

**Institution name as you would like it to appear on the NSCA website**



# APPLICATION

## Graduate Strength and Conditioning Program

## IMPORTANT INFORMATION AND INSTRUCTIONS

1. This application is submitted by a regionally accredited academic institution of higher learning within the United States (or the international equivalent) to the National Strength and Conditioning Association (NSCA) for recognition of their graduate program in strength and conditioning. The program must be part of a curriculum that offers at least a Master's degree, with a specific major or concentration related to strength and conditioning and/or sport performance. Recognition can be achieved for applied curriculum, research curriculum or both.
2. This recognition is valid for three years. The Education Recognition Program (ERP) does not imply accreditation or any advantage for the NSCA certification examination. The Graduate Strength and Conditioning Program ERP recognizes and distinguishes programs with standardized, specified curriculum and research at the graduate level approved by the NSCA.
3. Applications are reviewed two times per year. Application deadlines are April 1 and October 1 each year. Applicants will be notified of approval/non-approval by May 15 or November 15.
4. There is a \$500.00 administrative fee for <i>first-time</i> applicants due with this application. This fee is the only fee required during the three-year period of recognition.
5. Schools that have <i>not</i> allowed their recognition to expire, are eligible for Education Recognition program (ERP) renewal by submission of the renewal portion of this application for a renewal fee of \$400.00.
6. Schools that <i>have</i> allowed their recognition to expire, are eligible for ERP renewal by submission of the complete application and documentation for the initial fee of \$500.00.
7. Schools applying for recognition for multiple programs will receive 5% off of the application fee(s) for each additional recognition approved.
8. <u>Renewing institutions that have <i>not</i> allowed their recognition to expire are <i>only</i> required to provide the course content and documentation information from Section III that has changed since their last application.</u>
9. The application for recognition must provide complete information. Additional materials, such as syllabi, are required.
10. Applications and supporting documents must be in English.
11. Once approved, the institution may disclose their NSCA recognition on any forms, documents, or recruiting materials.
12. If an application is denied recognition, the administrative fee will be returned to the institution (minus a \$100.00 processing fee), along with the application and reason(s) for denial.
13. By completing this application, the institution authorizes the NSCA to identify them as an institution with a recognized curriculum in strength and conditioning. The NSCA may disclose this information in publications, websites, or any other means the NSCA deems appropriate.
14. To be recognized, institutions must have a Certified Strength and Conditioning Specialist® (CSCS®), who is a full-time employee involved in the educational program as a member of the teaching faculty. The CSCS does not have to be a full-time faculty member, but must teach a minimum of one class per academic year from the ERP required curriculum.
15. It is the intent of this recognition process to help institutions market their programs in strength and conditioning and to help institutions begin to prepare their programs for possible accreditation. Approval letters will include specific NSCA statements designed to market the school's educational program.

Complete this application and forward to ERP@NSCA.com with all required documentation

Phone: 719.632.6722

# SECTION I

## INSTITUTIONAL INFORMATION | GRADUATE STRENGTH AND CONDITIONING PROGRAM

Official Name of Sponsoring Institution: \_\_\_\_\_

Department: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Please provide the URL to link from the NSCA website to your department webpage:

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## INSTITUTIONAL ACCREDITATION

Regional Accrediting Association Name: (If outside of United States, use international equivalent.)

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Date of Last Accreditation: \_\_\_\_\_

Is the sponsoring institution legally authorized under applicable state law to provide post-secondary education?

Yes

No

No applicable state law

## **SECTION II**

### **PROGRAM PERSONNEL | GRADUATE STRENGTH AND CONDITIONING PROGRAM**

#### **PROGRAM DIRECTOR**

The Program Director is the person responsible for administering the academic program and ensuring that all rules and regulations are followed, and that the program is in compliance with the standards for recognition. The Program Director must be a member of the teaching faculty and have voting privileges in the academic unit that houses the program. Academic rank and tenure-status are irrelevant. The Program Director does not necessarily need to be a CSCS.

