

• ELITE TIER • CSCE LV.1®

# **CERTIFIED STRENGTH & CONDITIONING FOOTBALL SPECIALIST.**

// LEVEL I • THEORETICAL CURRICULUM  
2026 – 75 HOURS OF EVIDENCE-BASED  
EDUCATION FOR PRACTITIONERS SHAPING  
ELITE FOOTBALL PERFORMANCE.

**75<sup>h</sup>**

ONLINE TUITION

**10**

TEACHING MODULES

**30<sup>+</sup>**

GLOBAL FACULTY

**∞**

OPEN ENROLMENT

# THE FOOTBALL SPECIALIST.

The CSCE is the Society's flagship credential for strength & conditioning in football. Level I delivers the complete theoretical foundation — fully online, evidence-based, and built to the same academic rigor as our highest qualifications — preparing candidates to progress into the Level II practical assessment.

|                                                           |                                                  |
|-----------------------------------------------------------|--------------------------------------------------|
| // MODALITY<br><b>Online — <i>self-paced</i></b>          | // DURATION<br><b>75 hours • 10 modules</b>      |
| // ASSESSMENT<br><b>Multiple-choice test per module</b>   | // ENROLMENT<br><b>Open indefinitely</b>         |
| // ENTRY REQUIREMENT<br><b>Bachelor in Sport Sciences</b> | // RECERTIFICATION<br><b>Per SCS regulations</b> |

**NOTE** Certification requires a Bachelor's degree in Sport Sciences. Non-graduate students may complete the programme and will receive an attendance certificate. Recertification is required following SCS regulations to maintain the credential.

# TEN MODULES. ONE STANDARD.

A complete arc through the science of football performance — from physiology and biomechanics to programming, monitoring and the human craft of coaching. Each module is led by internationally recognised researchers and practitioners.

|     |                                                         |                      |
|-----|---------------------------------------------------------|----------------------|
| M01 | <b>APPLIED PHYSIOLOGY FOR TEAM-SPORTS</b>               | CALLEJA • KVORNING   |
| M02 | <b>SPORT-SPECIFIC PHYSIOLOGY</b>                        | BRITO • BRADLEY      |
| M03 | <b>INJURY PREVENTION &amp; RETURN TO COMPETITION</b>    | SETUAIN • COHEN      |
| M04 | <b>BIOMECHANICS &amp; MOVEMENT ANALYSIS</b>             | BLAZEVIČ • FREITAS   |
| M05 | <b>FOUNDATIONS OF TRAINING — STRENGTH, POWER, SPEED</b> | ALCARAZ • CADORE     |
| M06 | <b>PLANNING &amp; PROGRAM DESIGN</b>                    | COS • SUÁREZ ARRONES |
| M07 | <b>PERFORMANCE MONITORING &amp; ASSESSMENT</b>          | BISHOP • MCLAREN     |
| M08 | <b>COMPETENCIES OF THE S&amp;C — HUMAN SKILLS</b>       | ZELENKOVA • JUKIC    |
| M09 | <b>SPORT-SPECIFIC TACTICAL PRINCIPLES</b>               | ACEÑA                |
| M10 | <b>COACH ORGANIZATION &amp; ADMINISTRATION</b>          | HUYGAERTS • COLOMER  |

// MODULE 01

# APPLIED PHYSIOLOGY FOR TEAM-SPORTS.

Julio Calleja González **ESP**

Thue Kvorning **DEN**

## MODULE CONTENTS

- 01 Team-sports physiology: intermittency, recovery, density & internal load
- 02 Recovery strategies
- 03 Physiological basis of travel fatigue
- 04 Cool-down in training & competition

// MODULE 02

# SPORT-SPECIFIC PHYSIOLOGY.

Joao Brito **POR**

Paul Bradley **UK**

## MODULE CONTENTS

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- 01 Factors influencing match performance
  - 02 Recovery in football: post-match fatigue mechanisms
  - 03 Recovery dynamics
  - 04 (R)Evolution in match performance: style & substance
-

