

Lead your team to success...

*Become a Strength and
Conditioning Coach!*



Why become a Strength and Conditioning Coach?

Do you like helping others achieve their goals, and making a difference both on and off the field of play? Do you want to work with athletes?

Do you want to stay involved in sports? Do you enjoy being part of a team?

If you answered yes to any or all of the questions above, then perhaps a career in the strength and conditioning field is just the place for you.

Benefits of being a Strength and Conditioning Coach

A career in the strength and conditioning field allows you to work in a team environment. It also allows you to see tangible results, because you know that you were a big part of your athletes' growth in performance.

Additionally, the field of strength and conditioning is a challenging one, so you won't get bored. Working with athletes is inherently exciting—not just the competitions, but also the training. As an added bonus, you don't have to wear a suit and tie to work every day!



What more can you ask for in a job?

For more information about the field of strength and conditioning, please visit www.nscf-lift.org.

What does it take to become a Strength and Conditioning Coach?

There are basically three areas of qualifications that you should have to become a strength and conditioning coach. They are:

- 1) **Education:** The strength and conditioning professional should have a Bachelor's or Master's Degree.
- 2) **Certification:** The strength and conditioning professional should achieve and maintain a professional certification such as the CSCS®. The competencies of the NSCA's Certified Strength and Conditioning Specialist® are reflective of those that you will need in the profession as a strength and conditioning coach.

Those competencies are: Exercise Sciences, Testing and Evaluation, Exercise Technique, Program Design, Organization and Administration of the Strength and Conditioning Facility

- 3) **Experience:** To really flourish in this field, you need to gain experience in a strength and conditioning setting. This can be accomplished in several different ways, such as internships, volunteering, and graduate assistantships. In addition, working with specific teams and athletes can boost your chances of landing your dream job.



Where do I go to learn how to become a Strength and Conditioning Coach?

There are many schools that offer outstanding curriculums in the strength and conditioning field. The Education Recognition Program of the National Strength and Conditioning Association identifies institutions that have met, and continue to meet, minimal requirements and emphasize anaerobic conditioning and training. To find out more about these schools, please visit the NSCA website at www.nsca-lift.org/ERP.

Some of the required content of these programs are:

- Anatomy and Physiology
- Exercise Physiology
- Kinesiology / Biomechanics
- Nutrition
- Scientific Principals of Strength and Conditioning
- Resistance Training and Conditioning
- Exercise Technique and Exercise Prescription
- Program Design for Strength and Conditioning

www.nsca-lift.org



So I have a degree... now what?

Many high schools, colleges, and professional teams employ full-time strength and conditioning coaches to oversee their athletic programs. Most of these positions are responsible for the day-to-day operations of the strength and conditioning program and work with teams and individual athletes assuring their safety while maximizing their athletic performance. Strength and conditioning coaches often work with parents, coaches, staff, and administrators ensuring that the overall goals of the entire athletic program are being met.

More recently, strength and conditioning coaches are being employed by commercial facilities to work with teams and athletes as well, like at the United States Olympic Training Center. These facilities are often well equipped and focus many of their programs and services on athletic clientele.

The NSCA provides grants and scholarships to help students interested in pursuing careers in strength and conditioning. Find more details at www.nscalift.org/foundation/.

What does a Strength and Conditioning Coach do?

Basically there are nine areas of responsibility for which most strength and conditioning coaches are legally responsible. These areas are:

1. Pre-Participation Screen and Clearance: Make sure that each athlete is healthy and can compete.
2. Personnel Qualifications: Make sure the staff on your winning team have the qualifications they need to be successful.
3. Program Supervision and Instruction: Create and monitor programs that will allow your athletes and teams to excel.
4. Facility and Equipment Set-up, Inspection, Maintenance, Repair, and Signage: Choose what you want your gym to look like, which equipment offers the best results, and ensure that all of it is safe for everyone to use.
5. Emergency Planning and Response: Plan what to do in case of an emergency situation.
6. Records and Record Keeping: Keep track of everyone's growth and athletic success, and other required documentation
7. Equal Opportunity Access: Make sure that everyone has equal rights and access to participation in every situation without the presence of discrimination.
8. Participation in Strength and Conditioning Activities by Children: Ensure that your program is safe for this special population.
9. Supplements, Ergogenic Aids, and Drugs: Advise your athletes about safe, effective, and legal training methods as they pertain to supplements, ergogenic aids, and drugs.



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