

# NSCA Research Committee (RC)

## Policies and Procedures

*Developed and Approved by the NSCA Research Committee  
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## **MISSION STATEMENT**

*To promote and disseminate research within the National Strength and Conditioning Association (NSCA) and to enhance the awareness of its members to the importance of investigating and learning the physical, behavioral, cellular, and metabolic adaptations induced by exercise training and conditioning so that they may bridge the gap between science and application.*

### **I. Goals and Objectives**

- A. The goals of the Research Committee (RC) shall be to:
  - a. Disseminate scientific information to both the NSCA membership and the lay public, and to continuously strive to develop new means of providing that information.
  - b. Promote an increased awareness of and participation by the NSCA membership in the research process so that they have a better understanding of:
    - i. *Why it is important to examine how strength and conditioning influences the interaction between form and function; and*
    - ii. *How that information benefits athletic performance, health and clinical applications.*
  - c. Provide the general public with current and valid information concerning the performance and health benefits of strength training and conditioning.
  - d. Support the NSCA by reviewing research based content as needed.
  - e. Carry out directives and/or charges given to it by the NSCA Board of Directors (BOD).
- B. The objectives of the RC shall be realized through its support of:
  - a. Annual scientific sessions.
  - b. Review of NSCA and NSCA corporate-sponsored research grants.
  - c. Annual consortium meetings for the exchange of ideas.
  - d. Science award nominations.
  - e. Review of current and writing of new position papers, developing PS with other organizations, and endorsing other organizations PS and other official documents.

### **II. Research Committee**

- A. Description:
  - a. The research component of the NSCA shall consist of the RC and Research Consortium with the former normally operating as a committee of the whole.
- B. Research Committee Structure:
  - a. The RC is comprised of seven duly elected members from the NSCA Research Consortium, including the Chair and Chair-Elect (when appropriate), and one non-voting BOD appointment (liaison). They shall carry out the duties outlined below and are governed by an executive council.
    - i. Elected members
    - ii. RC members shall serve a three-year term. Terms shall be staggered on a three-year rotation so that one or more positions will be filled each year in order to maintain its membership at seven. Voting committee members can serve a maximum of two terms and may serve consecutive terms. Members can only serve two full terms in their lifetime.
    - iii. Shall be nominated via electronic nomination submission in advance of the annual meeting. Nominees must be present at the annual meeting to be elected.
    - iv. RC members shall be elected by a simple plurality vote of those who attended the Research Consortium meeting prior to the annual NSCA National Conference.
    - v. New RC members will start their term on the Saturday of the National Conference after the BOD has approved their election to the Committee, and their term shall end after 3 years at 11:59pm on the Friday of the National Conference.

- C. RC minimum qualifications:
- a. Must be a current member of the NSCA and hold a Master's degree at a minimum.
  - b. Must have attended at least one Research Consortium meeting from the past three years immediately preceding application to the RC membership.
  - c. Must have an established research background represented by all of the following:
    - i. Publications,
    - ii. Presentations at NSCA annual meetings,
    - iii. Record of reviewing original research manuscripts,
    - iv. Record of reviewing NSCA conference abstracts,
    - v. Record of judging or moderating NSCA poster or podium presentations.
  - d. Past association work is encouraged but not required.
  - e. In order to be eligible for committee membership, each candidate must acknowledge that they have received and read a written or electronic copy of the current volunteer guidelines governing the Research Committee.
  - f. In order to be eligible, applicants must submit a current Curriculum Vitae, high resolution digital head shot photograph, and letter of application of no more than 350 words which addresses **ALL** of the minimum criteria outlined above including but not limited to each item listed under "Established research background".
    - i. Headshot photograph must adhere to all the following guidelines:
      - show the applicant in landscape orientation,
      - show the applicant from the waist up with room above the head so it may be cropped,
      - plain non-white background,
      - include only the applicant (i.e. no other people or animals)
- D. Application and Voting Process for New Committee Members
- a. Completed applications must be received via the NSCA website no later than 11:59pm on December 15<sup>th</sup> when the application period closes.
  - b. NSCA staff will review the applications to determine which applicants meet the minimum eligibility requirements as stated above (C.a through C.e.) and then forward all application materials to the RC along with a list of who did and did not meet the minimum requirements no later than February 1st,
  - c. The RC will review the application materials and confirm which applicants did and did not meet the minimum eligibility criteria,
  - d. RC Chair will provide NSCA staff a list of all members that have attended the Research Consortium meeting at least 2 of the past 3 years. The list of attendees will be eligible to cast their vote on the RC applicants
  - e. NSCA staff will upload the qualified applicants' digital headshot and letter of application of eligible applicants to the NSCA webpage and have a 3<sup>rd</sup> party online voting company contact eligible voters, providing them with the website location of the applicants headshot and letter of application as well as a unique one time voting code,
  - f. Online voting will open March 1<sup>st</sup> at 12:01am and close May 15<sup>th</sup> at 11:59pm (or the following Monday if the 15th falls on a Saturday or Sunday),
  - g. The name(s) of the successful candidate(s) from the online voting will be forwarded to NSCA staff who will in turn forward the information to the RC Chair who will notify the successful and unsuccessful applicants and advise them of the results. The RC Chair will confirm with the successful applicants that they will be attending that year's Consortium meeting at the National Conference and are willing to serve on the RC. The nominee elect will be given 2 weeks to reply (no later than June 1st). If the nominee elect will not attend the National Conference, the runner up on the list will be contacted and given 2 weeks to respond to the call to service,

