

**Where:** TAFE NSW – Macquarie Fields Campus. 32 Victoria Rd Macquarie Fields

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