ERP® National Strength and Conditioning Association™
Education Recognition Program

Graduate Studies Program

APPLICATION

NSCA™ National Strength and Conditioning Association
Bridging the gap between science and application

GENERAL INFORMATION AND INSTRUCTIONS:

- This application is submitted by a regional accredited academic institution of higher learning within the United States, or the international equivalent to the National Strength and Conditioning Association (NSCA) for recognition of their graduate program in strength and conditioning. The program must be part of a curriculum that offers at least a master's degree, with a specific major or concentration related to strength and conditioning and/or sport performance. There are two levels of recognition – applied/curricular and research/curricular.

- This recognition is good for three years. This recognition does not imply accreditation or any advantage for the NSCA certification examination. It only provides recognition from the NSCA that the institution meets minimum requirements in strength and conditioning within the specified curriculum and research at the graduate level.

- Applications are reviewed two times per year. Application deadlines are January 1, and June 1 each year. Applicants will be notified of approval/non-approval by February 15th or July 15th.

- There is a $500 administrative fee due with this application. This fee is the only fee required during the three-year period of recognition. If an application is denied recognition, then the applicant fee will be returned to the institution (minus a $100 processing fee), along with the application and reason(s) for denial.

- Once approved, the institution may disclose their NSCA recognition on any forms, documents or recruiting materials.

- By completing this application the institution authorizes the NSCA to identify them as an institution with a recognized graduate curriculum in strength and conditioning. The NSCA may disclose this information in publications, web sites, or any other means the NSCA deems appropriate.

- The application for recognition should be typed and must provide complete information. Additional materials, such as syllabi and research abstracts/journal references and resume/vitae of teaching faculty, are required and must be attached. Additional pages may be attached as needed.

- To be recognized, institutions must have a Certified Strength and Conditioning Specialist (CSCS®), who is a full-time employee involved in the educational program as a member of the teaching faculty. The CSCS does not have to be a full-time faculty member, but must teach a minimum of one class per academic year from the ERP required curriculum.

- It is the intent of this recognition process to help institutions market their programs in strength and conditioning, and to help institutions begin to prepare their programs for possible accreditation. Approval letters will include specific NSCA statements designed to market the school's educational program.

- Forward three (3) copies of the complete application, two with original signatures, all supporting documents, and the application fee to the Education Committee of the National Strength and Conditioning Association.

Complete this application and forward to:

National Strength and Conditioning Association
Graduate Education Recognition Program
1885 Bob Johnson Drive
Colorado Springs, CO 80906

Toll Free: 800-815-6826
International: +1 719-632-6722
Fax: +1 719-632-6367
www.nsca-lift.org

Section I

INSTITUTIONAL INFORMATION
GRADUATE STUDIES PROGRAM

Official Name of Sponsoring Institution_____

Department or Academic Unit_____

Address_____

_____

City_____

State_____ Zip Code_____

Nature of the Institution: _____ Public _____ Private

PRESIDENT, OR CHIEF ADMINISTRATIVE OFFICER OF THE INSTITUTION

Name_____

Title_____

Address_____

City_____

State_____ Zip Code_____

DEAN OF THE COLLEGE THAT HOUSES THE PROGRAM

Name_____

Title_____

Address_____

City_____

State_____ Zip Code_____

DEPARTMENT CHAIRPERSON, OR COORDINATOR OF THE ACADEMIC UNIT THAT HOUSES THE PROGRAM

Name_____

Title_____

Address_____

City_____

State_____ Zip Code_____

If you would like a Web Site link from the NSCA website, please provide the URL: _____

INSTITUTIONAL ACCREDITATION

Regional Accrediting Association Name. If Outside of United States use international equivalent. _____

_____

Date of Last Accreditation_____

Is the sponsoring institution legally authorized under applicable state law to provide post-secondary education? ____Yes ___No __No applicable State Law

Does the institution publish a general bulletin or catalog on its educational programs? ____Yes___No

Is the strength and conditioning curriculum outlined or described in that publication? ____Yes___No

Section II

PROGRAM PERSONNEL STRENGTH AND CONDITIONING PROGRAM

PROGRAM DIRECTOR

The program director is the person responsible for administering the academic program and ensuring that all rules and regulations are followed, and that the program is in compliance with the standards for recognition. The program director must be a member of the teaching faculty and have voting privileges in the academic unit that houses the program. Academic rank and tenure-status are irrelevant. The program director does not necessarily need to be a CSCS.

