NSCA Certified Strength and Conditioning Specialist (CSCS)

Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention.

Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.

The CSCS is the preferred certification for those aspiring to be Strength and Conditioning Coaches in a Collegiate or Professional athletic organization.

Requirements:

- To be eligible to take the CSCS examination, candidates must hold at least a bachelor’s degree or currently be enrolled as a college senior.

Recommended Elective Courses:

- KIN 330: Biomechanics
- KIN 398: Principles of Exercise Training
- KIN 520: Practicum in Fitness Settings
- KIN 625: Exercise Testing and Prescription
- KIN 635: Nutrition and Exercise
- KIN 792: Health Fitness Instructor Internship
- HN 535: Energy Balance

USAW - Level 1 Sport Performance Certification

The purpose of this course is to take all participants through complete technical progressions of the Snatch, Clean & Jerk, and all associated movements including Power Snatch, Power Clean, Power Jerk, Squat variations, and pulling progressions. Participants will gain base line knowledge about the programming of training and technical rules. The course includes theoretical classroom, and practical hands-on portions. Course duration is over one weekend and lasts approximately 13-14 hours with up to 9 hours being practical and 4-5 hours lecture based. It is suitable for Strength & Conditioning /Sports Performance, Health & Fitness and beginning level competitive Weightlifting Coaches alike.

Recommended Elective Courses:

- KIN 330 : Biomechanics
CrossFit Level 1 Certificate Course: Fundamentals of CrossFit

The Level 1 Certificate Course is an introduction to CrossFit's methodology and foundational movements. The course includes classroom instruction on these topics, as well as hands on small group training for the movements. The CrossFit Level 1 is preferred for those interested in Strength and Conditioning for the general population in both small and large group settings. This is most commonly done at CrossFit affiliate gyms that are housed in a broad variety of locations.

Requirements:

Participants are eligible for the CrossFit Level 1 Trainer designation if they:

• Are at least 17 years old at the time of the test;
• Are in good standing with CrossFit Inc.
• Attend the entire two-day course (approximately 9 AM-5 PM both days), to include:
  o 100% exposure to all lectures
  o 100% participation in all practical break-out sessions
  o 100% participation in all workouts (All workouts can and will be scaled appropriately for individuals with special needs)
• Pass the Level 1 test in person.

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