

Title:

Proposal No. 2013-18 Athletics Personnel -- Conduct of Athletics Personnel -- Strength and Conditioning Coaches -- Nationally Recognized Certification (I)

Item Ref: 2

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Educational Column:

Editor's Note: Question No. 5 of this educational column was updated March 27, 2015 and May 8, 2015 to provide additional clarification in order to avoid membership confusion. Question Nos. 4 and 5 were updated on July 16, 2015, based on guidance from the Committee on Competitive Safeguards and Medical Aspects of Sports. The original posting date was kept for ease of reference and to maintain a date link with other Q&A transitioned educational columns for proposals adopted at the same time.

This document contains questions and answers to assist the NCAA membership in its understanding of Proposal No. 2013-18 (nationally recognized certification of strength and conditioning coaches).

Question No. 1: Is a sport coach (e.g., head or assistant basketball coach) required to maintain strength and conditioning coach certification?

Answer: No.

Question No. 2: May an institution pay for the nationally accredited certification program?

Answer: Yes.

Question No. 3: Must outside fitness instructors (e.g., yoga, Pilates, zumba, crossfit, etc.) receive strength and conditioning coach certification in order to conduct their fitness programs with student-athletes?

Answer: No.

Question No. 4: What should an institution consider when evaluating strength and conditioning certifications?

Answer: It is the responsibility of the institution to determine what nationally accredited strength and conditioning certification programs best meet institutional needs. The following is guidance that institutions may use when evaluating strength and conditioning certifications:

- a. Consider whether completion of the certification program results in the provision of a strength and conditioning credential that is accredited. Accreditation of the certification exam and/or credential is different from accreditation of the educational component of a strength and conditioning program;
- b. Consider the minimal professional educational standards and continuing education requirements required by the certification program;
- c. Consider whether the certification also requires current CPR and AED certification; and
- d. Consider whether the certification requires a baccalaureate degree or higher.

Question No. 5: Should outside fitness instructors (e.g., yoga, Pilates, zumba, crossfit, etc.) receive strength and conditioning coach certification in order to conduct strength and conditioning activities with student-athletes?

Answer: While the legislation does not require outside fitness instructors to have strength and conditioning coach certification, institutions should evaluate whether strength and conditioning certification is appropriate for any individual who conducts strength and conditioning activities for student-athletes, including, but not limited to, outside fitness instructors.

Finally, institutions should note that a strength and conditioning coach who conducts voluntary weight-training or conditioning activities with prospective student-athletes or enrolled student-athletes is required to maintain certification in first aid and cardiopulmonary resuscitation.

Notice about Educational Columns: Educational columns and hot topics are intended to assist the membership with the correct application of legislation and/or interpretations by providing clarifications, reminders and examples. They are based on legislation and official and staff interpretations applicable at the time of publication. Therefore, educational columns and hot topics are binding to the extent that the legislation and interpretations on which they are based remain applicable. Educational columns are posted on a regular basis to address a variety of issues and hot topics are posted as necessary in order to address timely issues.

References

Legislative References			Other	
Div.	Number	Title	References	Educational
I	11.1	Conduct of Athletics Personnel.	Columns: 0	
I	17.9.6.3	Strength and Conditioning Coach First Aid/CPR Certification and Authority of Sports Medicine Staff.	Educational Columns: 0	
I	17.1.7.2.1.4	Strength and Conditioning Coach First Aid/CPR Certification and Authority of Sports Medicine Staff -- Sports Other Than Football.	Proposals: <u>1</u>	
I	13.11.3.7.4	Strength and Conditioning Coach First Aid/CPR Certification and Authority of Sports Medicine Staff.		
I	13.11.3.8.2	Strength and Conditioning Coach First Aid/CPR Certification and Authority of Sports Medicine Staff.		
I	11.1.5	Strength and Conditioning Coach Certification.		