

**Mission:** As the worldwide authority on strength and conditioning, the National Strength and Conditioning Association (NSCA) supports and disseminates research-based knowledge, and its practical application to improve athletic performance and fitness.

**Background:** The NSCA is an international nonprofit educational organization founded in 1978 by 76 strength coaches from across the United States who had the common desire to network, collaborate, and unify the profession of strength and conditioning. Since its inception, the NSCA has grown to more than 60,000 members and certified professionals in 72+ countries and has become the leader in research and education for strength and conditioning professionals.

**Certification:** Central to its mission, the NSCA bridges the gap between the scientist in the laboratory and the practitioner in the field fostering the development of strength training and conditioning as a discipline and as a profession. To further that cause, the NSCA offers respected credentials of distinction including: the Certified Strength and Conditioning Specialist® (CSCS®), NSCA-Certified Personal Trainer® (NSCA-CPT®), Certified Special Populations Specialist® (CSPS®), the Tactical Strength and Conditioning Facilitator® (TSAC-F®), and Certified Performance and Sport Scientist™ (CPSS™).

- » **NSCA was first.** The CSCS and NSCA-CPT were the first certification of their kind to be accredited by the independent National Commission for Certifying Agencies (NCCA).
- » **NSCA is recognized.** Professional and collegiate sports teams seek out NSCA-certified professionals because they embody and exhibit the highest levels of practical application and knowledge in helping athletes reach peak performance and guard against injury.

**Membership:** Whether someone is a student looking to define a career path, a coach looking for additional resources, or a seasoned professional, NSCA membership has the tools to help advance careers. Professional and Student member benefits include:

- » Subscriptions to NSCA's five peer-reviewed research and practical application journals.
- » Access to NSCA's professional development resources and services.
- » Access to member-only articles and videos on NSCA.com and NSCA TV.
- » Exclusive scholarship and grant opportunities.
- » Preferred pricing for events, exams, and educational programs.
- » Networking opportunities through NSCA's online community and Special Interest Groups.
- » Option to obtain professional liability insurance at some of the lowest rates in the industry.

**Journals:** Drawing upon its vast network of members, the NSCA develops and presents the most advanced information regarding strength training and conditioning practices, injury prevention, and research findings through five peer-reviewed publications including: *The Journal of Strength Conditioning Research*, *Strength and Conditioning Journal*, *NSCA Coach*, *Personal Training Quarterly*, and *TSAC Report*.

**Events:** NSCA events offer the latest research, techniques, and breakthrough performance methods used by audiences around the world and presented by the industry's top professionals. Numerous opportunities are available annually to connect and share resources and education at the state/regional level, nationally and around the world.

**Learn More:** Members of the media interested in requesting journal articles for specific story ideas, event information or sponsorship, membership and certification resources may do so by contacting [marketing@nsca.com](mailto:marketing@nsca.com).