



ATHELETEALIVE2025

STRENGTH AND CONDITIONING COACH COMPLIANCE CHECKLIST

Effective August 1, 2015, the NCAA mandates that all full-time strength and conditioning coaches must be certified and maintain the credential through a nationally accredited strength and conditioning certification program; [Bylaw 11.1.4](#). To prevent catastrophic injury and death, the NCAA adopted the inter-association recommendation to raise the [educational requirements](#) (inclusive of exercise science degrees and annual athlete safety training) for strength and conditioning coaches.

This checklist is intended as a guide to meet the NCAA strength and conditioning coach requirements. **Additional requirements** may be required to stay in compliance with your certifying organization.

- Obtain and maintain an NCCA or ANSI 17024 strength and conditioning certification in good standing. [CSCCa](#), [NSCA](#) and [NCSF](#) verify its certifications through the US Registry of Exercise Professionals (USREPS) [Check here](#)
- Document annual education and training on athlete safety, emergency action planning and environmental safety; appropriate courses can be found [here](#)¹
- **Bachelor's degree in exercise science or related field²
- Minimum of 250 hours of internship experience

¹ *Managing student-athlete safety to include emergency action plans (e.g., head and neck injury, cardiac arrest, heat illness, rhabdomyolysis), environmental safety management (e.g., CPR/AED, environmental factors), and program safety (e.g., transition periods, load volume).*

² *Only affects new strength coaches hired for an NCAA regulated position after January 2025. The appropriate college major(s) must also align with the mandatory prerequisite coursework for the preeminent certification bodies in the strength and conditioning profession. The content alluded to must include, but not be limited to, the following: common medical risk factors and conditions.*