

BOARD OF DIRECTORS MEETING MINUTES

WEDNESDAY JANUARY 21, 2026

Members participating in this meeting:

Dr. Colin Wilborn, Dr. N. Travis Triplett, Mr. Bob Jones, Dr. Diane Bartholomew, Mr. Christian Allen, Dr. Dawn Anderson, Dr. Kathy Chappell

Also present at times: CASCE Standards Committee Chair: Ms. Marissa Wehr, CASCE Staff: Linda Carter, Christa Patterson, Todd Miller Natasha Davis, NSCA Staff: Michael Massik, Keith Cinea, Lee Madden, Lori Stikeleather

The meeting of the CASCE Board of Directors was called to order at 1:30 PM Mountain Time on Wednesday, January 21, 2026, by Dr. Colin Wilborn. A quorum was present.

CONSENT AGENDA

The following motions were adopted by unanimous consent as part of the consent agenda:

Motion 2026-1-21-01- Approval of June 17, 2025, Board of Directors Meeting Minutes

Adopted Motion: That the Board of Directors approve the June 17, 2025, Board of Directors meeting minutes as presented.

Motion 2026-1-21-02- Approval of July 15, 2025, Board of Directors Meeting Minutes

Adopted Motion: That the Board of Directors approve the July 15, 2025, Board of Directors meeting minutes as presented.

Motion 2026-1-21-03- Approval of June 17, 2025, Ratification of electronic vote to change program deferred status to 5-year accreditation for both undergraduate and graduate program.

Adopted Motion: That the Board of Directors approve the ratification of electronic vote

NSCA REPORT

The NSCA Executive Director, Michael Massik, provided a general update on organizational initiatives, including membership, certification, and marketing activities. The update addressed overall participation trends, ongoing advocacy efforts, continued promotion of NSCA credentials, and adjustments to events and programming. Additional highlights included planned technology updates, support tools for members, growth of international affiliations, and a positive overall financial position.

FINANCIAL REPORT

The NSCA Senior Director of Finance and Administrative Accounting, Lee Madden, provided a financial update, noting that financial performance remains stable and within planned expectations. NSCA continues to provide

financial management services in support of CASCE operations. The update also included a high-level overview of current and future funding considerations related to accreditation activities.

MARKETING REPORT

The NSCA Director of Marketing, Lori Stikeleather, provided an update on current marketing activities. The report included progress on ongoing campaigns, website enhancements, and efforts to improve visibility and access to CASCE related information. Marketing initiatives continue to support awareness of accredited programs and certification pathways, as well as broader outreach to prospective students and stakeholders. Engagement trends and performance measures were reviewed as part of the update.

ACCREDITATION STATUS DECISIONS

Recommendations from the Accreditation Review Committee (ARC) regarding programs from the 2023 accreditation cycle were presented by the ARC Board Liaison.

Motion 2026-1-21-04- To accept Accreditation Review Committee's recommendation to move 2 programs from 3-year Initial Accreditation Status with Progress Report to 5-year Initial Accreditation Status.

Proposed by: Diane Bartholomew

Vote: Passed

Second by: Bob Jones

Motion 2026-1-21-05- To accept the Accreditation Review Committee's recommendation to move 2 programs from Deferred Action status to 5-year Initial Accreditation.

Proposed by: Diane Bartholomew

Vote: Passed

Second by: Bob Jones

PROGRAM UPDATE

CASCE Accreditation Manager, Linda Carter, presented an update on the status of current accreditation activity to date.

- **2020–2023 Cycles:**
 - 39 programs received 5-year initial accreditation
 - 1 program received 3-year initial accreditation with a progress report
 - 4 programs received deferred action
 - 4 programs received denial decisions
 - 1 program required an additional review
- **2024 Cycle:**
 - 44 total applications received
 - 40 programs are completing self-studies
 - Includes 1 late application and 3 withdrawals
 - 3 programs deferred from the 2023 cycle

STANDARDS COMMITTEE REPORT

Proposed Standards Revisions

The Standards Committee Chair provided an overview of proposed revisions intended to expand the Standards to more fully address effective coaching practice, program organization, and athletic management. Revisions are informed by the 2025 Job Task Analysis and updated CSCS Detailed Content Outline.

Key topic areas under consideration include:

- Social and behavioral foundations of strength and conditioning practice
- Mental health issues in athletes, including recognition and reporting obligations
- Qualitative and quantitative research methods appropriate for entry-level curricula

Additional discussion included revisions to Section IV.A related to student eligibility for the CSCS examination and the potential need for a formal CASCE policy handbook. The Committee anticipates final recommendations could be presented for Board consideration by Fall 2026, with revised standards becoming effective in 2030.

DISCUSSION ITEMS

Peer Reviewer Training Videos

An update on peer reviewer training videos was provided, including recognition of contributors and discussion on increasing reviewer flexibility and engagement. A recent Q&A webinar achieved approximately 70% participant completion.

Application Cap and Capacity Planning

Application volume and capacity concerns were discussed. The 2025 cycle included 14 waitlisted programs. When accounting for deferrals, approximately 16 spaces are anticipated for the upcoming cycle. ARC capacity, peer reviewer availability, and CASCE staff workload were identified as constraints. Potential strategies discussed included expanding ARC membership, increasing peer reviewer recruitment, hiring additional part-time CASCE staff, and automating select processes. A proposal outlining potential solutions will be developed for review by the NSCA Board.

Certification Committee Initiatives

The Acting Executive Director, Todd Miller, presented Certification Committee initiatives, including development of a proposed verification process and electronic badge system to track student eligibility for the CSCS examination. Updates included continued acceptance of post-baccalaureate programs, exploration of alternative certification pathways, and reaffirmation that only graduates with official transcripts are eligible to sit for the CSCS exam.

Reaffirmation Process

The Board discussed a draft reaffirmation process for programs beyond initial accreditation, including timelines and review mechanisms for programs expiring in 2027. A sub-group will be formed to refine the process.

Motion 2026-1-21-06 Reaffirmation to occur on a 4-year cycle past initial accreditation, pending compliance with the form. Amendment to include reassessment after 2030 motions pass.

Proposed by: N. Travis Triplett

Vote: Passed

Second by: Dawn Anderson

Expiring Board and Committee Terms

An overview of Board and committee terms expiring in July 2026 was provided, including several second-term and first-term positions across the CASCE Board, Accreditation Review Committee, and Standards Committee. Vacant and upcoming positions were identified for future recruitment.

National Conference Planning

Updates were provided regarding the 2026 NSCA National Conference, including confirmation of scheduled accreditation workshops, assessment sessions, and peer reviewer sessions. Introductory and public forum sessions will not be included in the 2026 program.

UPCOMING MEETINGS

The next meeting will be held virtually in June to review and discuss accreditation decisions. An in-person meeting will follow in July in conjunction with the NSCA National Conference.

This meeting adjourned at 3:07 PM MST.