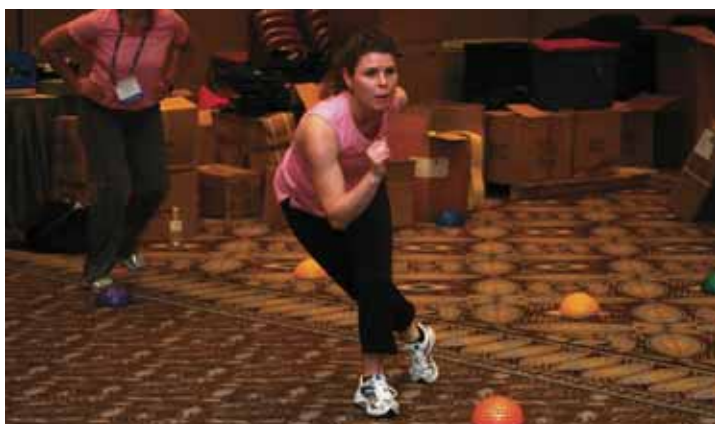


bridging the gap between science and application
As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

Join Us at the 2011 Personal Trainers Conference in Vegas



2010 Personal Trainers Conference attendees participating in some of the many hands-on sessions offered at the event.

The National Strength and Conditioning Association (NSCA) would like to invite you to attend the 2011 Personal Trainers Conference at Bally's Hotel in Las Vegas, NV on March 20 – 21, 2011. This conference is your opportunity to gain a competitive advantage, further your career as a personal trainer, expand your practice and earn CEUs while enjoying all Las Vegas has to offer.

At the Personal Trainers Conference you will increase your knowledge in the field by attending various classroom lectures led by the industry leaders. Expert lectures will include topics on resistance training, eccentric training, split-body training, speed training, youth development and many more. Featured lecturers for the classroom sessions are Dr. Lee Brown, Dr. Todd Miller, Dr. Len Kravitz, Dr. Chad Kerkisick, and Registered Dietician Marie Spano to name a few.

Hands-on training sessions from leading practitioners in the field of strength and conditioning will offer you the chance to immerse yourself in the industry's leading programs and most up-to-date personal training information and skill training. Training session topics will include boot camp training, small group training, trunk training, physi-

cal assessments, metabolic training, cross training, and methods for active recovery and avoiding overtraining. Featured hands-on presenters include Juan Carlos Santana, Pete Twist, Loren Landow, Chris Frankel, Jay Dawes, and Bill Sonnemaker among others.

The Personal Trainers Conference will also host numerous exhibitors for you to experience the latest in personal training technology and equipment.

Attendees of the conference have an opportunity to earn 1.6 CEUs or up to 2.0 by attending the pre-conference symposium as well. The pre-conference symposium will be presented by Loren Landow on the topic of, "Movement Mechanics to Maximize Performance." The pre-conference symposium will be sponsored by Power Systems and held Saturday, March 19, 2011 from 1 – 5pm.

To register for the Personal Trainers Conference, pre-conference symposium, or would like more information you may either email the NSCA Conferences Department at conferences@nsca-lift.org or visit www.nsca-lift.org/ptcon2011.



Education Recognition Program

The Education Recognition Program (ERP) identifies distinguished educational institutions in strength and conditioning. Within the ERP there are three different programs: undergraduate, personal training, and graduate (which consists of a research and an applied track).

The following schools are currently recognized through the ERP:

ERP Undergraduate

- Aichi Toho University
- Appalachian State University
- Ball State University
- Barton College
- California State University, Fullerton
- California State University Monterey Bay
- Carroll University
- Central Connecticut State University
- Charles Sturt University
- Chatham University
- College of Saint Benedict/Saint John's University
- Dakota State University
- East Stroudsburg University of Pennsylvania
- Florida Atlantic University
- Florida Gulf Coast University
- Guilford College
- Indiana State University
- Indiana University of Pennsylvania
- Jacksonville State University
- James Madison University
- Kobe Gakuin University
- Lasell College
- Long Island University–Brooklyn Campus
- Longwood University
- Loras College
- Louisiana Tech University
- Lyndon State College
- Manhattan College

