

certification



*Credentials
of Distinction*



National Strength and Conditioning Association

www.nasca-lift.org



Join the many professionals who have selected the NSCA as their path to a successful career in strength, conditioning, and overall fitness. An NSCA certification solidifies your commitment to reach an industry-recognized standard, providing enhanced credibility, and the opportunity to educate, motivate, inspire, and train others.

Because NSCA-certified individuals have taken their professional development and personal credibility a step further, they are among the most sought after professionals in the fitness and strength and conditioning industry.

As one of the world's largest certification, education, and training organizations, the NSCA provides the tools you need to build and sustain a strong future and enjoy the benefits of being an NSCA-certified, qualified, and successful fitness professional. Our knowledgeable staff is here to serve and guide you from the start of your career through being a seasoned-professional.

You are invited to join the thousands of fitness professionals worldwide that have taken the initiative and given themselves a significant competitive advantage by becoming NSCA certified. The NSCA can provide you the unparalleled education, knowledge, and professional skills to guarantee your career growth.



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Credentials

Accreditation

For over 10 years NSCA certifications have been accredited by the National Commission for Certifying Agencies (NCCA). Accreditation from the NCCA is one of the most significant factors in the credibility of the NSCA's credentials. NSCA's exam development and administration procedures are driven by the accreditation guidelines of the NCCA. While there are hundreds of fitness-related certifications in the marketplace today, the NSCA was the first fitness-related organization to gain accreditation. This serves as a benchmark for how organizations should conduct certification programs and clearly distinguishes the excellence and value of an NSCA certification.

The NCCA is an independent non-governmental agency that accredits certifications in a variety of professions. NCCA reviews the certification organization's procedures, protocols, and operations to determine if the certification properly identifies those who are qualified and those who are not qualified to receive the certification credential.

Today, more and more club owners and medical fitness facility operators are looking for fitness professionals with certifications from agencies accredited through the NCCA. By upholding this standard, an NSCA certification provides you a competitive advantage when being considered as a candidate for employment.



The CSCS and NSCA-CPT certifications are accredited by the National Commission for Certifying Agencies.



Credentials of Distinction

The NSCA offers two credentials of distinction, the Certified Strength and Conditioning Specialist (CSCS) and the NSCA Certified Personal Trainer (NSCA-CPT). Both certifications are highly recognized and respected in today's competitive marketplace focusing on the real-world responsibilities of fitness professionals. NSCA's certifications encourage a higher level of competence among practitioners and raise the quality of strength training and conditioning programs provided by those who are NSCA certified.

Value

Working as a Certified Strength and Conditioning Specialist (CSCS) or NSCA Certified Personal Trainer (NSCA-CPT) is one of the most rewarding career choices for today's professional. Not only will you be recognized as a competent practitioner, you will be better equipped to empower, motivate, challenge, and retain your clients/employment for the long term. CSCS and NSCA-CPT individuals are in high demand which positively influences your future and the continued growth of your career.

First in the Field

NSCA-CPT was the first personal training certification to become nationally accredited by the NCCA and has been accredited since 1996.



Professional

Holding an NCCA-accredited certification communicates to employers and clients that you have achieved a recognized level of professional competency in your career.



Get Certified

The CSCS and NSCA-CPT certifications are continually evaluated and updated to include the most up-to-date research findings, keeping NSCA certified members ahead of the competition. The NSCA certification exams are developed by a group of highly respected professionals consisting of coaches, academicians, and researchers. These exams are difficult to obtain, but those who achieve NSCA certification gain instant credibility and an edge in the industry over strength and conditioning professionals who have earned a less challenging and respected certification. This accredited certification is critical for an appropriate level of professional recognition and respect.

Certified Strength and Conditioning Specialist® (CSCS®)

Identifies individuals who possess the knowledge and skills needed to design and implement safe and effective strength and conditioning programs for athletes in a team setting.

Prerequisites

- Bachelor's degree or college senior standing at an accredited institution or hold a degree in chiropractic medicine
- CPR/AED Certification

Exam Length

- 4 hours
- Two Sections
 - a. Scientific Foundations Section
 - 90 Multiple-choice questions/1.5 hours
 - b. Practical/Applied Section
 - 120 Multiple-choice questions/2.5 hours

CSCS Exam Content Weighting	Percent of Exam Section	Number of Questions
Scientific Foundations		
Exercise Science	71%	57
Nutrition	29%	23
Non-Scored Questions	—	10
Practical / Applied		
Exercise Technique	36%	39
Program Design	36%	40
Organization & Administration	10%	11
Testing and Evaluation	18%	20
Non-Scored Questions	—	10



NSCA Certified Personal Trainer® (NSCA-CPT®)

Identifies individual who possess the knowledge and skills needed to design and implement safe and effective strength and conditioning programs for both the general population and special populations.

