



# 20 RED ON 25 PROSPECTUS

BECOME AN ACCREDITED AND QUALIFIED COACH  
THE FUTURE OF APPLIED COACHING

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# WELCOME TO RED ON UNI



## DR ASH COX Education Lead Red On Uni

With the 2024 intake selling out, we have opened a Jan 25 cohort. Welcome to the Red On Applied Coaching Science Practitioner (ACSP) Programme, a beacon of excellence in coaching education meticulously designed to set a new benchmark in the industry. It is with great pride that we introduce you to this transformative journey. With a career dedicated to continuing professional development (CPD) and enriched by acclaimed research and award-winning teaching methodologies honed at top-tier universities, we are committed to guiding you through a program that transcends conventional learning paradigms.

### **Program Philosophy:**

Our ethos is clear: to transcend the traditional boundaries of theoretical learning. The Red On programme is a testament to the investment in time and intellectual resources, ensuring that our content is not only industry-leading but also pedagogically advanced. My oversight guarantees that the course delivery is structured to optimise comprehension, not just to pass exams but to achieve a profound level of understanding and application. We are committed to empowering you with the wisdom and acuity to apply this knowledge across all walks of life, whether as a passionate hobby or a professional endeavor.

## COURSE IMPACT

### **Why Red On?**

Choosing to enrol at Red On Uni is a choice to make a significant, positive change in your life, as well as the lives of your clients/athletes and family. The Red On programme is engineered to be transformative, aiming to reshape the industry by championing those who practice with an evidence-based approach. Our conviction is unwavering: Red On is not just an educational pathway but a game-changer in the realm of applied coaching science.