- Marquette University
- Minnesota State University, Mankato
- Neumann University
- New Mexico State University
- Nippon Bunri University
- Ohio Northern University
- Ohio University
- Otterbein College
- Palm Beach Atlantic University
- Pittsburg State University
- Ryotokuji University
- Ryukoku University
- Saint Joseph's College
- Salisbury University
- Sendai University
- Slippery Rock University
- Southern Cross University
- Springfield College
- St. Ambrose University
- The University of Findlay
- Trinity Western University
- Troy University
- United States Sports Academy
- University of Abertay Dundee
- University of Colorado at Colorado Springs
- The University of Dayton
- University of Evansville
- University of Kentucky
- University of Louisville
- University of Nebraska Omaha
- University of New England
- University of South Alabama
- University of Texas at El Paso
- University of West Florida
- University of Wisconsin – Eau Claire
- University of Wisconsin Oshkosh
- Virginia State University
- Wayne State College
- West Virginia State University
- Western Illinois University
- William Paterson University
- William Woods University

- Winston Salem State University

ERP Personal Training

- Bellevue College
- California State University, Fullerton
- Career Networks Institute
- Chuo College of Technology
- Clark College
- Delta College
- Educational Foundation SOLA Okinawa Institution
- Kokoro Medical Welfare College
- Kokusai Sogo Gakuen APPLE SPORTS COLLEGE
- Kyoto Bunkyo Junior College
- National Personal Training Institute of Southern California
- Nippon Engineering College of Hachioji
- Northern Alberta Institute of Technology
- Salem Community College
- Sendai University
- Tokyo College of Sports and Recreation
- University of Louisville
- Waseda University
- West Chester University of Pennsylvania

ERP Graduate

- Appalachian State University
- Armstrong Atlantic State University
- Ashland University
- California State University, Fullerton
- Edith Cowan University
- Florida Atlantic University
- Louisiana Tech University
- Texas A&M University – Corpus Christi
- The George Washington University
- The University of Memphis
- University of Louisville
- University of Salford

To find out more about the ERP, visit <http://www.nsca-lift.org/ERP/default.asp>. Application deadline is January 1, 2011.



Certification News & Updates

Earn CEUs with Hot Topic Quizzes

Did you know you can take a “Hot Topic Quiz” in the comfort of your own home and earn 0.3 CEUs? There is a \$15 processing fee and you must get at least 4 out of the 5 questions correct.

Please see below for a list of available quizzes:

- Vibration Training and Athletic Performance
- Speed Training: Linear Acceleration
- Skill Based Conditioning: A Perspective From Elite Volleyball
- Muscle Dystrophy
- Nutrition Periodization for Athletes
- The Biomechanics of Squat Depth
- Protein Needs for Athletes
- Postactivation Potentiation and Athletic Performance
- Influence of Pre-exercise Stretching on Force Production
- Core Stability for Athletes

For more details, please go to the following website, <https://ssl06.cyzap.net/quizzes/>.

An interview with Steve Ettinger, CSCS, author of “Wallie Exercises.”

Tell me a little bit about yourself (academic/professional experience).

I started working as a personal trainer while attending Boston University, where I earned my B.A. in Psychology. Upon graduation, I moved back to Southern California, where I grew up, and helped open an indoor boot-camp facility while studying for my CSCS exam. I have since relocated to New York City where I run my own private training company, working with a mix of adults and youth athletes. In addition, I have actively coached youth sports (mainly soccer) for the past 10 years.

Why did you become NSCA certified?

When I was 14, I started working out to improve my performance on the soccer field. I was constantly looking for ways to make my training more efficient and effective. When I began personal training, it inspired me to seek out an organization that embodied similar philosophies and could best enhance my training methods. The NSCA was a clear choice.

What inspired you to write “Wallie Exercises?”

