



NSCA CPSS Eligibility

Minimum Academic Requirement Course Descriptions Form



As part of the CPSS exam application, this form is used to submit a summary course description of the eligible coursework referencing the Minimum Academic Requirements. You will need to include course descriptions as listed in the college or university course catalog. If the course catalog is listed online, you may include a direct link to the course listing. This information will be verified by submission of your official academic transcripts. Submission of this form is **ONLY required for candidates with CPSS non-qualifying degrees.**

Dr. Mr. Ms. Mrs. Mx. First Name _____ M.I. _____ Last Name _____

NSCA ID# _____ *If you don't have an NSCA ID#, create a free account at [NSCA.com/User-Registration](https://www.nscacertification.com/User-Registration)*

Address _____

City _____ State _____ Zip _____ Phone _____

Email Address _____ Date of Birth _____

Minimum Academic Requirements

For individuals with degrees in non-related fields, academic transcript documentation must include sport science related coursework. Coursework must cover at least FOUR of the six categories below. List a minimum of ONE course for each of the categories you are reporting.

1. **Biomechanics and Human Movement** – e.g., Biomechanics, Functional Anatomy, Human Motor Learning and Control, or Lifespan Motor Development.
2. **Physiological Disciplines** – e.g., Anatomy and Physiology, Endocrinology, Exercise Physiology, or Neuroscience.
3. **Coaching, Psychology, and Sociocultural Elements of Sport** – e.g., Athlete Counseling, Child and Adolescent Psychology, Coaching Theory, Philosophy, Principles, or Ethics of Sport Coaching, Philosophical or Sociological Perspectives of Sport, Psychology of the College-Aged Adult, or Performance Psychology.
4. **Nutrition** – e.g., General Nutrition and Health, Nutritional Biochemistry, or Sport and Performance Nutrition.
5. **Strength and Conditioning and Training Theory** – e.g., Exercise Programming, Exercise Testing and Prescription, Graded Exercise Testing, Program Design for Injury Prevention, or Strength and Conditioning.
6. **Research Methods and Statistics** – e.g., Research Methods, Research Design, Understanding Sport or Performance Research, Data Collection and Analysis, Statistics, Quantitative or Qualitative Research, Data Science and Analytics, or Sport Technology.

| Course Number | Institution | Full Course Title | Course Catalog Description |
|----------------|--------------------|-------------------------|---|
| e.g., AXES 470 | Example University | Strength & Conditioning | <i>"This course is designed to provide students information for the design and implementation of a successful strength and conditioning program. Emphasis is placed on assessment of athletic performance, description and analysis of sport movement, and designing weight training programs to enhance performance variables. Application of these principles occur through the exploration of musculoskeletal flexibility, speed, agility, quickness, strength and power."</i> |
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