// MODULE 03

# INJURY PREVENTION & RETURN TO COMPETITION.

Igor Setuain **ESP**

Daniel D. Cohen **UK**

J.M. Rodríguez Montero **ESP**

Francisco de Alba **ESP**

## MODULE CONTENTS

01 Epidemiology, etiology & diagnosis of injuries

03 Alternative training

05 Initial treatment & S&C role during RTP

07 Rehabilitation & return-to-practice strategies

02 Evaluation of recovery & return to sport

04 Specific injury risk-reduction strategies

06 Consequences of injury & detraining

// MODULE 04

# BIOMECHANICS & MOVEMENT ANALYSIS.

Anthony Blazeovich AUS

Jodie Cochrane Wilkie AUS

Shayne Vial AUS

Tomás T. Freitas POR

## MODULE CONTENTS

01 Shot (kicking) biomechanics

03 Sprinting biomechanics

05 Change of direction & agility biomechanics

02 Jumping biomechanics

04 Injury biomechanical mechanisms in football

// MODULE 05

# FOUNDATIONS OF TRAINING — STRENGTH, POWER & SPEED.

Pedro E. Alcaraz **ESP**

Eduardo Cadore **BRA**

Fernando Pareja **ESP**

Anthony Blazeovich **AUS**

Luka Milanovic **CRO**

## MODULE CONTENTS

01 Strength development: neural vs. hypertrophic methods

03 Power training in football

05 Strength training methodology

07 Endurance training: intermittent, SSG & continuous variable

02 Circuit training & resisted methods

04 Joint mobility training

06 Sprint training methodology

// MODULE 06

# PLANNING & PROGRAM DESIGN.

Francesc Cos ESP

Antonio Gómez ESP

Ismael Camenforte ESP

Luis Suárez Arrones ESP

Miguel Á. Campos ESP

Daniel Fernández ESP

## MODULE CONTENTS

01 Coadjuvant training: strategies for structural adaptation

03 The microcycle

05 Specific training-load monitoring

07 The training session

02 Football-specific tasks

04 The mesocycle

06 Tactical periodization & pattern morphocycle

// MODULE 07

# PERFORMANCE MONITORING & ASSESSMENT.



Chris Bishop **UK**

Shaun McLaren **UK**

Miguel Á. Campos **ESP**

Anne Delextrat **FRA**

## MODULE CONTENTS

01 Physical performance assessment: field & lab methods

03 Control & monitoring of post-competition fatigue

05 Body composition assessment

02 Training load

04 Wearable technology as external-load instruments

06 Optimal timing of testing batteries

// MODULE 08

# COMPETENCIES OF THE S&C — HUMAN & PROFESSIONAL SKILLS.

Irina Zelenkova **RUS**

Igor Jukic **CRO**

## MODULE CONTENTS

- 01 Group management techniques
- 02 Emotional intelligence
- 03 Role of the S&C coach in the coaching staff
- 04 Optimization of human resources

// MODULE 09

# ***SPORT-SPECIFIC TACTICAL PRINCIPLES.***

Ángel Aceña **ESP**

## MODULE CONTENTS

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- 01 Integration of conditioning within technical-tactical sessions
  - 02 Evolution of physical & technical-tactical training methods
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// MODULE 10

# COACH ORGANIZATION & ADMINISTRATION TASKS.

Shaun Huygaerts **BEL**

Carmen Colomer **AUS**

## MODULE CONTENTS

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**01** Optimization of resources in large-group sessions

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**02** Data management, analysis & visualization

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**03** Recording instruments

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# THE PEOPLE BEHIND THE SCIENCE.

## Ángel Aceña ESP

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## Francisco del Alba ESP

Performance Specialist for Sports Organizations

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London Sport Institute, Middlesex University, London

## Anthony Blazeovich AUS

Professor of Biomechanics, Edith Cowan University

## Paul Bradley UK

Independent Football Science Consultant

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Portugal Football School, Portuguese Football Federation

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Full Professor, University of the Basque Country • Spanish Olympic Committee

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Strength & Conditioning Coach, Bayer Leverkusen

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# THE PEOPLE BEHIND THE SCIENCE.

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University

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Edith Cowan University, WA

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**Irina Zelenkova** RUS

Zaragoza University

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# BUILT WITH THE BEST IN THE **GAME.**

The CSCE is developed in collaboration with leading universities, federations and performance-technology partners — grounding every module in applied, real-world practice.

|                                                                                                                                           |                                                                                                                                                           |                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>KISTLER</b><br/>measure. analyze. innovate.</p>   |  <p><b>VALD</b><br/>PERFORMANCE</p>                                      |  <p><b>CATAPULT</b></p>                                                     |
|  <p><b>UCAM</b><br/>SPANISH • SPORTS<br/>UNIVERSITY</p> |  <p><b>European<br/>College of<br/>Sport Science</b><br/>ECSS</p>       |  <p><b>U.PORTO</b><br/>FACULDADE DE DESPORTO<br/>UNIVERSIDADE DO PORTO</p> |
|  <p>ΕΛΛΑΣ</p>                                          | <p><b>inetc</b><br/>Barcelona</p>  <p>Generalitat<br/>de Catalunya</p> |  <p>ESPAÑA</p>                                                            |
|  <p><b>Consejo<br/>Superior<br/>de Deportes</b></p>    |                                                                        |  <p><b>TECHNOGYM</b></p>                                                  |
|  <p><b>HAMMER<br/>STRENGTH</b></p>                     |  <p><b>Joma</b></p>                                                    |  <p><b>adidas</b></p>                                                     |

// ENROLMENT OPEN

# JOIN THE NEXT GENERATION OF **SPECIALISTS.**

Enrolment for CSCE Level I is open indefinitely. Begin the fully-online theoretical pathway today and progress toward the Level II practical assessment and full certification.

ENROL NOW →

REQUEST INFORMATION

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[scs.academy](https://scs.academy)

// PROGRAMME

**CSCE Level I**



INTERNATIONAL STRENGTH  
& CONDITIONING SOCIETY  
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