While building my private training business, I worked as a behavior therapist with autistic children, spending 30 – 40 hours a week in pre-school and elementary classrooms. I noticed a deficiency in quality fitness materials and programs available to teachers, which I considered to be an especially significant gap because of the current childhood obesity problem. My goal was to write a book to introduce fitness concepts that kids could enjoy while encouraging further discussion in the classroom and at home.

Did the CSCS certification help?

Even though the fitness concepts in the book are elementary, the CSCS certification always helps in my approach—a good scientific base with the ability to adapt to the specific situation.

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Membership News & Updates

NSCA Board of Directors and Committee Volunteers Needed for 2011

The NSCA 2011 elections will have four open Board positions. These positions include: one Member position, one Educational/Institutional Strength and Conditioning Professional position, one Sports Medicine Professional position, and the President Elect position.

The President Elect will serve as an ex-officio member of the Board of Directors for the one-year period preceding the commencement of his/her term as President, and shall have voice but no voting privileges. The President Elect will begin serving his/her three-year term as President in July of 2012.

In addition to the four open Board positions, there are multiple openings on NSCA committees this year, including one opening on the Nomination Committee. This committee is responsible for selecting the most qualified candidates to run for NSCA President, Board of Directors (BOD), and Nomination Committee positions. The other committees with openings this year include: Coaching Performance Committee with three openings, Education Committee with two openings, Finance Committee with three openings, Membership Committee with two openings, and Research Committee with two openings.

For a complete list of requirements, responsibilities, and application processes for each of the above positions, please visit, <http://www.nasca-lift.org/elections/volunteer.asp>.

Two New Grants Available for Application

Deadline: March 15, 2011

In addition to GNC® Nutritional Research, Graduate Research – Master's, Graduate Research – Doctoral, and the Young Investigator grants, the NSCA Foundation has approved two new grants: the Senior Investigator and International Collaboration grants.

Senior Investigator Grant

This grant program funds full-time faculty members in a senior faculty position at the rank of Associate Professor or higher. The purpose and specific aims of the research project must be consistent with the Mission of the NSCA. General eligibility requirements state that all applicants to this program must have maintained concurrent NSCA membership for a period of no less than five years prior to submitting the grant application. Awards in the amount of \$25,000 will be made as part of this program.

International Collaboration Grant

The NSCA International Collaboration Grant has been established to solicit creative proposals to facilitate collaboration among NSCA Members and international colleagues. Applicants can apply to visit one or multiple international colleagues or propose to host one or multiple international colleagues in support of the proposed project. A total of \$50,000 will be made available from this program each year with no predetermined limit on the number of awards to be made annually. This award is the only NSCA grant which will provide for travel expenses directly related to the activity including transportation costs (airfare, train, automobile, etc.), lodging, per diem, local travel and other expenses

directly related to the proposed activity, in addition to the necessary expenses to complete the proposed research project. Travel expenses are to be limited to 50% of total budgeted costs and cannot exceed \$10,000. No salary or indirect costs will be supported by this grant. Applicants must have maintained concurrent NSCA membership for at least five consecutive years prior to application. All tenure-track, regardless of rank, are eligible to apply. Renewable term or individuals in post-doctoral positions are not eligible.

With the exception of the International Collaboration Grant, all NSCA grant programs will NOT provide funding for overhead or indirect costs, salary of any kind, or travel.

The application deadline of March 15, 2011 is quickly approaching. For more information about these grants, or to apply, visit, www.nasca-lift.org/nscafoundation.

Survey Participation Needed

The University of Salford in the United Kingdom is attempting to document the various techniques you, as a strength and conditioning practitioner, use when prescribing training programs to your clients. The University of Salford would be very grateful if you could take a short amount of time to complete the following survey.

Simply click the following link and follow the instructions, http://www.survey.bris.ac.uk/salford/s_and_c_prac_psych.

Should you require more information please email, J.N.Radcliffe@salford.edu.ac.uk.



