

RSCC

*Registered Strength and
Conditioning Coach®*



National Strength and Conditioning Association

“ RSCC coaches have expertise that is separate and distinct from the medical, dietetic, athletic training, and sport coaching fields. Having the right professional working with the athletes can save lives. ”

Dr. Jay Hoffman, CSCS,*D, RSCC*D, FNSCA
NSCA President



“ Schools should hire qualified coaches that have been trained to develop athletes safely. ”

Dr. Tom Osborne
Nebraska Athletic Director
Former Head Football Coach



Overview



The National Strength and Conditioning Association (NSCA) affords coaches the most prestigious distinction in the field of strength and conditioning. This **Registered Strength and Conditioning Coach (RSCC)** honors coaches who exhibit the highest levels of experience, education and success in their careers. To achieve RSCC distinction, you must earn and maintain your Certified Strength and Conditioning Specialist® (CSCS®) certification and have a minimum of two years experience coaching. The higher levels of **Distinction (*D)** and **Emeritus (*E)** are awarded after ten and twenty years of experience, respectively.

Why Hire a Registered Strength and Conditioning Coach?

Among the thousands of certified individuals in the industry only those with RSCC Distinction assure the following:

Experience and Knowledge – Possessing the physiological and biomechanical knowledge of the human body, and the ability to analyze and identify structural and functional capabilities are key in developing safe and effective individual and sport specific programs.

Experience and Knowledge – A full-time strength coach has a unique perspective on athlete issues, understands individuality and progression, and can forecast/predict outcomes before they occur.

Experience and Knowledge – Ability to recognize mechanical or physiological issues as they occur to efficiently prescribe alternative exercise to motivate athletes as needed.

Experience and Knowledge – Every RSCC is required to annually maintain their distinction by staying abreast of current research and best practices to reduce the risk profile of both the environmental and facility related liability issues.

Experience and Knowledge – The RSCC is constantly exposed to the issues directly related to managing a strength room and implementing a safe strength and conditioning program.

The RSCC Coaching Path

RSCC	Design or Conduct	Recommended for Head Strength & Conditioning Coaches	Receive RSCC Modules
Certified	Design or Conduct	Recommended for all Strength & Conditioning Coaches that want to design strength and conditioning programs	Receive benefits of CEUs for an accredited certification
Professional	Monitor or Supervise	Recommended for Sport Coaches wanting to increase their knowledge	Includes <i>The Journal of Strength and Conditioning Research</i> and <i>Strength and Conditioning Journal</i>
Associate	Monitor or Supervise	Recommended for Sport Coaches	Receive FREE Basics of Strength & Conditioning Program

Design or Conduct



The NSCA Certified Strength and Conditioning Specialist® (CSCS®) requires a Bachelor's degree or higher and is the most sought after certification in the coaching community. Only certified coaches should design or conduct strength and conditioning programs. Coaches can earn CEUs to maintain certification and stay on the cutting edge of the strength and conditioning field.

RSCC distinction is based upon the practical and hands-on EXPERIENCE you gain in the field as a full-time strength and conditioning coach. The CSCS credential is a requirement of RSCC distinction. All head strength coaches should strive to attain RSCC distinction.

Monitor or Supervise

NSCA Associate and Professional Memberships offer a range of publications, learning opportunities and resources to expand your education and career experiences. The NSCA provides safe and effective strength and conditioning guidelines to monitor and supervise strength and conditioning programs.

NCAA Recommendations

The NCAA recommends the following criteria be met by all collegiate strength and conditioning coaches.

- Bachelor's degree or higher
- Certification from an accredited association
- Earn Continuing Education Units (CEUs)
- Certified in CPR, AED, First Aid

Obtaining and maintaining the CSCS credential meets all four NCAA recommendations for the strength and conditioning coach. The RSCC requires two or more years experience as a full-time strength and conditioning coach. Following the RSCC Coaching Path allows strength and conditioning coaches to meet all NCAA recommendations, gain valuable full-time experience and achieve a professional level that is unmatched.



Get Started

The NSCA can help expand your career opportunities through internships, volunteering, graduate assistantships, networking at events and participation in the NSCA RSCC Registry.

The NSCA offers student assistantships to work with experienced Registered Strength and Conditioning Coaches. Student assistants gain practical, on-the-job training to develop the next generation of registered coaches. Five spots are awarded each year, given a \$10,000 stipend for the year and the chance to mentor with esteemed RSCC veterans.

If you are an experienced strength and conditioning professional who meets the RSCC Registry criteria contact the NSCA RSCC Program today at RSCC@nsca-lift.org. If you are just starting your coaching career and would like further information on NSCA membership, certification, or student opportunities, contact nsca@nsca-lift.org.

Keep Current

RSCC Renewal Course

In addition to maintaining CSCS, a \$25 RSCC Renewal Course is required by December 1st each year starting in 2012 for RSCC and RSCC*D to maintain status in the NSCA RSCC Registry. An email reminder to complete the course will be sent. Failure to complete the course triggers removal from the NSCA RSCC Registry.

“Due to the continuing safety issues in training athletes with sickle cell trait, the BCA recommends that all schools require their strength and conditioning coaches to become CSCS certified and encourage those with two or more years of experience to join the NSCA Registry.”

Dr. Floyd Keith
Executive Director
Black Coaches &
Administrators Association



The NSCA

The National Strength and Conditioning Association (NSCA) is an international nonprofit educational association founded in 1978. As a trusted source, the NSCA develops and presents the most advanced information regarding strength training and conditioning practices and injury prevention. Central to its mission, the NSCA provides a bridge between the scientist in the laboratory and the coach in the field. By working to find practical applications for new research findings in the strength and conditioning field, the Association fosters the development of strength training and conditioning as a discipline and as a profession.

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.



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