ERP National Strength and Conditioning Association
Education Recognition 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 to the National Strength and Conditioning Association (NSCA) for recognition of their educational program in strength and conditioning. The program must be part of a curriculum that offers a baccalaureate degree. The program does not have to be classified as a major, a minor, a sequence or a concentration. It does however, have to be a formalized area of study.

- 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 and emphasizes anaerobic conditioning and training within the specified curriculum.

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

- There is a $500.00 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 application fee will be returned to the institution (minus a $100.00 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 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, 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**
**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
## STRENGTH AND CONDITIONING PROGRAM

Official name of Sponsoring Institution

Department or Academic Unit

Address

City

State ZIP/Postal 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

Web Site address for the academic program

Once recognized, do you authorize the NSCA to provide a link from the NSCA Web Page to your academic unit?

Yes No

## INSTITUTIONAL ACCREDITATION

Regional Accrediting Association Name

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 curriculum 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 Code

Telephone

FAX

E-Mail

Is the Program Director a CSCS? Yes No

If yes, please provide NSCA Certification Number

## CSCS SPONSOR (if different from the Program Director)

Name

Title

Department or Area of Employment

Address

City

State Zip Code

Telephone

FAX

E-Mail

Please provide NSCA Certification Number

***NOTE:***

*The CSCS Sponsor must be a member of the teaching faculty and must be a full-time employee of the sponsoring institution.*

# Section III

## PROGRAM DESIGN
## STRENGTH AND CONDITIONING PROGRAM

Name of University

Name of College

Name of Department

Name of major

Name of minor/specialization/track

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 advising 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.

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

***Students must receive formal instruction in the following subject matter areas:***

| REQUIRED CONTENT | COURSE # | COURSE NAME | Hrs. |
|---|---|---|---|
| Human Anatomy & Physiology | | | |
| Exercise Physiology | | | |
| Kinesiology/Biomechanics | | | |
| Nutrition (sports nutrition is preferred) | | | |
| Scientific Principles of Strength and Conditioning | | | |
| Resistance Training and Conditioning (activity class) | | | |
| Exercise Technique/Exercise Prescription with emphasis in anaerobic exercise | | | |
| Program Design as related to Strength and Conditioning | | | |

Semester Hours  Quarter Hours

****YOU MUST ATTACH A CURRENT SYLLABUS FOR EACH COURSE IDENTIFIED 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 CONTENT IS NOT REQUIRED FOR PROGRAM RECOGNITION BY THE NSCA. HOWEVER, TO HELP THE NSCA EDUCATION COMMITTEE BETTER DEVELOP GUIDELINES FOR ACCREDITATION, PLEASE IDENTIFY WHETHER ANY OF THIS CONTENT IS REQUIRED IN YOUR CURRICULUM OR AS PREREQUISITES.***

| SUGGESTED COURSES / CONTENT | COURSE # | COURSE NAME | Hrs. |
|---|---|---|---|
| Biology | | | |
| Chemistry | | | |
| Biochemistry | | | |
| Physics | | | |
| Statistics | | | |
| Emergency Care (First-Aid & CPR) | | | |
| Care & Prevention of Athletic Injuries | | | |
| Motor Learning/Control/Behavior | | | |
| Sports Law or Administration | | | |
| Computer Applications | | | |
| Pedagogy, Coaching, or Teaching Methods | | | |
| Psychology/Sociology (sports psychology/sociology is preferred) | | | |

****PLEASE ATTACH A CURRENT SYLLABUS FOR EACH COURSE IDENTIFIED ABOVE****

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

Does the institution's athletic department employ a CSCS in a full-time position? ○ Yes ○ No

Does the academic unit which houses the program employ a CSCS in a full-time academic/teaching position? ○ Yes ○ No

Is an internship or practicum required as part of the curriculum? ○ Yes ○ No

# Section IV

## PROGRAM REQUIREMENTS
## STRENGTH AND CONDITIONING 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 necessary 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 conditioning curriculum should include provisions for practical experiences under the 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 program 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 identified in Section III, are attached.

_____ All CSCSs' associated with the program are identified.

_____ Three completed copies (2 with original signatures) are submitted.

If you have any questions regarding this application, please contact the NSCA 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.

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