#### **TEACHING FACULTY**

The teaching faculty of the graduate studies educational program shall be identified as those faculty members responsible for teaching in the required subject matter areas specified in Section III, and other didactic course work included in the graduate studies curriculum as identified by the institution. Members of the teaching faculty must have formal appointments in the academic unit and must be financially compensated for their services. Rank and tenure-status are irrelevant. Members of the teaching faculty can be classified as full-time, part-time, adjunct, or graduate teaching assistants. At least one (1) member of the teaching faculty must be a CSCS and sponsor this application.

#### **CSCS SPONSOR**

At least one CSCS must be directly involved in the education of the students in the program as a member of the teaching faculty, and must sponsor this application. The CSCS sponsor must also be a full-time employee of the institution sponsoring this application. For example, a non-CSCS faculty member, or a non-CSCS department chairperson can be identified as the Program Director and can teach in the recognized graduate studies curriculum, as long as the institution employs a full-time CSCS who is directly involved in the educational program as a member of the teaching faculty, and who endorses this application.

## SECTION II (Cont'd)

### PROGRAM DIRECTOR

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Is the Program Director an NSCA Member?                      Yes                      No

If Yes, Please Provide Membership Number: \_\_\_\_\_

Is the Program Director a CSCS?                                      Yes                      No

If Yes, Please Provide NSCA Certification Number: \_\_\_\_\_

### CSCS SPONSOR (if different from the Program Director)

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Is the CSCS Sponsor an NSCA Member?                      Yes                      No

If Yes, Please Provide Membership Number: \_\_\_\_\_

NSCA Certification Number: \_\_\_\_\_

Does the academic unit which houses the program employ a CSCS in a full-time academic/teaching position?

Yes  
No

*Note: The CSCS sponsor must be a member of the teaching faculty and must be a full-time employee of the sponsoring institution involved in the educational program as a member of the teaching faculty.*

## SECTION III (Cont'd)

**Renewal Applications Only (Institutions MUST be currently recognized)**

Has any of the information in Section III changed since your last application?

Yes

No

If "No," you are not required to complete this section.

If "Yes," you are only required to complete the fields necessary to reflect changes since your last application.

### **PROGRAM DESIGN | GRADUATE STRENGTH AND CONDITIONING PROGRAM**

Name of Institution: \_\_\_\_\_

Name of College (within University): \_\_\_\_\_

Name of Department: \_\_\_\_\_

Name of Major: \_\_\_\_\_

Name of Track/Specialization: \_\_\_\_\_

Name of Degree Granted: \_\_\_\_\_

Length of program in terms (i.e., semesters, quarters): \_\_\_\_\_ In credit hours: \_\_\_\_\_

Total number of students currently enrolled in the program: \_\_\_\_\_

Tuition and Fees: Resident \$ \_\_\_\_\_ /credit hour; Non-Resident \$ \_\_\_\_\_ /credit hour

Please indicate the level of Graduate Study recognition being sought:

- Applied Curriculum
- Research Curriculum
- Research and Applied Curricula

## SECTION III (Cont'd)

**Renewal Applications Only (Institutions MUST be currently recognized)**

Has any of the information in Section III changed since your last application?

Yes

No

If "No," you are not required to complete this section.

If "Yes," you are only required to complete the fields necessary to reflect changes since your last application.

Please identify in which courses these content areas are taught. If the content is taught in several courses, please identify only the course(s) in which most of the content is taught. You may list the same course for several content areas.

**STUDENTS MUST RECEIVE FORMAL, GRADUATE-LEVEL INSTRUCTION IN 4 OF THE 6 FOLLOWING CONTENT MATTER AREAS:**

REQUIRED CONTENT	COURSE NAME(S)	COURSE#(s)	HOURS
Exercise Physiology			
Principles of Strength and Conditioning (required)			
Research Methods			
Statistical Techniques			
Program Design as Related to Strength and Conditioning (required)			
Biomechanics/Movement Analysis			

**\*\*YOU MUST ATTACH A CURRENT SYLLABUS DESCRIBING LEARNING OBJECTIVES AND COMPETENCIES TO BE ACHIEVED FOR BOTH DIDACTIC AND SUPERVISED PRACTICAL EDUCATION COMPONENTS, FOR EACH COURSE IDENTIFIED ABOVE \*\***

*(You may attach any promotional materials or advertising materials that outline the program of study, in addition to completing this application.)*

## SECTION III (Cont'd)

**Renewal Applications Only (Institutions MUST be currently recognized)**

Has any of the information in Section III changed since your last application?