NSCA Events Calendar

2010

12/4

NSCA Southern CA State Clinic: Golf Anatomy & Biomechanics

Contact: Davis Koh

Email: davis@kohpt.com

Phone: +1 949-540-5641

Location: Ther-Ex Health Institute, Irvine, CA

CEUs: 0.9

12/11

Kansas Strength Power Programming Clinic

Contact: Randy Wells

Email: rwells@usd253.org

Phone: +1 620-341-2365

Location: Emporia High School, Emporia, KS

CEUs: 0.7

12/11

Fly Solo Camp

Contact: Bellin Health

Phone: 920-430-4722

Location: XL Athletic Performance, Green Bay, WI

12/18

2010 NSCA Mid-Atlantic Regional Clinic

Contact: Hubert Lee

Email: leeh@neumann.edu

Phone: +1 610-361-2499

Location: Neumann University, Aston, PA

CEUs: 0.8

12/18

Fly Solo Camp

Contact: Robert Kaleal

Phone: +1 440-942-2700

Location: One Wellness, Eastlake, OH

2011

1/7 – 8

NSCA Coaches Conference

Contact: NSCA Conference Department

Email: Conferences@nsca-lift.org

Phone: 800-815-6826

Location: InterContinental Hotel, Dallas, TX

CEUs: 1.6

1/22

NSCA Georgia 2011 Winter Clinic

Contact: Gary Schofield

Email: gschofield@greateratlantachristian.org

Phone: +1 770-243-2352

Location: Greater Atlanta Christian School, Norcross, GA

CEUs: 0.8

1/29

2010 North Carolina Annual Strength and Conditioning Clinic

Contact: Kris Hartley

Email: kdhart8503@gmail.com

Phone: +1 828-266-1060

Location: Charlotte Country Day School, Charlotte, NC

2/26

NSCA Oklahoma State Clinic

Contact: Jack Carter

Email: jcartre1221@att.net

Phone: +1 405-329-5050

Location: University of Oklahoma, Norman, OK

3/20 – 21

NSCA Personal Trainers Conference

Contact: NSCA Conference Department

Email: Conferences@nsca-lift.org

Phone: 800-815-6826

Location: Bally's Hotel, Las Vegas, NV

CEUs: 1.6

4/26 – 28

NSCA Tactical Strength and Conditioning Conference

Contact: NSCA Conference Department

Email: Conferences@nsca-lift.org

Phone: 800-815-6826

Location: M Resort, Las Vegas, NV

CEUs: 2.0

7/6 – 10

NSCA National Conference

Contact: NSCA Conference Department

Email: Conferences@nsca-lift.org

Phone: 800-815-6826

Location: Paris Hotel, Las Vegas, NV

CEUs: 2.0



Certification Exams Calendar

CSCS® Exams

February 19, 2011
Hamilton, Ontario
Early registration deadline:
December 10, 2010
Registration cutoff:
December 24, 2010

February 27, 2011
Ithaca, New York
Early registration deadline:
December 17, 2010
Registration cutoff:
December 31, 2010

March 12, 2011
Fullerton, California
Ruston, Louisiana
Early registration deadline:
December 31, 2010
Registration cutoff:
January 14, 2011

March 19, 2011
Las Vegas, Nevada
Early registration deadline:
January 7, 2011
Registration cutoff:
January 21, 2011

April 16, 2011
Winchester, Virginia
Early registration deadline:
February 4, 2011
Registration cutoff:
February 18, 2011

April 23, 2011
LaCrosse, Wisconsin
Early registration deadline:
February 11, 2011
Registration cutoff:
February 25, 2011

April 30, 2011
Wayne, Nebraska
Early registration deadline:
February 18, 2011
Registration cutoff:
March 4, 2011

May 7, 2011
Bridgewater, Massachusetts
Ruston, Louisiana
Early registration deadline:
February 25, 2011
Registration cutoff:
March 11, 2011

May 21, 2011
Rock Hill, South Carolina
East Stroudsburg, Pennsylvania
Bangkok, Thailand
Early registration deadline:
March 11, 2011
Registration cutoff:
March 25, 2011

May 28, 2011
Edmonton, Alberta
Early registration deadline:
March 18, 2011
Registration cutoff:
April 1, 2011

