



# STRENGTH & CONDITIONING COACH

## A distinct profession built on preparation and performance

Strength and conditioning coaches specialize in helping athletes and active individuals **improve physical performance, reduce injury risk, and guide long-term athletic development.**



## WHAT COACHES DO

- » Assess needs and conduct testing
- » Design training programs
- » Teach movement and technique
- » Lead training sessions
- » Educate and motivate athletes
- » Track progress and adjust training variables
- » Collaborate with performance staff
- » Support safe, effective training

## WHERE THEY WORK

- » High schools
- » Colleges and universities
- » Professional sports
- » Tactical settings
- » Private performance facilities
- » Athlete rehabilitation clinics
- » Recreation centers
- » Self-employment, including online or hybrid coaching

## HOW TO GET STARTED

### Education

Bachelor's degrees\* are standard, and master's degrees are common.

### Certification

The CSCS® is preferred or required for many roles.

### Experience

Internships and hands-on field experience help prepare for the job.



**GLOBAL REACH**  
All 50 States | 80+ Countries  
with CSCS-Certified Professionals



**AVERAGE PAY**  
2025 NSCA Salary Survey  
**\$68,089 – \$98,564**

Varies by setting, experience, education, and role.

## WHY IT STANDS APART

Strength and conditioning is a unique profession with clear standards and real responsibility. Coaches directly support athlete readiness in the weight room and beyond through **safe, effective, and purposeful preparation.**

## RAISING THE STANDARD

Founded in 1978, the NSCA advances the profession by defining standards and bridging research and application. Through certification, education, and advocacy, the NSCA continues to **strengthen credibility** across the field.



## TAKE THE NEXT STEP

See what it takes to become a Certified Strength & Conditioning Specialist  
[NSCA.com/CSCS](https://www.nscacertified.com/CSCS)



\*Starting in 2030, U.S. candidates for the CSCS exam will need a degree from a CASCE-accredited program.