- h. In the case of a tie, NSCA staff will notify the RC Chair and work with the online voting company to both reopen voting and send an email to the eligible voters advising of the tie and request them to vote on the tied candidates with a second unique one time only code to vote,
  - i. The name(s) of the successful candidate(s) from the online voting will be forwarded to NSCA staff who will in turn forward the information to the RC Chair who will notify the successful and unsuccessful applicants and advise them of the results. The RC Chair will confirm with the successful applicants that they will be attending that years Consortium meeting at the National Conference and are willing to serve on the RC. The nominee elect will be given 2 weeks to reply. If the nominee elect will not attend the National Conference, the runner up on the list will be contacted and given 2 weeks to respond to the call to service.
- E. Non-voting appointments:
- a. NSCA Board of Directors (BOD) liaison
    - i. Appointed by the BOD President.
    - ii. Represents the BOD and acts as its advocate.
  - b. NSCA National Office liaison
    - i. Appointed by the National Office.
    - ii. Represents the National Office and acts as its advocate.
- F. Executive Council:
- a. Comprised of a Chair, Secretary, and Chair-Elect when one has been elected.
  - b. Chair duties and election:
    - i. The RC Chair may serve one three-year term (preceded by up to one year as Chair-Elect) with the only stipulation being that he/she has completed one full year as a member of the RC.
    - ii. Chair duties shall include the following:
      - 1. Preside as a voting participant at all meetings of the Research Committee and the Consortium.
      - 2. Formalize the agenda for all meetings after receiving input from the RC and/or BOD.
      - 3. Serve as the official spokesperson of the RC.
      - 4. Responsible for submitting BOD reports.
    - iii. Chair election:
      - 1. The Chair position shall be filled by the Chair-Elect at the end of his/her term.
      - 2. The Chair Elect is elected as described under section II.E.d.i
  - c. Secretary duties and election:
    - i. Secretary duties shall include the following:
      - 1. Responsible for taking minutes of all meetings.
      - 2. Responsible for maintaining a written record of all meetings.
      - 3. Responsible for maintaining roster of RC members.
      - 4. Any other duties as the Chair may direct from time to time.
    - ii. Secretary election:
      - 1. To be nominated by the RC members at the annual meeting.
      - 2. To be elected by a simple majority of the RC members at the annual meeting for a three-year term.

- d. Chair-Elect:
  - i. Selection:
    - 1. To be nominated by the RC members at the annual meeting.
    - 2. To be elected via secret ballot (if more than one person accepts the nomination) by a simple majority of the current RC members at the annual meeting.
  - ii. Eligibility:
    - 1. Must be a current RC member, be present at the Research Consortium meeting, and have completed at least one full year on the Committee.
    - 2. Must be approved by the NSCA Board of Directors prior to the individual taking office.
  - iii. Chair-Elect duties shall include the following:
    - 1. Monitor the duties of the Chair during the last year of duty.
    - 2. Establish an “action item” calendar for the summer meeting. This will consist of all of the deadlines for abstract submissions and research grants, and the evaluation and notification dates associated with them.
- G. At-Large committee members (including the Chair, Chair-Elect when appropriate, and Secretary) duties shall include the following:
  - a. Provide support to members of the RC and Consortium.
  - b. Carry out other duties delegated by the Chair.
  - c. Vote on committee issues presented by the RC Chair and/or BOD.
  - d. Be active participants in all RC duties, as detailed in this document.
- H. Research Committee member removal Policy:
  - a. Executive Council officers or any At-large members of the RC may be removed from office for cause, including but not limited to failure to perform duties (See section C, item 1) by a two-thirds vote of the RC or by BOD action.
- I. Research Committee member replacement Policy:
  - a. Executive Council officers:
    - i. In the event that the Chair is removed or steps down during the year that a Chair-Elect is in place the Chair-Elect will assume the duties of the Chair and conduct an election for a new Chair-Elect.
    - ii. In the event that the Chair is removed or steps down prior to the election of a Chair-Elect, the BOD President will recommend a new Chair from the current membership of the RC for the BOD to approve.
    - iii. In the event that the Secretary is removed or steps down prior to the end of the three-year term, the RC Chair will conduct an election to select a new Secretary to complete the unexpired term for that position.
  - b. At-Large Members:
    - i. In the event that an at-large member is removed or steps down, the Chair will inform the NSCA Research Consortium members and conduct an election at the annual meeting to complete the unexpired term for that position.
- J. Standing Subcommittees:
  - a. NSCA RC Standing Subcommittees shall include:
    - i. Scientific Programs Subcommittee
    - ii. Awards Subcommittee
    - iii. Scientific Content Subcommittee
  - b. Standing Subcommittee Functions:
    - i. Scientific Programs Subcommittee:
      - 1. Solicit scientific speaker nominations by October 15 of the year that precedes the annual meeting, to provide to the Conference Committee.

