

National Strength & Conditioning Association

Certified Strength & Conditioning Specialist

Scope of Practice

Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.

History

The Certified Strength and Conditioning Specialist (CSCS) program was created in 1985 to identify individuals who possess the knowledge and skills to design and implement safe and effective strength and conditioning programs for athletes in a team setting. The credentialing program encourages a higher level of competence among practitioners and raises the quality of strength training and conditioning programs provided by those who are CSCS certified.

Today, more than 21,000 professionals from a variety of academic and professional backgrounds hold this prestigious credential. This diverse group includes strength coaches, athletic trainers, physical therapists, personal trainers, physicians, chiropractors, researchers and educators. The CSCS is the only strength training and conditioning certification to be nationally accredited by the [National Commission for Certifying Agencies \(NCCA\)](#) and has been nationally accredited since 1993.

Prerequisites

Registrants must submit an original, official transcript of their academic work, showing attainment of at least a bachelor's degree (BS/BA) or chiropractic medicine degree granted by an accredited institution. College seniors can also take the Certified Strength and Conditioning Specialist exam; however, they must be currently enrolled in an accredited institution.* For college seniors, the NSCA Certification will not release exam scores until transcripts verifying graduation and noting the degree earned have been received.**

* *Within the United States:* To be eligible to take the CSCS examination, candidates must hold at a bachelor's degree or currently be enrolled as a college senior from an institution that is accredited by one of the six regional accrediting associations (e.g., North Central Association of Colleges and Schools).

* *Outside the United States:* Candidates must hold at least a bachelor's degree as defined by the United States educational system or currently be enrolled as a college senior in a college/university recognized by the ministry of education in that particular country, as a degree-granting institution on the same level as other universities recognized with campuses in that country.

** *Individuals enrolled as seniors at colleges or universities are eligible to sit for the CSCS examination. College seniors will receive a pass/fail notification approximately five to seven weeks after the exam administration. However, college seniors who pass the CSCS exam do not become CSCS certified until: (1) they have graduated from college and (2) the NSCA Certification receives their original, official transcript verifying graduation and the degree earned. Once the NSCA Certification receives the required documentation (original, official transcript verifying graduation and the degree earned), the NSCA Certification will release the actual score reports and certificates (if passed).*

Current CPR and AED certification is also a requirement. If you do not have current CPR and AED certification, you can still register for and take the CSCS exam. The NSCA Certification will accept any adult CPR and AED certification obtained by attending a CPR and AED course that meets the following criteria:

- Must have a hands-on training component (certification through a course completed entirely online will not be accepted)
- Must include a skills performance evaluation

Examples of accepted CPR and AED certifications include

- American Heart Association (Heartsaver)
- Red Cross (including Blended Learning First Aid/CPR/AED Program)
- National Safety Council
- St. John Ambulance

The NSCA Certification will not release exam scores until documentation of valid CPR and AED certification has been received.



Collegiate Strength & Conditioning Coaches Association

Strength & Conditioning Coach Certified

The CSCCa offers two levels of certification. The first—Strength and Conditioning Coach Certified (SCCC)—is available to those individuals who meet the association’s certification eligibility requirements outlined below. The SCCC is the most comprehensive certification of its kind, and involves the following process:

Individuals who were not full-time Strength and Conditioning Coaches on either the collegiate or professional level on or before September 1, 2000, or students studying to become Strength and Conditioning Coaches, must complete the following requirements.

- [Current CSCCa Membership](#)
- [Payment of \\$200 Certification Fee](#)
- [Completion of a consecutive 8-9 month CSCCa approved internship/practicum](#), under an SCCC certified head strength and conditioning coach with a minimum of three years full-time experience, or a Master Strength and Conditioning Coach (MSCC). This includes a \$300 Practicum/Internship fee.
- [Completion of a Bachelor’s Degree](#)
- [Current CPR Certification](#)
- Mid-term and Final Evaluations from mentor, with recommendation to sit for exam.
- [Passing score of 70% or higher on the CSCCa Written Certification Examination](#)
- [Passing score on all stations of the CSCCa Practical \(Oral\) Certification Examination](#), administered by a board of Master Strength and Conditioning Coaches. This includes explaining and defending an off-season training program designed by the individual for a specified sport.