Yes

No

If "No," you are not required to complete this section.

If "Yes," you are only required to complete the fields necessary to reflect changes since your last application.

Please identify in which courses these content areas are taught. If the content is taught in several courses, please identify only the course(s) in which most of the content is taught. You may list the same course for several content areas.

**GRADUATE-LEVEL INSTRUCTION IN 2 OR THE 6 FOLLOWING CONTENT MATTER AREAS MUST BE OFFERED AS AN ELECTIVE OR A REQUIREMENT:**

SUPPLEMENTAL CONTENT	COURSE NAME(S)	COURSE#(s)	HOURS
<b>Sports Psychology</b>			
<b>Injury Prevention/Recognition</b>			
<b>Lifespan Development</b>			
<b>Nutrition (Sports Nutrition is preferred)</b>			
<b>Organization/Administrative Aspects</b>			
<b>Anatomical Kinesiology/ Gross Anatomy/ Anatomy &amp; Physiology</b>			

**\*\*YOU MUST ATTACH A CURRENT SYLLABUS DESCRIBING LEARNING OBJECTIVES AND COMPETENCIES TO BE ACHIEVED FOR BOTH DIDACTIC AND SUPERVISED PRACTICAL EDUCATION COMPONENTS, FOR EACH COURSE IDENTIFIED ABOVE \*\***

*(You may attach any promotional materials or advertising materials that outline the program of study, in addition to completing this application.)*

## SECTION III (Cont'd)

### Renewal Applications Only (Institutions MUST be currently recognized)

Has any of the information in Section III changed since your last application?

Yes

No

If "No," you are not required to complete this section.

If "Yes," you are only required to complete the fields necessary to reflect changes since your last application.

## APPLIED CURRICULUM RECOGNITION:

### THE FOLLOWING APPLIED COMPETENCIES ARE REQUIRED FOR PROGRAM RECOGNITION IN APPLIED STRENGTH AND CONDITIONING AT THE GRADUATE LEVEL BY THE NSCA.

1. Provide the number of students currently participating in an internship or practicum in the following areas:

a. College or university strength training and conditioning program.

# \_\_\_\_\_

b. Secondary and/or professional strength training and conditioning program (i.e. professional team, high school, strength training facility or private gym).

# \_\_\_\_\_

c. Clinical or non-traditional strength training and conditioning program, such as cardiac/pulmonary rehab, diabetes clinic, etc.

# \_\_\_\_\_

d. Private settings, such as private fitness clubs.

# \_\_\_\_\_

2. Is CPR certification a requirement?

Yes

No

Is First Aid a requirement?

Yes

No

3. Please attach syllabus indicating additional course work above what is already identified in performance and teaching methods for skills and exercise techniques in strength training and conditioning, including but not limited to: speed/agility drills, plyometrics, standard and Olympic lifts with progressions, etc.

4. A minimum of one (1) faculty member must be an active and participatory member in the NSCA, which involves writing applied and clinical-based materials, active participation as a strength and conditioning coach, and/or conducting research in the area of strength training and conditioning. Please attach résumés of all faculty involved with the program.

## SECTION III (Cont'd)

### **Renewal Applications Only (Institutions MUST be currently recognized)**

Has any of the information in Section III changed since your last application?

Yes

No

If "No," you are not required to complete this section.

If "Yes," you are only required to complete the fields necessary to reflect changes since your last application.

### **RESEARCH CURRICULUM RECOGNITION:**

#### **THE FOLLOWING RESEARCH COMPETENCIES ARE REQUIRED FOR PROGRAM RECOGNITION IN RESEARCH IN STRENGTH AND CONDITIONING AT THE GRADUATE LEVEL BY THE NSCA.**

1. A thesis or research project is required for graduation.
2. A minimum of one (1) faculty member must have a total of three (3) research publications in refereed journals.
  - a. A majority of the authors must be from the institution applying for recognition.
  - b. Demonstrate that students or recent alumni from the institution have assisted in research and authorship of articles or presentations.
  - c. Documentation of the publications must include a complete reference to the work and an abstract of the research.
  - d. The research topic must be in the field of strength and conditioning.
3. A minimum of one (1) faculty member must have one (1) presentation of research at NSCA national meetings and conferences.
  - a. The presenter must be affiliated with the institution applying for recognition
  - b. Documentation of the oral presentation should take the form of a copy of the presentation listing in the conference program. If no conference program was printed, other proof of the presentation must be submitted.
  - c. The research topic must be in the field of strength and conditioning.
4. Must have documentation of student publications/presentations at local, state, or national levels.

