

## ***RSCC: the Badge of Excellence for Elite Coaches***

At the preeminent levels of sport, strength and conditioning coaches must ensure top performance of a team's most valuable assets — their athletes. With so much at stake, verifiable proof of a strength and conditioning coach's experience, professionalism, and subject mastery is key. The NSCA's Registered Strength and Conditioning Coach<sup>®</sup> (RSCC) designation provides just that.

## ***What is the RSCC Designation?***

The RSCC designation signifies that a CSCS<sup>®</sup> Certified Strength and Conditioning Coach has demonstrated experience and knowledge in team sport or tactical performance units. Registered coaches apply advanced knowledge to assess, motivate, educate, and train athletes for the primary goal of improving sport performance. Every registered coach participates in annual training and assessment beyond what is required of their peers and is held to the highest standards of professional education and practice in the industry.

## ***Qualifications for RSCC Coaches***

- › Must be an NSCA Member and CSCS-Certified Strength and Conditioning Coach in good standing
- › Provide proof of current CPR / AED Certification
- › Completion of the USADA Coach's Advantage Anti-Doping Course
- › Completion of the SafeSport Training Course
- › Verified employment as a full-time assigned Strength and Conditioning Coach, for at least two (2) years above the internship and graduate assistant levels, in qualifying team training environment(s):
  - Professional Team Settings
  - National Team Programs
  - High School / College / University Athletic Programs
  - Private / Competitive Club Sport Programs
  - Tactical Settings / Training Units (Law Enforcement, Fire Rescue, and Military)

## ***Designation Levels and Additional Experience Requirements***

There are three levels of the RSCC designation a coach may apply for based on their years of full time coaching experience in team training environment(s):



**Registered Strength and Conditioning Coach (RSCC)**  
CSCS certified coaches who have a minimum of **2 years** of experience or more in the field



**Registered Strength and Conditioning Coach with Distinction (RSCC\*D)**  
CSCS certified coaches who have **10 years** of experience or more in the field



**Registered Strength and Conditioning Coach Emeritus (RSCC\*E)**  
CSCS certified coaches who have **20 years** of experience or more in the field

# NSCA Registered Strength and Conditioning Coach

*"The RSCC designation demonstrates a higher level of commitment to the Strength and Conditioning Profession. It goes beyond learning the science of training by requiring that coaches gain practical and applied experience in the field."*

**Patrick Ivey, PhD, CSCS, RSCC\*E**

Associate AD of Student-Athlete Health and Performance  
University of Louisville

*"The RSCC Program represents the highest standards of experience and continuing education for Strength and Conditioning Coaches in the industry, distinguishing those with proven knowledge and ability to properly develop athletes."*

**Paul Fournier, CSCS, RSCC\*E**

Major League Strength and Conditioning Coach  
Philadelphia Phillies (MLB)

*"The RSCC distinguishes someone who is really a professional coach. It's not a distinction you can get in a weekend. It reflects a long-term commitment to continuous learning and applying the science of performance."*

**Bill Burgos, CSCS, RSCC\*D**

Head Strength and Conditioning Coach  
Minnesota Timberwolves (NBA)

## About the NSCA

Founded in 1978, the **National Strength and Conditioning Association (NSCA)** is a nonprofit association dedicated to advancing the strength and conditioning and related sport science professions around the world.

The NSCA exists to empower a community of professionals to maximize their impact through disseminating evidence-based knowledge and its

practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education. The NSCA community is composed of more than 60,000 members and certified professionals throughout the world who further industry standards as researchers, educators, strength and conditioning coaches, performance and sport scientists, personal trainers, tactical professionals, and other related roles.