



## Tom Baechle - President May, 1983, to June, 1985

**1983, May 12** - Dr. Tom Baechle, a former professor at Nebraska, who served as the first Midwest Regional Director. He also served as Executive Director before becoming NSCA President. Tom made many changes during his presidency but is best known for his work in NSCA Certification.

Keith Kephart was named Vice President which was later called President Elect.

Ken Kontor replaced Dr. Tom Baechle as Executive Director of the NSCA.

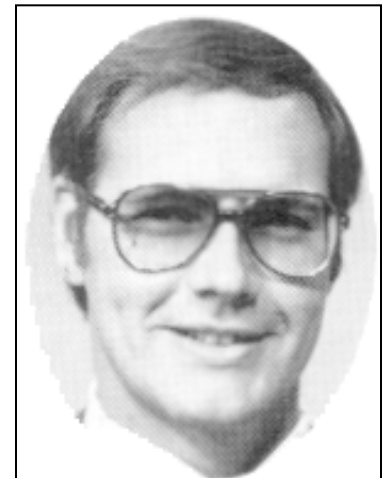
**1983, May 12** - The NSCA All-American Strength Team for Football is changed to the NSCA All-American Award. Tom Baechle suggested and the Board supported changing the All-American Strength Team concept to the NSCA All-American Award. The award was restricted to senior football players in Division I and no other sports were included. The new procedure allows for broader participation honoring an outstanding strength and conditioning athlete male or female in any college sport from any four year college, as selected by the school's NSCA member strength coach. In this way the strength coach would make the decision on which athletes to nominate. This change made the award accessible to more sports and more athletes and 60 schools participated in the first year of the change. The NSCA All-American Award is the longest standing award presented by the NSCA. It remained unchanged until 2009 when NSCA Director of Membership, Curtis Lords, expanded the award to include high school athletes.

Baechle began his two-year term with three distinct goals. First, create an awareness and appreciation for strength and conditioning knowledge grounded in scientific research. With a doctrine founded in research, Baechle reasoned, the NSCA would be better able to identify through certification examination those who did and those who did not know the essence of the profession. Second, establish credibility for the NSCA among sporting federations and academic institutions. This was to be achieved, in part, by recognizing those within the organization who could demonstrate (using certification) strength and conditioning expertise. Third, change from an autocratic to a democratic process for the selection of Board members.



1983– 1985 Thomas R. Baechle, EdD, CSCS,\*D, NSCA-CPT,\*D

Is NSCA President



Dr. Tom Baechle

**1983**, - A new governance structure was proposed by Baechle and supported by the Board that created Vice President positions of Education, Research, High School, College and Professional coaches. With the increased size and diversity of the NSCA membership there was a need to expand opportunities for more members to serve at the decision-making level in the NSCA.

**1983**, - Under Baechle's direction, the NSCA Education Committee developed a state clinic curriculum for Kansas. The elements of program design, tests and measurements, physiological effects of conditioning, exercise techniques, and safety concerns were all contained within the NSCA support materials, along with visual and audiovisual aids. Thus, a clinic teaching team, organized by the NSCA state director, was able to present a uniform curriculum, while at the same time producing the intentional side-effect of clinic consistency for programs led at diverse sites.

**1984, January** - Baechle negotiated with the Professional Examination Service to provide psychometric guidance in the development of the Certified Strength and Conditioning Specialists certification program.

**1984, March** - Baechle organized the first NSCA Certification Committee in Kansas City with a Senior Associate from the Professional Examination Service to determine competency areas to be tested in the CSCS exam, and to develop questions that would assess those competencies. The test was composed of objective multiple choice sections titled "Scientific Foundations" and "Practical/Applied," the latter of which also included a videotape portion, since it was believed by the Committee that written questions alone could not effectively evaluate the practical application of strength and conditioning skills.

**1984, June 24** - Dan Wathen was appointed NATA liaison.



NSCA CSCS logo



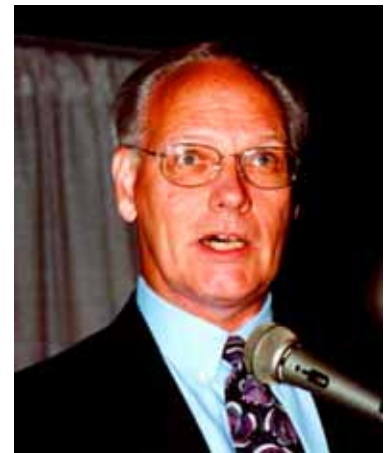
Dan Wathen

**1984, June 24** - The seventh conference held in Pittsburgh saw Dr. Baechle make a motion for the board to begin meeting at mid-year as an Executive Committee. The association was growing and had many issues that needed attention.

**1984, June 24** - College Strength and Conditioning Professional of the Year Award is presented to Dr. Tom Baechle from Creighton University.

**1985, January 6** - President Baechle made a motion for the President Elect Keith Kephardt to be appointed as chairperson of the Ethics committee and along with the NSCA attorney develop the due process procedure by which an NSCA member is charged for a violation of the Code of Ethics.

**1985, January 6** - A fundraising program named Lift America (cooperative effort between the NSCA and Special Olympics International), was initiated with the intent of gathering funds through pledges with Arnold helping to be shared by Special Olympics and NSCA.



Dr. Tom Baechle is Strength Coach of the Year



Lift America Fundraising Program begins



Arnold Schwarzenegger

**1985, January** - Article 7, Section 1- (c) of the NCAA rules was amended to permit strength and conditioning coaches to conduct warm-up activities for athletes including prior to games and prior to or during any practice in football or basketball.

**1985, June 27** - At the Dallas Convention Dr. Baechle, expressed concern over the amount of commercialism being sanctioned at the NSCA sponsored clinics.

**1985, June 27** - College Strength and Conditioning Professional of the Year Award is presented to John Gamble from the University of Virginia.

**1985, June 27** - The NSCA Board approved its "Position Statement: Use and Abuse of Anabolic Steroids."

**1985, June 27** - Rather than enlarge the *NSCA Journal*, in 1985 the NSCA board of Directors began formal discussions for the establishment of a new journal devoted entirely to applied sports science research.

**1985, June 27** - After 5 years of work on certification, including a survey to the membership by Baechle in 1981 to determine the feasibility of instituting a certification program, the Certification Committee offered its first Certified Strength and Conditioning Specialist examination; of the 168 individuals who sat for the exam, 126 passed. By 2007 there were over 30,000 professionals in over 60 countries certified either as CSCS or NSCA-CPT, and exams were available in Japanese, Spanish, Arabic, and two versions of Chinese.



NSCA begins offering  
Certification in 1985