Please submit the required supporting documentation using the worksheets available in Appendix A and Appendix B.

**APPENDIX A**  
**RESEARCH PUBLICATIONS (Three Required)**

1. Name(s) of Author(s): (Please also note which authors are from the institution applying and which authors were students at the time of the research)

\_\_\_\_\_

\_\_\_\_\_

Title of Research: \_\_\_\_\_

\_\_\_\_\_

Name of Journal: \_\_\_\_\_

\_\_\_\_\_

Volume and Number: \_\_\_\_\_ Year of Publication: \_\_\_\_\_

2. Name(s) of Author(s): (Please also note which authors are from the institution applying and which authors were students at the time of the research)

\_\_\_\_\_

\_\_\_\_\_

Title of Research: \_\_\_\_\_

\_\_\_\_\_

Name of Journal: \_\_\_\_\_

\_\_\_\_\_

Volume and Number: \_\_\_\_\_ Year of Publication: \_\_\_\_\_

3. Name(s) of Author(s): (Please also note which authors are from the institution applying and which authors were students at the time of the research)

\_\_\_\_\_

\_\_\_\_\_

Title of Research: \_\_\_\_\_

\_\_\_\_\_

Name of Journal: \_\_\_\_\_

\_\_\_\_\_

Volume and Number: \_\_\_\_\_ Year of Publication: \_\_\_\_\_

**\*\*PLEASE INCLUDE A COPY OF THE ABSTRACT OF EACH RESEARCH PUBLICATION\*\***

**APPENDIX B**  
**ORAL PRESENTATIONS OF RESEARCH (One Required)**

Name(s) of Presenter(s): \_\_\_\_\_

\_\_\_\_\_  
Title of Presentation: \_\_\_\_\_

\_\_\_\_\_  
Conference or Meeting  
(Include Organization's Name): \_\_\_\_\_

Location of Conference or Meeting: \_\_\_\_\_

Date of Presentation: \_\_\_\_\_

**\*\*PLEASE INCLUDE A COPY OF THE PRESENTATION'S LISTING IN THE  
CONFERENCE PROGRAM\*\***

## SECTION IV

### PROGRAM REQUIREMENTS | GRADUATE STRENGTH AND CONDITIONING PROGRAM

- It is the responsibility of the institution (Program Director, Chairperson, and CSCS Sponsor) to notify the NSCA of any changes in the program or in personnel during the period of recognition.
- The sequencing and availability of courses in each of the subject matter areas listed in Section III should be made available to the students.
- The subject matter should be instructed, evaluated, and instructional effectiveness should be assessed on a regular basis.
- Program personnel must ensure that the objectives, content, and activities stated in the curriculum represent current concepts and practices.
- Instruction should follow a plan which documents appropriate learning experiences and curriculum sequencing to develop the competencies necessary for graduation, including appropriate instructional materials, classroom presentations, discussions, demonstrations, and supervised practical experience.
- Faculty members responsible for teaching required subject matter should be qualified through professional preparation and experience in their respective academic areas.
- The graduate studies curriculum should include provisions for practical experiences under the direct supervision of qualified preceptors in acceptable settings.
- By signing below, all parties testify that the information provided in this application is true and correct to the best of their knowledge. **Original Signatures are required.**

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Department Chairperson (or Dean)

Date

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Program Director

Date

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CSCS Sponsor

Date

## CHECKLIST

The application fee of \$500.00 confirmed.

All information is provided.

All supporting documents, such as syllabi for each course identified in Section III, are attached.

One completed copy (with original signatures) is provided.

If you have any questions regarding this application, please contact the NSCA prior to submitting this application at [erp@nsca.com](mailto:erp@nsca.com) Thank you.



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