2. To work with the NSCA National Office in coordinating the scientific programs of the annual meetings, which include:
    - a. The oral/slide free communications abstract presentations at the NSCA National Conference.
    - b. The poster free communications abstract presentations at the NSCA National Conference.
    - c. The scientific sessions at the NSCA National Conference.
  3. To help the NSCA National Office establish deadlines for abstract submission and review completion.
  4. To coordinate the abstract review process by securing adequate reviewers and establishing guidelines for the review and deadlines for completion of the review.
  5. To secure session moderators, set up the oral presentation format, and establish moderator schedule for the scientific sessions.
  6. To establish judges for both the oral and poster presentation student awards:
    - a. The Scientific Programs Subcommittee is responsible for finding the judges, scoring presentations, and notification of winners for both the oral and poster presentation awards.
- ii. Awards Subcommittee:
1. Following a general membership call for nominees, the awards committee will govern the selection of the following awards:
    - a. William J. Kraemer Outstanding Sport Scientist Award
    - b. Terry J. Housh Young Investigator of the Year Award
    - c. GNC Nutritional Research Achievement Award
  2. Scoresheets from accepting nominees will be provided to the Awards Subcommittee, to be organized identifying the top 2-3 ranked nominees in each category.
  3. Produce the nomination list of the top candidates to the remainder of the RC and past winners of the award to vote on.
  4. Submit voted award winners to BOD.
  5. Any RC member that is nominated for an award is eligible, but must recuse themselves from all voting and correspondence once their nomination is known.
- iii. Scientific Content Subcommittee
1. Provides leadership, oversight, and follow-up for position statements (PS) including development of new PS (see Appendix I), updating existing PS (see Appendix II), developing joint PS with other organizations (see Appendix III), and endorsing other organizations PS and other official documents (see Appendix IV).
    - a. Following approval from BOD, will work with CSO to identify and approve subject matter experts.
    - b. Work with CSO to invite authors and subject matters experts to craft position statement.
  2. Develops position statement topics for BOD approval.
- c. Standing Subcommittee Chair Election:
- i. Must be a member of the NSCA RC.
  - ii. Nominated and elected by a simple majority of the NSCA RC at the annual meeting.

