

*RICK HOWARD, DSC, CSCS,*D, RSCC*E, FNSCA*

Education

2020 – Doctor of Science in Health Promotion and Wellness – Rocky Mountain University of Health Professions
2007 – Master of Education in School Leadership – Wilmington University
1984 – Bachelor of Science in Physical Education – Temple University

Biography

Rick Howard earned his Doctorate in Health Promotion and Wellness from Rocky Mountain University of Health Professions. He is an Assistant Professor of Applied Sports Science, Sports Performance Coordinator, and Coaching Minor Advisor at West Chester University (PA); Visiting Professor at Reykjavik University, Iceland; and Teacher at Keilir Health Academy in Ásbrú, Iceland. Howard has taught K-8 Health and Physical Education, coached middle school sports, and strength and conditioning for middle school, high school, and college. He has volunteered extensively for the NSCA, having served as founder and Chair of the long-term athletic development (LTAD) special interest group (SIG), Chair of the State and Provincial Director Committee, co-author of the NSCA Position Statement on LTAD, chapter co-author of the NSCA High School Manual, and Lead Instructor for CSCS Exam Prep. He continues to be active on SIG Executive Councils of the Strongman SIG, Special Populations SIG, and the newly formed Educator's SIG. Howard contributes peer-reviewed articles, book chapters and books, as well as blogs and podcasts. He presents nationally and internationally on a variety of topics, most notably LTAD and the application of concepts of pediatric exercise science and foundational coaching principles for coaches, personal trainers, physical education teachers, and those who wish to improve the lives of young people of all ages. Howard is the co-founder of LTAD Playground and works on several collaborative projects to create a physically literate culture. He is a Master's Strongman competitor and presents on all things strongman.

NSCA Involvement

- Educators' Special Interest Group, member (2023 – present)
- Delaware State Advisory Board, member (2022 – present)
- Special Populations Special Interest Group, Secretary (2021 – present)
- Strongman Special Interest Group, Secretary (2021 – present)
- Authored a book chapter in *NSCA Strength and Conditioning for High School* (2021)
- Long-Term Athletic Development, subject matter expert (2018 – present)
- NSCA Foundation, grants reviewer (2017 – present)
- Inter-Association Task Force on Early Sport Specialization (2017 – present)
- *Strength and Conditioning Journal*, reviewer (2016 – present)
- National Strength and Conditioning Association Position Statement on Long-Term Athletic Development, contributing author (2016)
- Strategic Planning Summit (2016)
- Exam Prep, Lead Instructor (2014 – present)

- Conference Committee, member (2014 – 2017)
- *Strength and Conditioning Journal*, Associate Editor (2012 – present)
- State and Provincial Directors Committee, Chair (2013 – 2018)
- State and Provincial Directors Committee, Mid-Atlantic Regional Coordinator (2007 – 2018)
- State and Provincial Directors Committee, Vice Chair (2012 – 2013)
- Membership Committee, member (2007 – 2013)
- Youth (*now* Long-Term Athletic Development) Special Interest Group, Chair (2005 – 2012)
- Delaware State Director (2003 – 2009)

Candidate Questionnaire

Why do you want to serve on the Nomination Committee?

I believe that the Nomination Committee is a pivotal committee for the future success of the NSCA and would be thrilled to be selected for this Committee. I feel that I can contribute to the success of the committee and the NSCA by being on the committee and listening and learning from current committee members. Having been nominated by the Nominating Committee to run for the Board of Directors two times, I can also share my personal experiences that may be helpful in the nomination and selection process.

What is your understanding of the organizational structure of the NSCA?

The NSCA is a member-centered non-profit organization that exists to best serve the membership. The Board of Directors establishes guidelines and organizational leadership that support the vision, mission, and strategic plan. The NSCA Executive Director leads the key administrative staff to implement the BOD policies. NSCA volunteers support the NSCA staff on committees, special interest groups, task forces and other volunteer opportunities to fulfill the member-centered vision, mission, and strategic plan.

One of the roles of the Nomination Committee is to find qualified candidates for Board of Director positions. How would you go about seeking or identifying candidates who would be representative of the diverse population of our membership, and consistent with the NSCA mission statement?

I know there is a process for applying to be a candidate for the NSCA Board of Directors. I believe that working together with the members of the Committee, we can identify effective strategies to increase the awareness of the process, identify candidates to serve, and streamline the application process to a.) let each candidate be clearly heard and b.) increase NSCA members awareness and engagement in the voting process.