



NASAQ

Certification



“Success is where preparation and opportunity meet”



NASAQ Certification

On-Line NASAQ Speed Training Certification

- Speed: How to Run Faster Immediately (Manual)
- Written Examination (includes but not limited to the following areas)
 - Personality Profile and Assessment
 - Warm Up and Technical Drills
 - Sport Speed Training Drills and Conditioning
 - Aerobic and Anaerobic Work
 - General Human Anatomy
 - General Body Type
 - General and Youth Psychology
 - Common Sports Injuries
 - Safety and Emergency Evaluations
- CPR Certification (*additional \$70 - \$110*)

On-Line Certification Fee: \$289



Testing and Certification

The goal is to help and assist on an ongoing basis motivated professionals that have a passion for working with young athletes. We strive to provide general and specific knowledge designed to develop and improve the practical teaching skills and techniques of the speed training instructor candidate.

Mastery of this material will demonstrate that the instructor candidate understands how to assess, implement and apply actual and practical instruction to help young athletes run faster, run easier, and think more clearly while in motion.

Requirements, Experience and Qualifications

- 20 years of age or older
- Two years youth coaching experience
- Two years active athlete in an organized sport
- High School education (University recommended)
- Have a working knowledge of the different American youth sports
- Passion for helping our youth using positive coaching methods
- Be physically able and mentally healthy for indoor and outdoor physical activities

The Examination

Once you receive the Speed Manual you will need a minimum of three weeks before you can take the written test. However, you will need to take the test within three months of receiving the manual.

The examination will include a variety of multiple-choice, true/false and general open ended questions. The number of test questions will vary from 150 to 200 questions depending on the certification sought.

This examination is more than just a testing device. It is designed to foster learning and to further enhance and improve the knowledge of the instructor candidate in order to provide young athletes sound and safe instructions, techniques, and drills to help improve overall speed and agility.

Certification Goal

The purpose of the Speed Dr. Speed Training Certification is to provide the instructor with the tools necessary to accurately and confidently train student athletes to be able to “run faster and work less”.

Your success is our success! Become a Sport Speed Trainer and help hundreds of students become better, faster athletes!

Good Luck!!!