Prerequisites

- 18 years old
- High School Diploma or Equivalent
- CPR/AED Certification

Exam Length

- 3 hours (total test time)
- 150 Multiple-choice questions/3 hours

NSCA-CPT Exam Content Weighting	Percent of Exam Section	Number of Questions
Client Consulting and Assessment	23%	32
Program Planning	32%	45
Techniques of Exercise	32%	45
Safety, Emergency Procedures & Legal	13%	18
Non-Scored Questions	—	10

Exam Preparation

Depending on your professional background, education and experience, it is recommend that you allocate ample time to study for the exam. There is a broad range of candidates, and it is important to plan out a study strategy that can increase your chances of success on the certification exam.

For a complete list of available NSCA exam study materials, please visit www.nasca-cc.org. Study supplements such as books, practice exams, DVDs, and CDs are available to help with preparation for the NSCA exams. Download exam preparation suggestions from the on-line resources section at www.nasca-cc.org or visit www.shop.nasca-cc.org for a complete description and to order materials.

About Exams



CSCS® Exam

The CSCS and NSCA-CPT exams are offered in both paper/pencil and computer based formats.

Paper/Pencil Features

- Registration deadline is eight weeks before the exam
- Exam is administrated at a preset exam site on a predetermined date
- Score reports are available three to five weeks after the exam
- Exams are typically administered on Saturdays

Computer-Based Features

- Registrations can be accepted as close as one week before the desired exam dates
- You schedule your exam date and location
- Score reports may be available immediately at the assessment center
- Exams are typically administered Monday – Friday with select Saturday dates available

CSCS® • Paper/Pencil Exam

NSCA Member	Early Registration	Registration Cutoff
Exam Registration	\$260	\$295
Retake Both Sections	\$210	\$245
Retake One Section	\$165	\$200
Non-Member	Early Registration	Registration Cutoff
Exam Registration	\$380	\$415
Retake Both Sections	\$330	\$365
Retake One Section	\$285	\$320

CSCS® • Computer-Based Exam

NSCA Member	Registration Fee
Exam Registration	\$310
Retake Both Sections	\$260
Retake One Section	\$215
Non-Member	Early Registration
Exam Registration	\$430
Retake Both Sections	\$380
Retake One Section	\$335





NSCA-CPT® • Paper/Pencil Exam

NSCA Member	Early Registration	Registration Cutoff
Exam Registration	\$235	\$270
Retake Fee	\$185	\$220
Non-Member	Early Registration	Registration Cutoff
Exam Registration	\$355	\$390
Retake Fee	\$305	\$340

NSCA-CPT® • Computer-Based Exam

NSCA Member	Registration Fee
Exam Registration	\$285
Retake Fee	\$235
Non-Member	Early Registration
Exam Registration	\$405
Retake Fee	\$355

Professionals today are overwhelmed with the choices they have for certifications. Over the years, the CSCS and NSCA-CPT certifications have achieved a level of recognition and respect that is unmatched. Individuals certified by the NSCA have demonstrated to their athletes, clients, employees and others that they have the ability to go farther in their careers by earning the Credentials of Distinction.

Professional Benefits

- Improve marketability in the workplace
- Demonstrate professional knowledge
- Improve professional and financial opportunities
- Increase credibility and recognition
- Create additional career opportunities

What sets the NSCA Certification apart from other fitness related certifying agencies?

- The exams are offered in 22 countries
- The exams have been translated in six languages
- The exams are scientifically based on the “real world” responsibilities of strength and conditioning and personal training professionals using an intense, complex exam development process
- The first fitness-related certifications to be accredited by the National Commission for Certifying Agencies (NCCA).

NSCA’s Commitment to Customer Service

The NSCA Staff exists to serve you. Contact the NSCA by visiting our website, calling our 800 number or visiting us in person.

Website

www.nasca-lift.org

Professional Services

NSCA World Headquarters

Hours of Operation: 8am – 5pm, MST M – F

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