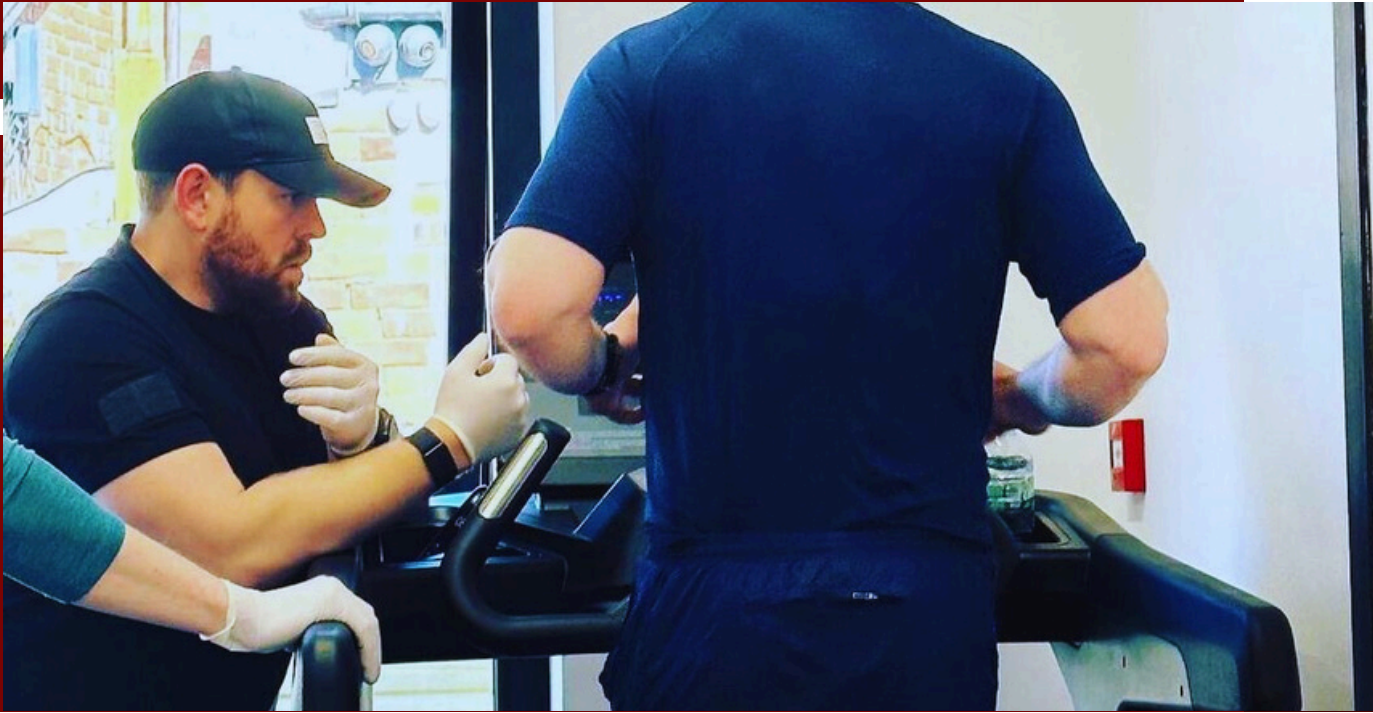
### **Program Objectives:**

- To deliver a curriculum that sets the standard in applied coaching science.
- To enhance practical coaching application through rigorous academic frameworks.
- To foster a deep, intuitive understanding of health and fitness principles.
- To cultivate a community of professionals who advocate for evidence-based practices.



# COURSE CONTENT

The programme is divided into core modules, each targeting a specific area of coaching science. The curriculum is designed to adapt to the latest advancements in research and literature, ensuring ongoing relevance and efficacy.



## Part 1: Foundational Modules

- Prelims
- Introduction
- Critical Thinking and Problem Solving in Health and Fitness
- Research Literacy and Interpretation
- Reflective Practice in Coaching and Training
- Effective Coaching Communication
- Ethics and Professionalism in Health and Fitness

## Part 3: Project

- Coaching CPD: Provide evidence of putting the material into practice (Continued Professional Development)

## Part 2: Advanced Modules

- Foundations of Physical Health and Performance
- Principles of Strength and Conditioning
- Performance Analysis and Interpretation
- Mental and Emotional Well-being
- Mobility and Injury Prevention
- Nutrition and Recovery
- Mental Toughness
- Psychology of Elite Performance
- Sports Nutrition
- Biomechanics and Movement

## Part 4: Final Exams

- Examination of theory and application into practice

## Part 2 cont: Advanced Modules

- Physiological Foundations
- Social Connections and Engagement
- Lifestyle and Habit Formation
- Nutrition and Healthy Eating Habits
- Functional Rehabilitation and Movement Therapy
- Adaptive Exercise Programming
- Understanding Special Populations



# LEARNING OUTCOMES, ADMISSION, AND ENROLMENT

## Graduates of the Applied Coaching Science Practitioner Programme will be able to:

- Design and implement comprehensive training programmes tailored to individual and group needs.
- Employ advanced coaching techniques suitable for tactical athletes and high-performance environments.
- Apply best practices in nutrition, psychology, biomechanics, and physiology to enhance sports performance.
- Develop and manage health and wellness programmes for the general and special populations.
- Integrate ethical considerations and professional standards into their coaching practice.

## Duration:

The programme is designed to be completed over a period of 12 months.

## Assessment:

Assessment methods include assignments, practical demonstrations, reflective journals, research projects, and oral presentations.



## ADMISSION REQUIREMENTS

- A bachelor's degree in a related field (e.g., Sports Science, Kinesiology) or equivalent professional experience.
- Proficiency in English.
- A passion for health and fitness and a commitment to ongoing professional development.
- Level 3 personal trainer or relevant advanced health and fitness qualification.
- **Applicants can also apply if not meeting the above criteria and will be assessed on a case-by-case basis.**

## GRADUATION & CERTIFICATION

- Graduates will receive a Certificate of Completion for the Applied Coaching Science Practitioner Program at the equivalent of level 6.
- Graduates will have the option to attend a graduation ceremony.
- Graduates will be able to use the post nominals **ACSP** after their name.
- Graduates will have the option to join the community and receive ongoing support throughout their coaching journey.

## January 25 intake details:

- £250 deposit followed by 9 monthly payments of £250 (£2,550)
- **Red On Athletes will receive a £750 discount for Jan 25.**

## Further Details:

- Enrolment Period: January 2025 - January 2026
- Pre-requisites Required: Yes
- **Examination & Regulation Fee: £452-(INCLUDED FOR JAN 25 COHORT).**

