

FACT SHEET

National Strength and Conditioning Certification Commission

The Creation of the NSCA Certification Commission and its Credentials

In 1985, the certification arm of the National Strength and Conditioning Association (NSCA) was established in order to create a certification program for those in the field of strength training and conditioning, which later became known as the NSCA Certification Commission. The Commission's original certification program, the Certified Strength and Conditioning Specialist® (CSCS)®, continues to be the only nationally-accredited certification that is specifically designed to assess competencies of those who strength train and condition athletes.

As the fitness industry continued to grow, the Executive Council of the NSCA Certification Commission saw a need for a personal training certification that would earn the same prestige and credibility as the CSCS. Thus, in 1993, the NSCA-Certified Personal Trainer® (NSCA-CPT)® credential was established. Today, nearly 21,000 CSCS and NSCA-CPT credentials are held by professionals across the world.

The Credentials of Distinction

The NSCA Certification Commission is the only certifying agency with fitness-related credentials nationally-accredited since 1993. The CSCS and the NSCA-CPT credentials have earned accreditation from the prestigious National Commission for Certifying Agencies (NCCA). Based in Washington, D.C., the NCCA measures the ability of certifying organizations in any industry to accurately discriminate between qualified and unqualified professionals. To earn the recognition of the NCCA, a credentialing body must demonstrate an ability to develop and administer psychometrically sound examinations through a series of criteria, which include:

- The certifying organization is non-profit.
- The examination is developed from job analysis data gathered from a national study.
- Pass/fail rates and reliability statistics are a matter of public record.
- The policies and procedures of the officers of the organization are determined by a vote of certified members.
- Examination development involves qualified professionals such as content experts and individuals with expertise in exam development who are known as psychometricians.

Certified Strength and Conditioning Specialist Certification

Purpose of the CSCS

The Certified Strength and Conditioning Specialist certification is a highly specialized program that identifies individuals who have demonstrated proficiency in the areas of proper strength and conditioning practices. Today more than 15,500 professionals from a variety of academic and professional backgrounds hold this prestigious credential. This diverse group includes strength coaches, athletic trainers, physical therapists, personal trainers, physicians, chiropractors, researchers and educators, among others.

The CSCS Examination

To earn the CSCS credential, candidates must pass a rigorous exam composed of two sections. The Scientific Foundations section is one and a half hours in length and consists of 80 multiple-choice questions designed to assess a candidate's knowledge in the areas of exercise sciences (anatomy, exercise physiology, biomechanics, etc.) and nutrition. The Practical/Applied section is two and half hours in length and consists of 110 multiple-choice questions. Forty of these questions are in conjunction with a videotape, in order to assess competencies in exercise techniques, functional anatomy and testing

procedures. The remaining 70 questions pertain to program design, organizational/administration and testing/evaluation.

CSCS Registration Prerequisites

To be eligible to sit for the CSCS examination you must hold a bachelor's degree from an accredited institution, be currently-enrolled as a college senior or hold a degree in chiropractic medicine. In addition, you must be currently certified in at least adult CPR. CPR certifications that are only awarded through the Internet are not accepted because they do not require practical application.

NSCA-Certified Personal Training Certification

Purpose of the NSCA-CPT

The NSCA-Certified Personal Training certification program was developed for personal trainers who work with both active and sedentary clients in one-on-one situations in a variety of setting including schools, health and fitness clubs and clients' homes. Today more than 5,500 fitness professionals currently hold the NSCA-CPT credential.

The NSCA-CPT Examination

To obtain the NSCA-CPT credential, candidates are required to pass a challenging examination that focuses on client consultation/assessment, program planning, exercise techniques, safety/emergency procedures and legal issues. The three-hour examination consists of 140 multiple-choice questions, 35 of which correspond with videotape segments assessing knowledge primarily on the areas of exercise techniques, functional anatomy and fitness testing protocols. The remaining questions pertain to the exercise sciences, client assessment, program planning and safety/emergency issues.

NSCA-CPT Prerequisites

To be eligible to sit for the NSCA-CPT examination, you must be currently certified in at least adult CPR. CPR certifications that are only awarded through the Internet are not accepted because they do not require practical application. Although no formal post-secondary course work is required, candidates are expected to have a good knowledge of biomechanical concepts, training adaptations, anatomy, exercise physiology, program design guidelines and the content of current position papers pertaining to special populations.

The National Strength and Conditioning Association



The National Strength and Conditioning Association (NSCA) is a non-profit educational organization that unifies members and facilitates a professional exchange of ideas in strength development as it relates to the improvement of athletic performance and fitness. The NSCA brings together a unique and diverse group of professionals from the sport science, athletic, and fitness industries. Their membership is comprised of strength and conditioning coaches, personal trainers, exercise physiologists, athletic trainers, researchers, educators, sport coaches, physical therapists, business owners, exercise instructors, fitness directors, and students training to enter the field.

Originally founded as the National Strength Coaches Association in 1978, the NSCA was later renamed to accommodate the increasingly diverse membership. Drawing on its vast membership of more than 26,600 individuals in over 60 countries, the NSCA creates and disseminates the most current information regarding strength and conditioning methods, injury prevention and performance-related research.

For more information:

NSCA Certification Commission

3333 Landmark Circle

Lincoln, NE 68504

(402) 476-6669

Toll-free in the U.S. & Canada: 888-746-2378

Fax on Demand line: 877-441-2378

Web site: www.nasca-cc.org

E-mail: commission@nsca-cc.org