- d. Standing Subcommittee Chair Duties:
  - i. Ensure that the subcommittee performs the task(s) assigned to them.
  - ii. Provide a written report to the NSCA RC Chair on or before the National Conference.
  - iii. Give an oral report at the annual meeting.
- K. Ad Hoc Committees:
  - a. Ad Hoc Committee function:
    - i. To deal with issues related to the NSCA or its goals as they arise.
    - ii. To serve in an advisory role for the NSCA RC.
- L. Research Committee Duties:
  - a. RC membership commences immediately following the research consortium meeting in which new members are elected.
  - b. To attend all meetings of the RC. In the event a member cannot attend, due to conflict or prior commitment, it is their responsibility to provide an attending member with their proxy vote for all issues. The Chair or Secretary must be informed by the absent at-large committee member of the proxy situation prior to the RC meeting at which it is to be in effect.
  - c. The RC members, all of whom have voting privileges, shall maintain and revise the policies and procedures by which the RC shall operate in accordance with the Bylaws of the NSCA. All revised policies and procedures must be approved by the BOD.
  - d. The RC shall regularly evaluate the purpose, goals and objectives of the RC and suggest revisions to its members.
  - e. RC members, and all NSCA volunteers, will not forward or distribute requests from outside parties for surveys, promotion of products or services, assistance with research projects, etc. to NSCA members.
  - f. Notice of the annual meeting and all special meetings of the RC shall be given prior to the meeting date.
  - g. A majority of the RC members (4) shall constitute a quorum for the transactions of business at any meeting of the RC.
  - h. Voting on some issues may take place via e-mail unless three (3) at-large members object, which will result in the issue being tabled until the next meeting at the annual conference, or if sufficient objections are removed so that no more than two (2) exist.
- M. RC Member Eligibilities:
  - a. Scientific Programs:
    - i. Free communications abstract presentations (i.e., oral/slide and poster) submitted for presentation at the National Conference are reviewed by experts external to the RC. Therefore, all members of the RC are eligible to submit and present free communications at the National Conference.
    - ii. Research sessions are recommended by the RC and approved by the NSCA National Office. Research Committee members are eligible to present a research session lecture, given that the other members of the RC approve for recommendation by a majority vote.
  - b. Awards:
    - i. Research-based awards governed by the Awards Subcommittee of the NSCA Research Committee govern the selection of the following awards, based on the 3-4 nominees (for each award) that will be forwarded to the Awards Subcommittee from Headquarters. Headquarters will be responsible for the initial assessment of the Award Criteria Sheet and include the following awards:
      - 1. William J. Kraemer Outstanding Sport Scientist Award
      - 2. Terry J. Housh Young Investigator of the Year Award
      - 3. GNC Nutritional Research Achievement Award

- ii. For the William J. Kraemer Outstanding Sport Scientist Award, Terry J. Housh Young Investigator of the Year Award, and the GNC Nutritional Research Award, all recipients are nominated by the NSCA membership through the online nomination system and/or by the Awards Subcommittee of the Research Committee. All nominees then are asked by the NSCA staff to submit relevant materials and all recipients are decided by a standardized scoring system. The top 3-4 nominees, based on the Awards Criteria Scoresheet will be forwarded to the Awards Subcommittee chair.
- iii. The Awards Subcommittee will organize and verify the top candidates meet the criteria (two separate reviews of each candidate).
- iv. The Chair of the Subcommittee will then produce a summary of each candidate that will include a brief description of the accomplishments of each candidate in the areas listed in the Awards Criteria Sheet (Publications in NSCA & Applied Exercise and Sport Science Publications, Presentations at NSCA and other Conventions, Certification/Education and Research-related service.
- v. The summaries of the nominees will be sent to the entire RC and past award winners for a vote of the top awardee (for each award. If a current member of the RC is nominated for an award, they will be recused from the voting process and all correspondence of that particular award, but are still eligible for nomination and award. If a current member of the RC is also a past winner they shall vote only as an RC member.
- vi. Voting will occur in a weighted manner with 30% contributed by past winners of the award and 70% weight given by RC members. As such, the total weight of the past winners (30%) will be divided by the number of past winners who agree to participate in the voting, and the resulting percent will contribute the weight of each past winners vote. Similarly, the total weight of the RC members (70%) will be divided by the number of Committee members (7), and the resulting percent (10%) will contribute the weight of each Committee member to the voting. The sum of the vote percentages from past winners and Committee members will determine the award winner.
- vii. The chair of the Awards subcommittee will keep record of the entire voting process and will then forward the selected winners for each award to the BOD. If there is a tie, two names for the award will be forwarded to the BOD recommended for dual recipients.

#### N. Meetings:

- a. Special meetings may be convened at any reasonable time upon the request of the Chair of the Research Committee or a majority of the Research Committee members.
- b. The RC shall conduct a combined committee/consortium meeting at the NSCA National Conference.

### III. Research Consortium

#### A. Membership:

- a. Membership in the Research Consortium is provided to current NSCA members who attend the annual Consortium meeting and wish to participate in abstract or grant application review.
- b. Consortium members shall be allowed one vote for each open position in the election of the RC members, or on any other matters in which the sense or opinion of the Consortium membership is sought by the Research Committee and/or BOD.
- c. An annual Consortium meeting shall be held for the purpose of transacting organization business and providing the Consortium with information, and the opportunity to interact with each other, in conjunction with the NSCA National Conference.

