

# So You Want to be a...

## WHAT DOES A STRENGTH & CONDITIONING COACH DO?

The strength and conditioning profession involves the combined competencies of sport and exercise science, administration, management, teaching, and coaching. Its practitioners must also comply with various laws and regulations while responding to instances of potential injuries, claims, and lawsuits. This creates remarkable challenges and requires substantial experience, expertise, and other resources, especially in multi-sport (e.g., collegiate and scholastic) settings.

## WHAT DEGREE DO I NEED TO BECOME A STRENGTH & CONDITIONING COACH?

An undergraduate degree in Kinesiology is recommended. Courses in Anatomy, Exercise Physiology, Biomechanics and Sports Psychology are recommended for the best preparation for the certification exam.

Within the United States - To be eligible to take the CSCS® examination, candidates must meet the following requirements:

- ✓ Hold at least a bachelor's degree from an accredited institution **OR** Currently be enrolled as a college senior at an accredited institution
- ✓ Hold a current CPR and AED certification

## *Strength & Conditioning Coach*

**Salary: Average \$40,025  
per year**

## WHAT IS THE JOB OUTLOOK FOR A STRENGTH & CONDITIONING COACH?

Employment of coaches and scouts is projected to grow 6 percent from 2014 to 2024, about as fast as the average for all occupations.

Increasing participation in high school and college sports will boost demand for coaches and scouts.

## DO I NEED ANY CERTIFICATIONS OR LICENSURE?

Certified Strength and Conditioning Specialists® (CSCS®) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. Learn more about becoming a strength and conditioning coach with the NSCA certification! Visit NSCA.com for more information on strength and conditioning jobs, strength and conditioning internships, continuing education and CEUs.

## WHERE CAN I FIND MORE INFORMATION?

Visit the National Strength and Conditioning Association website:  
<https://www.nasca.com/>