

Poliquin® International Certification Program

Performance Specialist Level 3

PICP™ Level 3 is a high-level course that will prepare students to train high performance athletes or get the results with their clients. The course is divided into six (6) tasks that are covered in a 5-day practical course.

To register for this course, you must be a PICP™ Level 2 Coach.

PICP™ Level 3 Tasks

Task 1:	Injury Prevention & Rehabilitation
Task 2:	Mobility & Stretching
Task 3:	Performance Supplementation
Task 4:	Training Energy Systems
Task 5:	Modified Strongman
Task 6:	Using Training Systems in Program Design

At the conclusion of the PICP™ Level 3 Course, coaches will:

- Understand the Principles of Energy System Training
- Understand factors influencing Energy System programming
- Understand the factors that help prevent and rehabilitate upper and lower body injuries
- Understand exercises and their variations for Applied Functional Strength
- Understand how to design and apply an effective Short-Term Periodization program

PICP™ Level 3 Practical Requirements

- Individual Sports
 - Coach an athlete to a Top 5 placement in a Junior/Senior/Masters National Competition
- Team Sports
 - Coach a National Championship Team
 - Coach an athlete that participates in 60% of games during the season or placement game at the national level
 - Coach an athlete that participates in any multi-national competition but does not meet the requirements
- All Sports & Federations need to be recognized by GAISF and/or IOC and strength must play a factor. Motor sports are not recognized.
- Coaches must submit:
 - Letter from athlete confirming the coach's role in preparation for the event/season
 - Media that confirms your athlete's placement (website with final results)
 - Programs used to prepare the athlete showing they use PICP methods