- d. Written or printed notice stating the place, day and hour of any meeting of the assembly shall be delivered, either personally or by mail or electronic mail or web page post, to each member entitled to vote at such meeting, not less than 30 days before the date of such meeting, by or at the direction of the RC Chair.
- B. Assembly of Members:
- a. The rules contained in "Robert's Rules of Order" shall govern all Consortium meetings in all cases to which they are applicable, and where they do not conflict with Research Committee Guidelines.
  - b. The RC shall be responsible for setting the agenda of all assembly meetings of the whole.
  - c. Meetings shall be conducted using the following agenda:
    - i. Meeting called to order by the Chair.
    - ii. Minutes of previous meeting read by Secretary (approved as read or corrected).
    - iii. Annual reports (written).
  - d. Standing Subcommittee reports and general business that will be taken up.
    - i. Special reports.
    - ii. Unfinished business (itemized).
    - iii. New business (itemized limited to five).
    - iv. The program (if there is one).
  - e. Adjournment.
  - f. All attending members have equal voting privileges as far as it applies to any Consortium business.

#### **IV. AMENDMENT TO POLICY AND PROCEDURES**

These policies and procedures are subject to annual review and must conform to the NSCA bylaws as established by the NSCA BOD.

## APPENDIX I

### **NSCA Position Statement Policies and Procedures**

Below are the Board of Directors (BOD) approved policies and procedures for the development of new NSCA Position Statements (PS).

Step 1. The NSCA Chief Science Officer (CSO) solicits PS topics from the following participants:

- i. BOD,
- ii. Research Committee members,
- iii. Special Interest Group (SIG) Chairs,
- iv. Journal of Strength & Conditioning (JSCR) Editor-in-Chief
- v. Strength and Conditioning Journal (SCJ) Editor-in-Chief
- vi. NSCA staff audience managers.

Step 2. CSO collates the topics and returns the list of topics to the participants to rank in priority order.

Step 3. CSO reviews the top five (5) priorities to determine the feasibility of each position statement (i.e. does NSCA have a current PS on this topic, is there sufficient research available on this topic, is the topic within the scope of practice of NSCA, etc.).

Step 4. CSO submits the top five (5) ranked PS topics to BOD for consideration and approval for development.

Step 5. If approved, the CSO then completes a preliminary literature review of the PS topics with the goals to:

- a. Identify 7-10 subject matter experts (SME),
- b. Assist the Research Committee in their considerations of SME to invite to assist in writing the PS,
- c. Assist the SME in their considerations and accelerate the initial writing process.  
(The CSO and Chair of the Scientific Content Subcommittee will act as liaisons to the Writing Task Force to update the NSCA BOD and the Research Committee respectively, of the progress of each PS. The NSCA CSO will also act as facilitator and project manager working with the authors to establish deadlines, send e-mail reminders, etc.).

Step 6. The CSO will submit the names of the 7-10 SME along with a brief biography of their published literature to the Research Committee for consideration to the Writing Task Force.

Step 6.b. In parallel, the Research Committee will also provide input on potential SME's,

- a. SME will be determined based on the following criteria:
  - i. Number of recent (within last 5-10 years) published original research and review manuscripts,
  - ii. Level / tier of journal in which studies are published (i.e. impact factor),
  - iii. Contributions to NSCA journals (e.g. number of published manuscripts, volunteering as journal manuscript reviewer, journal editorial board member).
  - iv. Other NSCA volunteer contributions (e.g. Committee memberships).

Step 7. The Research Committee will then select the First Author for the Writing Task Force and the CSO will contact the First Author nominee and ask if they agree to be First Author and in doing so assume the responsibilities for leading this effort to completion, as well as the responsibilities of lead and corresponding author for the document.

- a. If they accept the position, the First Author will also provide a list of recommended co-authors for the PS,
- b. The First Author and CSO will work together to establish intermediate deadlines for the completion and submission of the PS. These deadlines should include, but not be limited to:
  - i. writing committee selection,
  - ii. development of detailed content outline (DCO),
    - each line item in DCO must have a milestone deadline for completion
  - iii. identification and utilization of an accepted and standardized evidence analysis process for the literature review process,
  - iv. completion of initial draft of the PS,
  - v. collating and integrating changes/additions/comments into PS (CSO may assist First Author in this process if requested by First Author),
  - vi. review and revisions of the draft by the authors,
  - vii. submission of the final draft to the BOD for review,
  - viii. submission to The Journal of Strength and Conditioning Research for review and publication.
  - ix. In the event an author does not meet a deadline, the CSO will discuss with the author and First Author to assist in remedying the issue(s). In the event the author is still unable to make the agreed deadlines it may be suggested that the author withdraw so the PS may continue to meet the agreed deadlines. This process will be communicated to authors prior to committing to the project.)

(Note: The CSO will send reminder e-mails to all authors prior to all deadlines if requested by the First Author.)

