NSCA®
NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

NSCA FACILITY OF DISTINCTION



APPLICATION BOOKLET





Program Overview

Recognizes CSCS-led private sector sport performance facilities and CSCS and/or NSCA-CPT-led personal training gyms demonstrating excellence across Program Supervision, Training Program Administration, Client Education & Professional Development, and Facility Management and Safety.

Recognition period: 3 years

Steps to Apply

1. Complete application
2. Gather supporting documentation.
3. Submit electronically
4. Upon approval, purchase recognition banner and receive certificate/badge

General Program Information

Facility Name _____

Owner/CEO _____

Head Coach _____

NSCA ID _____

Address _____

Email _____

Phone _____

Program Supervision

Checklist:

- ☐ Current NSCA Member
- ☐ Current CSCS for Sport Performance Facility or NSCA-CPT or CSCS for Personal Training Studio
- ☐ Supervision policies (Provide a copy or include a reference note related to alignment with NSCA Strenth and Conditioning Professional Standards and Guidelines, E5, and E-PT3 administrative processes)
- ☐ Staff qualification summary (Proof of NSCA-CPT certification (CSCS for sport performance facilities), client training calendar screenshot (minimum 20 training hours/week for 50% of staff))

Training Program Administration

Attach examples of assessments, movement screens, performance testing, goal tracking, and a 30-60 second client or athlete testimonial video.

1. Preparticipation Health Appraisal Screening Form
2. Informed Consent/Assumption of Risk Waiver
3. Movement Screen
4. Initial and Intermittent Performance Testing (may include the following):
    - » Muscular Strength Testing
    - » Muscular Endurance Testing
    - » Aerobic Power Testing
    - » Aerobic Endurance Testing

Client and Community Outreach

Document six educational initiatives over the past 3 years. This can include, but is not limited to:

1. NSCA mentorship participation (private sector mentorship, Women's Committee mentorship, LIFT mentorship, mentor or mentee)
2. Hosting workshops (for staff or as member outreach)
3. NSCA clinic or conference speaking engagements
4. Educational newsletters/blogs related to strength and conditioning and/or personal training
5. Community outreach (Hosting drop in workouts, speaking or hosting a booth at a school/athletic event)

Facility Management and Safety

Attach facility photos demonstrating cleanliness, accessibility, proper equipment spacing, signage, emergency procedures, and maintenance schedules. Refer to *NSCA's Essentials of Strength Training and Conditioning 5th Edition* and *NSCA's Essentials of Personal Training 3rd Edition*

Highlight the Team

Attach 1 team (staff) photo and a photo of a coach in action (training, running a consultation, movement screen, talking to clients, etc.).

Attach 1 written client testimonial

I authorize the NSCA to use my submitted photos, videos, testimonials, name, and likeness for marketing and promotional purposes.

Name _____

Signature _____

NSCA requires a signed waiver from all individuals appearing in applicant provided photos and videos.