June 4, 2011
Quebec City, Quebec, Canada
Singapore, Singapore
Early registration deadline:
March 25, 2011
Registration cutoff:
April 8, 2011

June 11, 2011
Fullerton, California
Early registration deadline:
April 1, 2011
Registration cutoff:
April 15, 2011

July 6, 2011
Las Vegas, Nevada
Early registration deadline:
April 27, 2011
Registration cutoff:
May 11, 2011

August 27, 2011
Montreal, Quebec
Early registration deadline:
June 17, 2011
Registration cutoff:
July 1, 2011

September 24, 2011
Bangkok, Thailand
Early registration deadline:
July 15, 2011
Registration cutoff:
July 29, 2011

To view additional CSCS® exam dates, please visit <http://www.nasca-cc.org/cscs/schedule.html>.

NSCA-CPT® Exams

February 5, 2011
Amarillo, Texas
Early registration deadline:
November 26, 2010
Registration cutoff:
December 10, 2010

February 26, 2011
East Stroudsburg, Pennsylvania
Early registration deadline:
December 17, 2010
Registration cutoff:
December 31, 2010

March 12, 2011
Fullerton, California
Ruston, Louisiana
Early registration deadline:
December 31, 2010
Registration cutoff:
January 14, 2011

March 19, 2011
Las Vegas, Nevada
Early registration deadline:
January 7, 2011
Registration cutoff:
January 21, 2011

April 1, 2011
Sacramento, California
Early registration deadline:
January 21, 2011
Registration cutoff:
February 4, 2011

April 23, 2011
LaCrosse, Wisconsin
Early registration deadline:
February 11, 2011
Registration cutoff:
February 25, 2011

April 30, 2011
Wayne, Nebraska
Early registration deadline:
February 18, 2011
Registration cutoff:
March 4, 2011

May 7, 2011
Ruston, Louisiana
Early registration deadline:
February 25, 2011
Registration cutoff:
March 11, 2011

May 21, 2011
Rock Hill, South Carolina
Early registration deadline:
March 11, 2011
Registration cutoff:
March 25, 2011

July 6, 2011
Las Vegas, Nevada
Early registration deadline:
April 27, 2011
Registration cutoff:
May 11, 2011

July 22, 2011
Bridgewater, Massachusetts
Early registration deadline:
May 13, 2011
Registration cutoff:
May 27, 2011

October 29, 2011
Rock Hill, South Carolina
Early registration deadline:
August 19, 2011
Registration cutoff:
September 2, 2011

To view additional NSCA-CPT® exam dates, please visit <http://www.nasca-cc.org/nsca-cpt/schedule.html>.

Candidates residing outside of the United States, Canada and Puerto Rico may register at the member price for the certification exams.



Resources

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Todd A. Miller, PhD, CSCS,*D

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Ask a Board Member a Question

NSCA Members, if you have any questions or comments regarding the NSCA, you can contact the NSCA Board of Directors. Be sure to have your member login information ready.

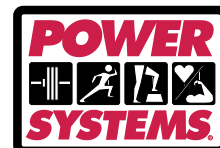
<http://www.nscalift.org/BOD/default.asp>

NSCA Mission

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.