Step 8. The Research Committee will review the list of potential co-authors and approve 4-6 SME (for a total of 5-7 including the First Author) to the Writing Task Force based on the above criteria.

- a. If less than 5 writers are approved by the Research Committee:
  - i. The Research Committee shall provide rationale for why the proposed writers are not approved,
  - ii. Research Committee shall provide alternative names along with biography and list of publications within the topic area,
  - iii. CSO will review the Research Committee's newly proposed writers and similarly provide support or decline proposed writers
  - iv. This process will repeat until at least 5 writers are agreed upon by the Research Committee and NSCA CSO

Note: Appropriately qualified Research Committee Members may participate on the Writing Task Force as an SME. However, suitable Research Committee candidates are excluded from the Research Committee review of the SME candidate list. In the event that the Research Committee Scientific Content Subcommittee Chair is a Task Force candidate, the Research Committee review process will be coordinated by another member of the Scientific Content Subcommittee as appointed by the Research Committee Chair.

- b. The CSO will e-mail the SME to determine their interest and availability to be authors on the PS and agreement to the roles and responsibilities of authorship.
  - i. If less than 5 writers accept, the CSO will submit 5 further names based on the initial literature review to the Research Committee for consideration.

Step 9. Development of draft PS by the authors which is formatted and reflective of the writing guidelines for JSCR.

Step 10. Completed PS, which is agreeable in content and delivery to all members of the Task Force and the NSCA, is submitted to the BOD by the CSO on behalf of the authors for approval.

Step 11. BOD approved PS is submitted to JSCR by CSO on behalf of the authors.

## APPENDIX II

### NSCA Position Statement Policies and Procedures

Below are the Board of Directors (BOD) approved policies and procedures for updating existing NSCA Position Statements (PS).

Review of the existing NSCA position statements is facilitated by the NSCA Chief Science Officer (CSO) and the Research Committee with final approval by the Board of Directors.

### Procedures

Step 1. The NSCA Chief Science Officer (CSO) will provide the Research Committee (RC) with a list of position statements that were written 3 years or more prior to that years NSCA National Conference and Research Committee meeting.

Step 2. The RC will discuss and determine if the CSO should contact the Chair of the Position Statement (PS) writing group, to ask if the existing literature has sufficiently changed or increased in volume, breadth or depth to warrant an update of the PS.

Step 3.

A. If the RC determines an update is ***not*** warranted the CSO will table that PS to be discussed the following year.

Step 3.

B. If the RC determines an update ***is likely*** warranted, the CSO will contact the Chair of the writing group of that PS and ask if they agree there is sufficient new peer-reviewed literature available to update the PS.

i. In the event the Chair of the writing group is unable to be contacted, the CSO shall discuss with the RC Chair to determine which other author(s) should then be contacted.

Step 4.

A. If the Chair of the writing group advises there is ***not*** sufficient new evidence to support an update of the PS, the CSO will advise the RC. The RC shall then determine if they wish to proceed with an update or table an update discussion for the following year at the National Conference RC meeting.

i. In this event, that no significant change in the consensus of the literature has occurred, consideration should be given by the RC to providing a statement to that effect on the NSCA Position Statement webpage. (I.e. to illustrate NSCA Position Statement is not out of date.)

Step 4.

B. If the Chair of the writing group agrees there ***is*** sufficient new evidence to support an update of the PS, the CSO will advise the RC and start the process of a literature search on that topic for the purpose of identifying potential authors. This process shall be the same process as outlined for identifying potential authors for new PS in Appendix I above.

## APPENDIX III

### **NSCA Position Statement Policies and Procedures**

Below are the Board of Directors (BOD) approved policies and procedures for developing Joint Position Statements (PS) and other official documents with other organizations.