TEACHING FACULTY

The teaching faculty of the strength and conditioning educational program shall be identified as those faculty members responsible for teaching in the required subject matter areas specified in Section III, and other didactic course work included in the strength and conditioning curriculumz as identified by the institution. Members of the teaching faculty must have formal appointments in the academic unit and must be financially compensated for their services. Rank and tenure-status are irrelevant. Members of the teaching faculty can be classified as full-time, part-time, adjunct, or graduate teaching assistants. At least one (1) member of the teaching faculty must be a CSCS, and sponsor this application. On a separate page, please list the names for the faculty or staff who teach the required subject areas specified in Section III. Please note if any of the teaching faculty possess the CSCS credential, provide certification numbers when applicable.

PRECEPTORS

It is likely that individuals other than the Program Director, and members of the teaching faculty, will be involved in the supervision of the students during their practical-experience. A preceptor is any individual who provides direct supervision and instruction of students in the practical aspect of the strength and conditioning educational program. Preceptors are not required to be paid employees of the academic unit. However, it is expected that preceptors external to the academic unit, will have formal appointments, or other such recognition from the academic unit. For example, the strength coach for the athletics department may supervise students from the academic unit during their internship, without being a paid employee of the academic unit, as long as the academic unit formally acknowledges the strength coach as a preceptor. A preceptor does not necessarily need to be a CSCS. On a separate page, provide the names (and CSCS certification numbers. if applicable) of all of the preceptors responsible for the student's instruction and/or direct supervision (this includes preceptors at all affiliated settings).

AFFILIATED SETTINGS

It is likely that practical experiences will be gained at facilities external to the institution. It is expected that affiliated sites (external to the institution) will have formal affiliation agreements with the sponsoring institution. On a separate page, provide a list of the affiliated sites (list name, city, state, zip code) where practical experiences will be obtained. Also, provide the names (and CSCS certification numbers, if applicable) of the preceptors responsible for the student's instruction and direct supervision at each location.

CSCS SPONSOR

At least one CSCS must be directly involved in the education of the students in the program as a member of the teaching faculty, and must sponsor this application. The CSCS Sponsor must also be a full-time employee of the institution sponsoring this application. For example, a non-CSCS faculty member, or a non-CSCS department chairperson can be identified as the program director and can teach in the recognized strength and conditioning curriculum, as long as the institution employs a full-time CSCS who is directly involved in the educational program as a member of the teaching faculty, and who endorses this application.

PROGRAM DIRECTOR

Name:_____

Title:_____

Address: _____

City:_____

State: _____ Zip:_____

Telephone:_____

FAX:_____

E-Mail: _____

Is the Program Director a NSCA member? _____ Yes _____ No

Please provide Membership Number:_____

Is the Program Director a CSCS? _____ Yes _____ No

Please provide NSCA Certification Number:_____

CSCS Sponsor (if different from the Program Director)

Name:_____

Title:_____

Address: _____

City:_____

State: _____ Zip:_____

Telephone:_____

FAX:_____

E-Mail: _____

Is the CSCS Sponsor a NSCA member? _____ Yes _____ No

Please provide Membership Number:_____

NSCA Certification Number(s):_____

Note: *The CSCS Sponsor must be a member of the teaching faculty and must be a full-time employee of the sponsoring institution involved in the educational program as a member of the teaching faculty.*

Section III

PROGRAM DESIGN
STRENGTH AND CONDITIONING PROGRAM

Name of University:_____

Name of College:_____

Name of Department: _____

Name of Major:_____

Name of track/specialization:_____

Name of degree granted:_____

Length of program in terms (i.e., semesters, quarters):_____ in credit hours _____

Total number of students currently enrolled in the program:_____

Tuition and fees: Resident $_____/credit hour
Non-Resident $_____/credit hour

You may attach any promotional materials or advertising materials that outline the program of study, in addition to completing this application.

PLEASE IDENTIFY IN WHICH COURSES THESE CONTENT AREAS ARE TAUGHT. IF THE CONTENT IS TAUGHT IN SEVERAL COURSES, PLEASE IDENTIFY ONLY THE COURSE IN WHICH MOST OF THE CONTENT IS TAUGHT. YOU MAY LIST THE SAME COURSE FOR SEVERAL CONTENT AREAS. ALL COURSES MUST BE AT THE GRADUATE LEVEL.

PLEASE IDENTIFY THE CREDIT HOURS FOR EACH COURSE, AND WHETHER THEY ARE SEMESTER OR QUARTER HOURS.

