



Mission: As the worldwide authority on strength and conditioning, the National Strength and Conditioning Association (NSCA) supports and disseminates research-based knowledge and its practical application to improve athletic performance and fitness.

Background: The NSCA is an international nonprofit educational organization founded in 1978 by 76 strength coaches from across the country who had the common desire to network, collaborate, and unify the profession of strength and conditioning. Since its inception, the NSCA has grown to more than 30,000 members in 72 countries and become the leader in research and education for strength and conditioning professionals. Headquartered in Colorado Springs, CO, the association's facilities include a 6,000 square foot state-of-the-art Performance Center designed specifically to train clients of all fitness levels – from youth and novice to tactical and elite. The NSCA Performance Center and classroom serve as a proving ground for the testing and application of scientific principles optimizing sport performance.

Certification: Central to its mission, the NSCA bridges the gap between the scientist in the laboratory and the practitioner in the field fostering the development of strength training and conditioning as a discipline and as a profession. To further that cause, the NSCA offers respected credentials of distinction including: the Certified Strength and Conditioning Specialist® (CSCS®), NSCA-Certified Personal Trainer® (NSCA-CPT®), Certified Special Populations Specialist® (CSPS®), and the Tactical Strength and Conditioning Facilitator® (TSAC-F®).

- **NSCA was first.** The CSCS and NSCA-CPT were the first certifications of their kind to be accredited by the independent National Commission for Certifying Agencies (NCCA).
- **NSCA is recognized.** Professional and collegiate sports teams seek out NSCA-certified professionals because they embody and exhibit the highest levels of practical application and knowledge in helping athletes reach peak performance and guard against injury.

Membership: Whether someone is a student looking to define a career path, a coach looking for additional resources, or a seasoned professional, NSCA membership has the tools to help advance careers. Professional and Student member benefits include:

- Subscriptions to NSCA's five peer-reviewed research and practical application journals.
- Access to NSCA's Career and Leadership Development Center.
- Access to member-only articles and videos
- Exclusive scholarship and grant opportunities.
- Preferred pricing for events, exams, and educational programs.
- Networking opportunities through NSCA's online community and Special Interest Groups.
- Option to obtain professional liability insurance at some of the lowest in the industry.

Journals: Drawing upon its vast network of members, the NSCA develops and presents the most advanced information regarding strength training and conditioning practices, injury prevention, and research findings through five peer-reviewed publications including: *The Journal of Strength Conditioning Research*, *Strength and Conditioning Journal*, *NSCA Coach*, *Personal Training Quarterly*, and the *TSAC Report*. Members of the media interested in requesting journal articles for specific story ideas may do so by contacting Mike Hobson at michael.hobson@nsca.com.