



Board of Directors Meeting Minutes Thursday, January 7, 2016 8:00am-12:00 NOON Conference Room 17/18

This meeting was called to order at 8:00 a.m. Central Standard Time on Thursday, January 7, 2016 by NSCA President, Dr. G. Gregory Haff.

PARTICIPATING IN THE MEETING WERE: NSCA President, Dr. Greg Haff, Vice-President, Dr. Colin Wilborn, Secretary-Treasurer, Dr. Joel Cramer, Dr. Todd Miller, Patrick McHenry, Dr. Michael Miller, Dr. Brad Schoenfeld, Dr. David Szymanski, and Dr. David Joyner.

ALSO PRESENT: Michael Massik, Executive Director, Lee Madden, Sr. Director of Finance and Administration, Scott Douglas, Sr. Director of Membership and Business Development, Carwyn Sharp, Chief Science Officer, Francis Neric, Certification Exam Development Manager, Wayde Rivinius, Sr. Director of Technology and Project Management, and Natasha Porter, Executive Assistant.

Media Training for the Board of Directors

- I. Mike Danielson, Media Relations Agency**
 - a. Basic Media Training presentation

Continuation of Report Items from Wednesday, January 6, 2016:

- 2. CSPS SWOT Analysis – Francis Neric**
 - a. CSPS certification feasibility study presentation.
 - i. Strengths, weaknesses, opportunities and threats discussed concerning the CSPS certification.

Directive:

The Board of Directors would like to know if the CSPS certification can be converted to a certificate, and how much it would cost to convert; what the time frame would be to convert; and are there any contractual obligations to Human Kinetics? The report has



been requested to be an Agenda item at the 2016 July Board Meeting as a follow-up report.

Follow-Up Reports:

1. Proposed Business Plan for Certificate of Youth Strength Coaches – Dr. Greg Haff and Dr. Carwyn Sharp

Directive:

The Board of Directors requests to have a Committee formed and a meeting with the Committee and the Board of Directors to be scheduled at the 2016 July National Conference.

2. Requirement of Anti-Doping Training Course for Strength Coaches – Dr. Greg Haff and Dr. Carwyn Sharp

- a. The feasibility of the NSCA developing an online Anti-Doping Course is dependent on the requirements, goals and strategies for such a course. Once these aspects have been determined, a comprehensive development and maintenance assessment can be completed outlining costs and timeline.

Directive:

The Board of Directors would like Michael Massik to explore the possibilities of a course with the head of USADA. Michael Massik, Executive Director, Dr. Carwyn Sharp, Chief Science Officer and Dr. David Joyner, Public Member, will work together to determine costs and projected timeline for the development and maintenance of an online NSCA Anti-Doping course. A Follow-Up Report will be given at the 2016 July Board Meeting.

3. Update – Personal Trainer Recognition Status – Dr. Brad Schoenfeld and Scott Douglas

- a. NSCA Registered Certified Personal Trainer (RCPT) registry encourages high standards of professional practice and responsibility. Registry recognizes the personal trainers expertise is separate and distinct from the medical, dietetic, athletic training, strength and conditioning, and sport coaching fields, NSCA Certified Personal Trainers identified on this registry (RCPT, RCPT, *D or RCPT, *E) consult with and refer clients to these professionals when appropriate.

Directive:

The Board of Directors would like to proceed with the development of the RCPT program and advise NSCA Headquarters to complete the following:

- a. Continuing education and marketing plan are necessary



- b. Launch of RCPT will be target for April, 2016
- c. Announce the RCPT at the National Conference and at the Personal Trainer Conference
- d. Develop an RCPT reception similar to the RSCC reception as well as creation of an RCPT ring

Strategic Plan Discussion:

- a. The Board of Directors requests a strategic plan meeting scheduled for May, 2016 at NSCA Headquarters. Michael Massik will facilitate with the Board of Directors and Committee Members to determine date, time, and key participants necessary for meeting.

Follow-Up Reports Continued:

4. Committee Rewards Financial Impact – Dr. Joel Cramer and Lee Madden

Motion Proposed

2016-01-06-06

Retracted

Topic:..... Separate the Education and Research Committee
 Motion Proposed By:..... Dr. Colin Wilborn
 Motion Seconded By:Dr. Todd Miller
 Proposed Motions:That the Board of Directors would like the Education and Research Committee to be separated.
 Adopted Resolution: Dr. Colin Wilborn retracted the Motion and the Board of Directors were in favor. Re-established policies and procedures necessary before topic will be proposed as a Motion.
 Staff Support:.....None

5. CREP – Dr. Todd Miller

- a. Dr. Todd Miller discussed briefly the annual fee and benefits of the registry.

Dr. Greg Haff adjourned the meeting at 12:04 PM.