1. All proposals and inquiries regarding joint position papers, endorsement or publishing (e.g. website or journal) of another organization's position paper(s) / recommendations document first should be translated into the NSCA's template for initial review (see below) by the other organizations point of contact for this project, or by the NSCA member proposing the joint PS.
2. The completed template and any other pertinent information should be submitted to the NSCA's Chief Science Officer (CSO). The CSO will review the document to ensure it has been fully completed then forward the request to the NSCA Board of Directors (BOD) executive council for review and the NSCA Executive Director so they are aware of the pending request and review.
  - 3.A. If the request is denied the BOD will provide written rationale for the decision to the CSO who will forward the decision and supporting rationale to the other organizations point of contact or NSCA member.
  - 3.B. If the request is approved the BOD will assign a Board Liaison who will communicate this decision to the CSO who will advise the other organizations point of contact or NSCA member, the members of the Scientific Content Subcommittee (SCS) of the NSCA Research Committee (RC), as well as the Chair of the RC.
4. The CSO will then start the process of a literature search on that topic for the purpose of identifying potential authors. This process shall be the same process as Steps 1 to 8 detailed in Appendix I above. This process will include appropriate input from the Board Liaison. The total and number of NSCA authors shall be determined in discussion with the CSO and liaison for the other organization(s).
- 5.A. Once the proposed authors have been approved by the Research Committee and they have agreed to participate, the names and contact details will be forwarded to the liaison from the coordinating organization for their consideration.
- 5.B. In parallel, the CSO will request the names of the collaborating organization(s) proposed authors for review by the SCS.
6. After review of the other proposed authors, the SCS will provide the CSO with approval and/or change requests and rationale to be forwarded to the liaison from the coordinating organization for finalization.
7. Upon completion of the draft PS which is agreeable in content, delivery, and conclusions to all members of the writing group, the document will be submitted to the BOD by the CSO on behalf of the authors for review and approval.
8. The CSO will provide any feedback and changes from the BOD to the authors.
9. Any changes by the other organization(s) will be collated and addressed by the authors. A final draft of the document will be forwarded to the CSO and subsequently to the BOD for review and approval.
10. Steps 8 and 9 described above will be repeated until the BOD is satisfied and approves the documents

content, delivery and conclusions.

11. The final version of the document will be submitted to the NSCA journal by the CSO in coordination with submission to the corresponding organizations journal so publication in both journals is simultaneous.

12. Proofs from the journal will be forwarded to the reviewers for final review and any changes communicated to the journal editorial staff.

13. Publication information will be communicated to the authors, BOD, Executive Director and RC as soon as is known.

**Template for initial review of request to develop a joint position statement with an outside organization.**

(To be completed by the outside organizations point of content or proposing National Strength and Conditioning Association member.)

Date Submitted: \_\_\_\_\_

Deadline for Completion (if known): \_\_\_\_\_

1. Name of Outside Organization and website: \_\_\_\_\_

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2. Organizational information

- a. Year established – \_\_\_\_\_
- b. Mission Statement – \_\_\_\_\_
- c. Vision Statement – \_\_\_\_\_
- d. Governance structure – \_\_\_\_\_
- e. Membership and / or Certificant numbers - \_\_\_\_\_

3. Contact person(s) at outside organization or NSCA Member:

- a. Name - \_\_\_\_\_
- b. Title / Organizational Role - \_\_\_\_\_
- c. E-mail - \_\_\_\_\_
- d. Address - \_\_\_\_\_
- e. Phone - \_\_\_\_\_
- f. Fax - \_\_\_\_\_

4. Explain in detail the benefits of the NSCA's authorship:

- a. To the NSCA - \_\_\_\_\_
- 
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b. To the external organization -

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c. How does this opportunity align with and advance the NSCA's

i. Strategic Plan - \_\_\_\_\_

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ii. Mission - \_\_\_\_\_

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iii. Vision - \_\_\_\_\_

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iv. Benefit the NSCA's members (identify which member group(s) and how many members would be directly affected)

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d. Provide specific details of how this document will be promoted by the NSCA and the external organization after it has been completed (e.g. provide webpage URL at NSCA and external organization, journal name, how press releases will be coordinated between organizations, announcement at conferences/clinics, etc)

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5. What, if any, relationship(s) or agreements does the NSCA currently have with the external organization (e.g. speaker exchange, joint position statement, etc)? Please include when these relationships were established.

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6. Provide an estimate of the NSCA and external organizations resources/expenses that will be required for establishing and maintaining the development of the joint position statement.

- a. Volunteer time (hours) - \_\_\_\_\_
- b. Staff time (hours) - \_\_\_\_\_
- c. Meetings, website, promotion, etc. - \_\_\_\_\_
- d. Direct and indirect financial costs - \_\_\_\_\_
- e. Other resources - \_\_\_\_\_

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## APPENDIX IV

### **NSCA Position Statement Policies and Procedures**

The National Strength and Conditioning Association (NSCA) welcomes the opportunity to consider endorsing Scientific Statements or Recommendations from outside organizations. NSCA's Research Committee will lead the peer review and make a recommendation to the Board of Directors (BOD). The BOD makes the final decision regarding endorsement. It must be recognized that this process requires approximately 4-6 weeks to complete and that the NSCA will not consider or review a document for endorsement unless the submitting organization is open to considering recommendations for revision.