NSCA Association Sponsors



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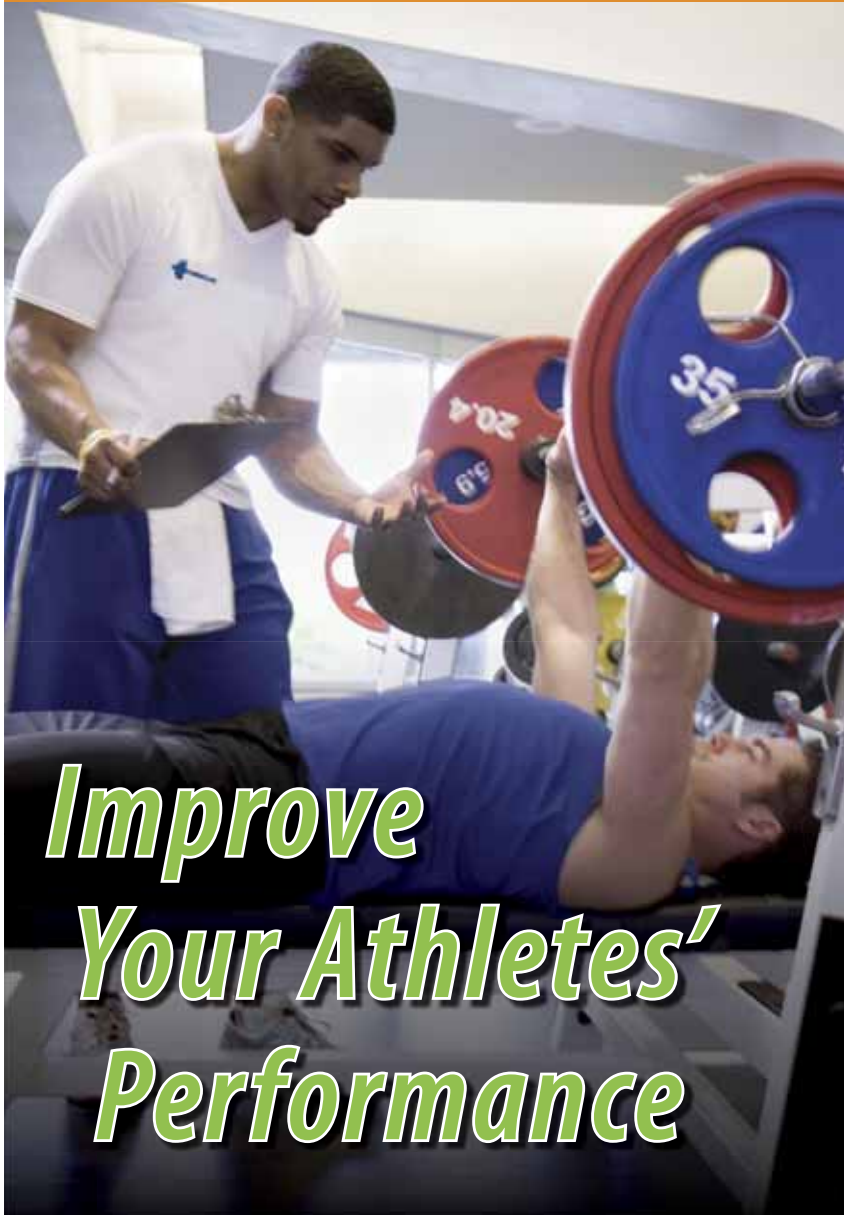
NSCA COACHES CONFERENCE

DALLAS, TEXAS / JANUARY 7-8

2011

*Education for
the Development
of Athletic
Performance*

www.nasca-lift.org/coaches2011



*Improve
Your Athletes'
Performance*

The new NSCA Coaches Conference brings together the field generals of the weight room—the men and women who work hands-on daily with high school, college and professional athletes to develop some of the most successful strength & conditioning programs in the world.

KEY PRESENTERS

- Tommy Moffitt (LSU)
- Jon Jost (FSU)
- Matt Krause (Cincinnati Reds)
- Andrea Hudy (Kansas)
- Bob Alejo (Oakland A's)
- Josh Hingst (Nebraska)
- Tom Myzliniski (Memphis)
- and many more!

HOT TOPICS

- *Preventing Sudden Death in Sport: Considerations for the Strength & Conditioning Coach*
- *Designing Your Off-season Strength & Conditioning Program for Football*
- *Complete Basketball Strength & Conditioning*
- *Contracts, Negotiations and Legal Options for Strength Coaches*

NSCA's new Coaches Conference offers a perfect combination of coaches' education, the latest sport science information and practical field coaching presentations. Get the edge on the competition and improve your athletes' performance. [Register today!](http://www.nasca-lift.org/coaches2011)

www.nasca-lift.org/coaches2011
800-815-6826

CEUs – NSCA 1.6 / BOC 16



NSCA™ National Strength and Conditioning Association

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