National Academy of Sports Medicine

Performance Enhancement Specialist

An elite training program for fitness and enhanced athletic performance, the NASM Performance Enhancement Specialist (NASM-PES) is designed for athletic trainers, chiropractors, physical therapists, coaches and other sports professionals who want to work with players at all levels, from the secondary education and university tier, to professional and Olympic level athletes.

The PES offers:

- Professionals the ability to learn cutting-edge performance assessment techniques, sport-specific program design.
- Scientifically-valid, evidence-based applications which achieve remarkable results with top professionals and weekend warriors alike.
- Human movement science, postural considerations, the elements of an integrated performance profile and assessment, integrated program design, and nutrition.

This advanced specialization was recently updated the following features:

- Course content is delivered 100% online via the new NASM eLearning Center
- New look and feel for the NASM brand
- Course materials and exam can now be purchased separately
- Optional Print On-Demand manual and Burn On-Demand CD-ROM available at additional costs with course purchase

In an increasingly competitive professional environment, with the added pressure of media attention, athletes have to perform at increasingly higher levels and still avoid injury. To help them succeed, the advanced techniques in the NASM-PES will help performance enhancement professionals create highly individualized, integrated training programs that enrich training and enhance performance. The NASM-PES is the highest-level advanced qualification in the industry. It is the definitive training program for fitness and professional athletic performance.

The Performance Enhancement Specialist (NASM-PES) Advanced Specialization integrates the science and the solutions for optimal sports training success!

Note: NASM is also an Affinity Partner of the National Athletic Trainers' Association, and many of our continuing education courses are BOC-approved (provider #P2697). In support of our Affinity Partnership, all NATA members receive a 10% discount as a Member Benefit.

PES Eligibility Requirements

PES candidates must have:

- A current NASM-CPT certification, **or**
- REPs Level 3 or higher credential (candidates outside of the US only), **or**
- 4-year collegiate degree in related field
 - Athletic training
 - Biology
 - Biomechanics
 - Chiropractic
 - Community health
 - Ergonomics
 - Exercise physiology
 - Exercise science
 - Health science
 - Human movement science
 - Kinesiology
 - Nutrition
 - Physical education
 - Physical therapy
 - Sport science
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If you have a degree that is not listed or REPs Level 3 or higher certificate, please print and submit the [PES Petition Form \(PDF, 40K\)](#).

The PES Exam

- The NASM-PES exam is offered online:
 - 100 questions multiple choice
 - Passing score of 70%
 - 90 minute time frame
 - 2 free retakes

Once You Pass

- Upon successful completion of the NASM PES examination you will be able to print a temporary certificate of completion. Within 4-6 weeks of your passing you will receive a hard copy of your official certificate



USA Weightlifting Sports Performance Coach

DESCRIPTION

The Sports Performance Coach course focuses on the utilization and application of the Olympic lifts and their assistance exercises, plyometrics and medicine ball training to the realm of sport specific training, power development and injury prevention. **The course is appropriate for high school, college and professional sports coaches who work with athletes from other sports besides weightlifting, such as football, track and field, wrestling, etc. It is also appropriate for personal trainers who work with private clients, incorporating weightlifting into their personal fitness routines.**

There are no prerequisites to take this course. Materials include a manual, a video and once the course is passed, an official USA Weightlifting Sports Performance Coach polo shirt.

Annual renewal of USA Weightlifting membership and recertification testing, along with payment of renewal/recertification fee, are required in order to maintain valid USA Weightlifting coaching certification. Coaching certification expires immediately upon expiration of USA Weightlifting membership.

COST

\$340 - includes one year of USA Weightlifting membership, a manual, a video and (upon successful passing of the course) an official USA Weightlifting Sports Performance Coach polo-shirt.

\$460** - includes 3 days room & board at the Olympic Training Center in Colorado Springs, CO, one year of USA Weightlifting membership, a manual, a video and (upon successful passing of the course) an official USA Weightlifting Sports Performance Coach polo-shirt.

