

Type: Educational Column

Title: Proposal No. 2016-1 (2-1) Athletics Personnel And Playing And Practice Seasons -- Conduct Of Athletics Personnel -- Strength And Conditioning Personnel -- Nationally Recognized Certification (II)

Division: II

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Text:

Question No. 1: What does it mean to monitor a workout?

Answer: The term monitor includes observing and watching closely to ensure that student-athletes are provided a safe and controlled environment. An individual monitoring a workout may demonstrate proper technique and give advice to ensure the workout is taking place in an appropriate fashion. This does not allow the individual to conduct a workout for purposes of achieving increased performance.

Question No. 2: What does it mean to conduct a workout?

Answer: Conducting a workout implies that the individual is actively involved, in person, in the workout activity. For example, individuals who conduct a workout may do the following: (1) specify exercises that a student-athlete should perform (e.g., number of sets or repetitions, weight, duration, sprints); (2) instruct, encourage or motivate a student-athlete during a workout; and (3) direct student-athletes as to the order and flow of the workout activity.

Conducting a workout can be contrasted with monitoring a workout, which implies that a strength and conditioning coach staff member may only observe or supervise the activity and may only become involved if a safety issue arises.

Question No. 3: Would an institution be required to designate a strength and conditioning coach?

Answer: No. However, if the institution does not designate a strength and conditioning coach, then any individual who conducts strength and conditioning workouts outside of practice must be certified.

Question No. 4: May an institution pay for an individual to obtain certification?

Answer: Yes.

Question No. 5: What type of certification would be required?

Answer: The certification must be from a nationally recognized strength and conditioning program. The following criteria should be considered when determining whether a certification is appropriate:

- a. Is accredited by a third-party organization that accredits professional certification programs (e.g., the National Commission for Certifying Agencies)*;
- b. Requires an undergraduate college degree;
- c. Requires a continuing education component; and
- d. Requires current first aid, cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED) certification.

*The certification program itself should be accredited. The accreditation status of the organization offering the program is not relevant.

Option No. 1 -- The institution designates a strength and conditioning coach.

Question No. 1: What does it mean to designate a strength and conditioning coach?

Answer: For purposes of this proposal, an individual would be considered a designated strength and conditioning coach if the individual's employment agreement/contract/or other written arrangement with the institution includes strength and conditioning duties for the institution's athletics department.

Question No. 2: Does the proposal require a designated strength and conditioning coach to be a full-time employee of the institution?

Answer: No.

Question No. 3: May other institutional staff members (e.g., graduate student, volunteer coach, faculty member) conduct strength or conditioning workouts for student-athletes without receiving strength and conditioning coach certification?

Answer: Yes, but only if the institution designates a strength and conditioning coach who is properly certified. Otherwise, these individuals would only be allowed to monitor workouts for safety purposes, but would not be permitted to conduct workouts.

Question No. 4: Would it be permissible for a contractor to serve as a designated strength and conditioning coach for an institution?

Answer: Yes, provided strength and conditioning duties are included in the individual's employment agreement/contract/or other written arrangement with the institution and the individual is properly certified.

Question No. 5: Would it be permissible for the institution to designate a sport coach as a strength and conditioning coach?

Answer: Yes, provided strength and conditioning duties are included in the individual's employment agreement/contract/or other written arrangement with the institution and the individual is properly certified. In order for a sport coach to conduct strength and conditioning activities, he or she must work with more than one of the institution's intercollegiate athletics teams.

Question No. 6: Would it be permissible for a volunteer coach to serve as the designated strength and conditioning coach?

Answer: Yes, provided strength and conditioning duties are included in the individual's employment agreement/contract/or other written arrangement with the institution and the individual is properly certified. In order for a volunteer sport coach to conduct strength and conditioning activities, he or she must work with more than one of the institution's intercollegiate athletics teams.

Question No. 7: If an institution designates a strength and conditioning coach, may other staff members who are not certified continue to conduct strength and conditioning workouts without the certified individual being present?

Answer: Yes. Institutional discretion would determine who could conduct strength and conditioning workouts on campus.

Question No. 8: May an institution designate more than one strength and conditioning coach?

Answer: Yes.

Question No. 9: Would it be permissible to designate an undergraduate student (e.g., exhausted eligibility student-athlete, team manager) as the certified strength and conditioning coach?

Answer: No.

Question No. 10: If an institution designates a strength and conditioning coach, would an outside fitness instructor who is hired to conduct conditioning activities (e.g., yoga, Pilates, Zumba, CrossFit) be required to receive strength and conditioning coach certification in order to conduct strength and conditioning activities with student-athletes?

Answer: No.

Option No. 2 -- The institution does not designate a strength and conditioning coach.

Question No. 1: Would a sport coach (e.g., head or assistant basketball coach) who is only conducting strength and conditioning activities as part of his or her sport practice need to be certified?

Answer: Sport coaches conducting conditioning activities that are a normal part of sport-specific practices (e.g., warmups, cool downs) while the sport is in season (the 20-hours per week segment) do not require certification. Sport coaches conducting conditioning activities outside of the playing season (the eight-hours per week segment) must be certified.

Question No. 2: Would the proposal require an individual who is only monitoring strength and conditioning workouts to be certified?

Answer: No.

Question No. 3: Would an individual who designs a workout, but does not conduct it, need to be certified?

Answer: No.

Question No. 4: Would it be permissible for an individual who is not certified (e.g., student intern) to assist a certified individual in conducting a workout?

Answer: No.

Question No. 5: If an institution does not designate a strength and conditioning coach, would an outside fitness instructor who is hired to conduct conditioning activities (e.g., yoga, Pilates, Zumba, CrossFit) be required to receive strength and conditioning coach certification in order to conduct strength and conditioning activities with student-athletes?

Answer: Yes.

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Legislative References

Legislative Cite	Title
11.1	Conduct of Athletics Personnel.
11.1.7	Strength and Conditioning Coach Certification.
17.02.14	Strength and Conditioning Personnel.

Proposals

Proposal Number	Title
2016-1	ATHLETICS PERSONNEL AND PLAYING AND PRACTICE SEASONS -- CONDUCT OF ATHLETICS PERSONNEL -- STRENGTH AND CONDITIONING PERSONNEL -- NATIONALLY RECOGNIZED CERTIFICATION

RSRO Cases

Case Type	Case Count
Secondary/Level III Violations	1