Organizations wishing to have NSCA consider endorsement of their Scientific Statement or Recommendations should contact Carwyn Sharp, PhD, CSCS,\*D (Chief Science Officer) at [carwyn.sharp@nsca.com](mailto:carwyn.sharp@nsca.com)

### **Procedures**

1. All proposals and inquiries regarding endorsement of a position statement or other document first should be translated into the NSCA's template for initial review (see below) by the other organizations point of contact for this project, or by the NSCA member proposing the endorsement.
2. The completed template and any other pertinent information, including which NSCA and collaborating organization(s) journal(s) is best suited for carrying the respective paper, should be submitted to the NSCA's Chief Science Officer (CSO). The CSO will review the document to ensure it has been fully completed then forward the request to the NSCA Board of Directors (BOD) executive council for review and the NSCA Executive Director so they are aware of the pending request and review.
  - 3.A. If the request is denied the BOD will provide written rationale for the decision to the CSO who will forward the decision and supporting rationale to the other organizations point of contact or NSCA member.
  - 3.B. If the request is approved the BOD will assign a Board Liaison who will communicate this decision to the CSO who will advise the other organizations point of contact or NSCA member, the members of the Scientific Content Subcommittee (SCS) of the NSCA Research Committee (RC), as well as the Chair of the RC.
4. The CSO will then start the process of a literature search on that topic for the purpose of identifying two to four potential reviewers of the document. This process shall be the same process as Steps 1 to 8 detailed in Appendix I above. This process will include appropriate input from the Board Liaison.
5. Once the proposed reviewers have been approved by the Research Committee the CSO will contact them and ask if they agree to participate in the review process. If the proposed reviewer agrees the CSO will forward them the document and establish:
  - i. scope and purpose of the endorsement,
  - ii. intermediate and final deadlines for the review process.
6. Upon completion of the review and written endorsement, the document will be forwarded to the Board Liaison for review.
  - A. If there are no major revisions the document will be sent to the NSCA Board Executive for approval.

B. If revisions are needed the document and comments will be returned to the reviewers by the CSO. After appropriate changes are made, the document will be returned to the Board Liaison for review and then forwarded to the NSCA Board Executive for review and approval.

7. The final version of the document will be submitted to the agreed upon NSCA journal by the CSO. The CSO will at this time contact the other organization to advise them that the endorsement has been submitted for publication.

8. Proofs from the journal will be forwarded to the reviewers for final review and any changes communicated to the journal editorial staff.

9. Publication information (e.g. date, issue number, etc) will be communicated to the authors, BOD, Executive Director and RC as soon as it is known.

**Template for initial review of request to endorse a position statement or other document with an outside organization.**

(To be completed by the outside organizations point of content or proposing National Strength and Conditioning Association member.)

Date Submitted: \_\_\_\_\_

Deadline for Completion (if known): \_\_\_\_\_

1. Name of Outside Organization and website: \_\_\_\_\_

2. Organizational information

a. Year established – \_\_\_\_\_

b. Mission Statement – \_\_\_\_\_

c. Vision Statement – \_\_\_\_\_

d. Governance structure – \_\_\_\_\_

e. Membership and / or Certificant numbers - \_\_\_\_\_

6. Contact person(s) at outside organization or NSCA Member information:

a. Name - \_\_\_\_\_

b. Title / Organizational Role - \_\_\_\_\_

c. E-mail - \_\_\_\_\_

d. Address - \_\_\_\_\_

e. Phone - \_\_\_\_\_

f. Fax - \_\_\_\_\_

7. Explain in detail the benefits of the NSCA's endorsement:

a. To the NSCA - \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. To the external organization -

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c. How does this opportunity align with and advance the NSCA's

i. Strategic Plan - \_\_\_\_\_

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ii. Mission - \_\_\_\_\_

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iii. Vision - \_\_\_\_\_

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iv. Benefit the NSCA's members (identify which member group(s) and how many members would be directly affected)

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d. Provide specific details of how this document will be promoted by the NSCA and the external organization after it has been completed (e.g. provide webpage URL at NSCA and external organization, journal name, how press releases will be coordinated between organizations, announcement at conferences/clinics, etc)

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8. What, if any, relationship(s) or agreements does the NSCA currently have with the external organization (e.g. speaker exchange, joint position statement, etc)? Please include when these relationships were established.

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6. Provide an estimate of the NSCA and external organizations resources/expenses that will be required for establishing and maintaining this endorsement.

a. Volunteer time (hours) - \_\_\_\_\_

b. Staff time (hours) - \_\_\_\_\_

c. Meetings, website, promotion, etc. - \_\_\_\_\_

d. Direct and indirect financial costs - \_\_\_\_\_

e. Other resources - \_\_\_\_\_

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