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# BOARD OF DIRECTORS MEETING MINUTES

## THURSDAY, OCTOBER 2, 2025

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**Meeting Location:** Zoom

**Members Present:** Dr. Ian Jeffreys, Dr. Duncan French, Dr. Jaynie Bjornaraa, Ms. Kim Koy, Dr. Darnell Clark, Dr. Alexis Barakoulis, Dr. Antonio Squillante, Dr. Shawn Arent, and Dr. Disa Hatfield.

**Also Present at Times:** NSCA Foundation Staff: Carissa Gump; Staff: Michael Massik, Lee Madden, Scott Douglas, Keith Cinea, Jonathan Sagapoulete, Lori Stikeleather, and Christina Templeton.

The meeting of the NSCA Board of Directors was called to order at 11:03 AM Mountain Time by Dr. Ian Jeffreys, NSCA President. The meeting began without Dr. Disa Hatfield, Dr. Antonio Squillante, and Dr. Shawn Arent. A quorum was present.

### **CONSENT AGENDA**

The following motions were adopted by unanimous consent:

- » **2025-10-02-01** – Approval of July 16, 2025, Meeting Minutes  
**Adopted Motion:** That the Board of Directors approves the July 16, 2025, Board of Directors Meeting Minutes as presented.
- » **2025-10-02-02** – Approval of July 19, 2025, Meeting Minutes  
**Adopted Motion:** That the Board of Directors approves the July 19, 2025, Board of Directors Meeting Minutes as presented.
- » **2025-10-02-03** – Ratify the Email Vote and Approve the Minutes – Nomination Committee Handbook  
**Adopted Motion:** That the Board of Directors ratify the email vote and approve the minutes as presented.
- » **2025-10-02-04** – Approval of the Revised NSCA Volunteer Handbook  
**Adopted Motion:** That the Board of Directors approve the revised NSCA Volunteer Handbook.
- » **2025-10-02-05** – Amend Something Previously Adopted – Name Correction  
**Adopted Motion:** That the Board of Directors amend motion 2021-07-10-02 by striking through Academy Program and inserting School of Distinction.



## GENERAL ORDERS

- » 2025-10-02-06 – Appointment of Vice President

Proposed by: Dr. Ian Jeffreys

Vote: Passed

Seconded by: Dr. Duncan French

**Adopted Motion:** That the Board of Directors appoint Jaynie Bjornaraa as Vice President.

- » 2025-10-02-07 – Approval of the 2026 NSCA Directed Research Grant      Vote: Ballot

**Adopted Motion:** That the Board of Directors approve Strength and Conditioning in Aging Populations as the 2026 Directed Research Grant.

## DISCUSSION ITEMS

Dr. Antonio Squillante, Dr. Shawn Arent, and Dr. Disa Hatfield joined the meeting.

- The Board reviewed and provided feedback on the NSCA/ APTA Joint Statement document. The revised document will be submitted to APTA for consideration.
- The Board discussed strategies to improve communication between Board Liaisons and committees/PDGs.
- An update was provided on the exploration of shorter exam formats to improve accessibility for international candidates, as well as alternative pathways to gain the CSCS credential.
- The Board reviewed several Position Statements and is exploring ways to improve their timeliness, length, clarity, and subject continuity. The discussion included potential collaboration with external organizations. The Board will work with the Research Committee to develop a comprehensive action plan.
- A brief update was provided on Task Force activities. More detailed information will be shared at the winter Board meeting.
- The Board discussed advocacy. Information will be collected, and a deeper discussion will take place at the winter Board meeting.

## ADJOURNMENT

The meeting was adjourned at 12:56 PM Mountain Time.