

RSCC, the Badge of Credibility in Professional Sports

At the elite and professional levels of sport, strength and conditioning coaches are responsible for managing the performance of teams' most valuable assets—the athletes. With so much at stake, teams and players need a verifiable means of evaluating a Strength and Conditioning Coach's experience, professionalism, and subject mastery. The NSCA's Registered Strength and Conditioning Coach[®] (RSCC) designation provides that.

What is the RSCC Designation?

The RSCC designation signifies that a CSCS[®] Certified Strength and Conditioning Coach has demonstrated experience and knowledge in their field. Registered coaches apply advanced knowledge to assess, motivate, educate, and train athletes for the primary goal of improving sport performance. Every registered coach participates in annual training and assessments beyond what is required of their peers and is held to the highest standards of practice in the profession.

Qualifications for RSCC Coaches

- › **Must be an NSCA Member and CSCS Certified Strength and Conditioning Coach in good standing**
- › **Provide proof of current CPR / AED Certification**
- › **Completion of the USADA Coach's Advantage Anti-Doping Course**
- › **Completion of the SafeSport Training Course**
- › **Verified employment as a full-time assigned Strength and Conditioning Coach, for at least two (2) years above the internship and graduate assistant levels, in qualifying team training environment(s):**
 - Professional Team Settings
 - National Team Programs
 - High School / College / University Athletic Programs
 - Private / Club Sport Programs
 - Tactical Settings (Law Enforcement, Fire Rescue, and Military)

Designation Levels and Additional Experience Requirements

There are three levels of the RSCC designation a coach may apply for based on their years of coaching experience in team training environment(s):

- 1. Registered Strength and Conditioning Coach (RSCC)**
CSCS certified coaches who have 2 years of experience or more in the field.
- 2. Registered Strength and Conditioning Coach with Distinction (RSCC*D)**
CSCS certified coaches who have 10 years of experience or more in the field.
- 3. Registered Strength and Conditioning Coach Emeritus (RSCC*E)**
CSCS certified coaches who have 20 years of experience or more in the field.

NSCA Registered Strength and Conditioning Coach (RSCC)

"The RSCC designation tells me a coach is committed to the profession of strength and conditioning, and they not only have the educational base to work with our athletes, but even more important, they have at least two years' experience working in a team environment."

Tom Myslinski, CSCS, RSCC*D

Head Strength and Conditioning Coach
Jacksonville Jaguars (NFL)

"The RSCC Program represents the highest standards of experience and continuing education for Strength and Conditioning Coaches in the industry, distinguishing those with proven knowledge and ability to properly develop athletes."

Paul Fournier, CSCS, RSCC*E

Major League Strength and Conditioning Coach
Philadelphia Phillies (MLB)

"The RSCC distinguishes someone who is really a professional coach. It's not a distinction you can get in a weekend. It reflects a long-term commitment to continuous learning and applying the science of performance."

Bill Burgos, CSCS, RSCC*D

Head Strength and Conditioning Coach
Minnesota Timberwolves (NBA)

About the NSCA

The **National Strength and Conditioning Association (NSCA)** is an international nonprofit professional association dedicated to advancing strength and conditioning and other sport science professions around the world.

The NSCA advances the profession by supporting strength and conditioning and sport science professionals devoted to helping others discover and maximize their strengths.

The organization disseminates research-based knowledge and its practical applications by offering industry-leading certifications, research journals, career development services, and continuing education opportunities. The NSCA community is composed of over 60,000 members and certified professionals who further the industry standards as researchers, educators, strength and conditioning coaches, personal trainers, tactical facilitators, and other roles in related fields.