Students must receive formal, graduate-level instruction in 4 of the 6 following content matter areas:

CORE CONTENT	**COURSE #**	**COURSE NAME**	**Hrs.**
Exercise Physiology	_____	_____	_____
Principles of Strength and Conditioning (Required)	_____	_____	_____
Research Methods	_____	_____	_____
Statistical Techniques	_____	_____	_____
Program Design as related to strength and conditioning (Required)	_____	_____	_____
Biomechanics/Movement Analysis	_____	_____	_____

Graduate-level instruction in 2 of the 6 following content matter areas must be offered as an elective or a requirement :

SUPPLEMENTAL CONTENT	**COURSE #**	**COURSE NAME**	**Hrs.**
Sports psychology	_____	_____	_____
Injury Prevention/Recognition	_____	_____	_____
Lifespan development	_____	_____	_____
Nutrition (sports nutrition preferred)	_____	_____	_____
Organization/Administrative Aspects	_____	_____	_____
Anatomical Kinesiology/ Gross Anatomy/Anatomy & Physiology	_____	_____	_____

****YOU MUST ATTACH A CURRENT SYLLABUS FOR EACH COURSE IDENT**IFIED ABOVE******

Syllabi should be clearly written and should describe learning objectives and competencies to be achieved for both didactic and supervised practical education components.

THE FOLLOWING APPLIED COMPETENCIES ARE REQUIRED FOR PROGRAM RECOGNITION IN APPLIED STRENGTH AND CONDITIONING BY THE NSCA.

1. Provide documentation of student enrollment and participation in any of the emphasis areas listed below:
    a. In a college or university strength training and conditioning program.
    b. In a secondary and/or professional strength training and conditioning program (i.e. professional team, high school, strength training facility, private gym).
    c. In a clinical or non-traditional strength training and conditioning program, such as cardiac/pulmonary rehab, diabetes clinic, etc.
    d. Private settings, such as private fitness clubs.
    e. CPR/First Aid certification requirement.
2. Additional course work above what is already identified in performance and teaching methods for skills and exercise techniques in strength training and conditioning, including but not limited to: speed/agility drills, plyometrics, standard and Olympic lifts with progressions, etc. Please attach syllabus.
3. A minimum of (1) faculty member must be an active and participatory member in the NSCA. Writing applied and clinical based materials, active participation as a strength and conditioning coach, and/or conducting research in the area of strength training and conditioning. Attach resumes of all faculty involved with the program.
4. Number of students who pass the CSCS examination (or number holding the CSCS credential) prior to awarding the graduate degree

THE FOLLOWING RESEARCH COMPETENCIES ARE REQUIRED FOR PROGRAM RECOGNITION IN RESEARCH IN STRENGTH AND CONDITIONING BY THE NSCA.

1. A thesis or research project is required for graduation.
2. A minimum of (1) faculty member must have a total of three (3) research publications in refereed journals
    a. A majority of the authors must be from the institution applying for recognition.
    b. Demonstrate that students or recent alumni from the institution have assisted in research and authorship of articles or presentations.
    c. Documentation of the publications must include a complete reference to the work and an abstract of the research.
    d. The research topic must be in the field of strength and conditioning.
3. A minimum of (1) faculty member must have one (1) presentations of research at National meetings and conferences
    a. The presenter must be affiliated with the institution applying for recognition.
    b. Documentation of the oral presentation should take the form of a copy of the presentation listing in the Conference Program. If no Conference Program was printed, other proof of the presentation must be submitted.
    c. The research topic must be in the field of strength and conditioning.
4. Must have documentation of student pubs/presentations at local, state, or national levels
5. Number of students who pass the CSCS examination (or number holding the CSCS credential) prior to awarding the graduate degree

Please use the attached worksheets to reference research publications and oral presentations.

RESEARCH PUBLICATIONS

NAME(S) OF AUTHOR(S) (please note which authors are from the institution applying and which authors were students at the time the time of the research):

_____

TITLE OF RESEARCH: _____

_____

_____

NAME OF JOURNAL:

_____

VOLUME AND NUMBER: _____

YEAR OF PUBLICATION: _____

***

NAME(S) OF AUTHOR(S) (please note which authors are from the institution applying and which authors were students at the time the time of the research):

_____

TITLE OF RESEARCH: _____

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NAME OF JOURNAL:

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VOLUME AND NUMBER: _____

YEAR OF PUBLICATION: _____

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VOLUME AND NUMBER: _____

YEAR OF PUBLICATION: _____

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NAME OF JOURNAL:

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NAME OF JOURNAL:

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NAME OF JOURNAL:

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NAME OF JOURNAL:

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NAME OF JOURNAL:

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VOLUME AND NUMBER: _____

YEAR OF PUBLICATION: _____

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NAME OF JOURNAL:

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VOLUME AND NUMBER: _____

YEAR OF PUBLICATION: _____

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VOLUME AND NUMBER: _____

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YEAR OF PUBLICATION: _____

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NAME OF JOURNAL:

_____

VOLUME AND NUMBER: _____

YEAR OF PUBLICATION: _____

***

NAME(S) OF AUTHOR(S) (please note which authors are from the institution applying and which authors were students at the time the time of the research):

_____

TITLE OF RESEARCH: _____

NAME OF JOURNAL:

_____

VOLUME AND NUMBER: _____

YEAR OF PUBLICATION: _____

****PLEASE ATTACH A COPY OF THE ABSTRACT OF EACH RESEARCH PUBLICATION****

ORAL PRESENTATIONS OF RESEARCH

NAME(S) OF PRESENTER(S):

_____

TITLE OF PRESENTATION:

_____

CONFERENCE OR MEETING (INCLUDE ORGANIZATION'S NAME):

_____

LOCATION OF CONFERENCE OR MEETING: _____

DATE OF PRESENTATION: _____

***

NAME(S) OF PRESENTER(S):

_____

TITLE OF PRESENTATION:

_____

CONFERENCE OR MEETING (INCLUDE ORGANIZATION'S NAME):

_____

LOCATION OF CONFERENCE OR MEETING: _____

DATE OF PRESENTATION: _____

***

NAME(S) OF PRESENTER(S):

_____

TITLE OF PRESENTATION:

_____

CONFERENCE OR MEETING (INCLUDE ORGANIZATION'S NAME):

_____

LOCATION OF CONFERENCE OR MEETING: _____

DATE OF PRESENTATION: _____

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NAME(S) OF PRESENTER(S):

_____

TITLE OF PRESENTATION:

_____

CONFERENCE OR MEETING (INCLUDE ORGANIZATION'S NAME):

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LOCATION OF CONFERENCE OR MEETING: _____

DATE OF PRESENTATION: _____

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NAME(S) OF PRESENTER(S):

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TITLE OF PRESENTATION:

_____

CONFERENCE OR MEETING (INCLUDE ORGANIZATION'S NAME):

_____

LOCATION OF CONFERENCE OR MEETING: _____

DATE OF PRESENTATION: _____

***

NAME(S) OF PRESENTER(S):

_____

TITLE OF PRESENTATION:

_____

CONFERENCE OR MEETING (INCLUDE ORGANIZATION'S NAME):

_____

LOCATION OF CONFERENCE OR MEETING: _____

DATE OF PRESENTATION: _____

****PLEASE INCLUDE A COPY OF EACH PRESENTATION'S LISTING IN CONFERENCE PROGRAM****

Section IV

PROGRAM REQUIREMENTS
GRADUATE STUDIES PROGRAM

- The sequencing and availability of courses in each of the subject matter areas listed in Section III should be made available to the students.
- The subject matter should be instructed, evaluated, and instructional effectiveness be assessed on a regular basis
- Program personnel must ensure that the objectives, content, and activities stated in the curriculum represent current concepts and practice.
- Instruction should follow a plan which documents appropriate learning experiences and curriculum sequencing to develop the competencies neccessary for graduation, including appropriate instructional materials, classroom presentations, discussions, demonstrations, and supervised practical experience.
- Faculty members responsible for teaching required subject matter should be qualified through professional preparation and experience in their respective academic areas.
- The strength and conditioining curriculum should include provisions for practical expereiences under hte direct supervision of qualified preceptors in acceptable settings.
- A preceptor should have appropriate experience, as such, in the supervision of students studying strength and conditioning.
- It is the responsibility of the institution (Program Director, chairperson, and CSCS Sponsor) to notify the NSCA of any changes in the porgram or in personnel during the period of recognition.
- By signing below, all parties testify that the information provided in this application is true and correct to the best of their knowledge.

_____ _____
Department Chairperson (or Dean) Date

_____ _____
Program Director Date

_____ _____
CSCS Sponsor Date

CHECKLIST

_____ The application fee of $500.00 is enclosed

_____ Application is typed

_____ All information is provided

_____ All supporting documents, such as syllabi for each course is identified in Section III, are attached

_____ All CSCS associated with the program are identified

_____ Three completed copies (2 with original signatures) are provided

If you have any questions regarding this applicaiton, please contact the NSC National office prior to submitting this application at 800-815-6826. Thank you.

NSCA Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

National Strength and Conditioning Association
Education Recognition Program
1885 Bob Johnson Drive • Colorado Springs, CO 80906

Phone: 800-815-6826 *or* +1 719-632-6722 • Fax: +1 719-632-6367

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