



*Collegiate Strength & Conditioning Coaches assoc.*

≡ **MAXIMIZING ATHLETIC PERFORMANCE** ≡

# HOW TO MAINTAIN YOUR SCCC CERTIFICATION

**CSCCa CEU/Recertification Policies and Procedures**

**August 1, 2022 - July 31, 2025**



# HOW TO MAINTAIN YOUR SCCC CERTIFICATION

## CSCCa CEU/Recertification Policies and Procedures

This guide contains the policies and procedures for actively maintaining your SCCC certification. All certified individuals must understand and follow the requirements outlined in this document.

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**"STRONG ENOUGH TO STAND IN THE GAP"**

## **CSCCa MISSION STATEMENT**

"To support the strength and conditioning coach by maximizing their abilities, skills, and knowledge through education, certification, and development"

## **STRENGTH & CONDITIONING COACH CERTIFIED (SCCC)**

The SCCC certification is the most comprehensive certification of its kind and the most specific to the field of strength and conditioning coaching. The SCCC (Strength and Conditioning Coach Certified) certification identifies individuals who possess the knowledge, skills, techniques, and expertise necessary to be an effective entry-level strength and conditioning coach on the collegiate and professional level.

## **SCCC ACHIEVEMENT**

**Congratulations on completing the gold standard SCCC certification. Holding the SCCC certificate demonstrates that you are a skilled and dedicated collegiate/professional strength and conditioning practitioner.**



## **CSCCa CORE VALUES**

### **EXCELLENCE**

Excellence in every detail of every action and being the best version of yourself.

### **PROFESSIONALISM**

The GPS of conduct. Behaviors that flow out of a mindset and a way of thinking that represents you, and this organization in a manner that earns and gives respect.

### **INNOVATION**

Progressively moving into the future with a creative imagination and being willing to break it to make it.

### **CHARACTER**

Honest, devoted, courageous, compassionate, and loyalty are the values of the CSCCa. Integrity is acting on those values

# SCCC ACHIEVEMENT



## MAINTAINING SCCC CERTIFICATION

It is vital to increase your knowledge in your field and continue to be educated throughout all the changes in the strength and conditioning profession. By maintaining your SCCC certification, it ensures you are equipped to do your job to the best of your ability. You must maintain the following:

**CPR/AED/First Aid**

**Health and Safety Quiz**

**45 CEUs per 3-year cycle**

**Payment of any outstanding balance**

If not maintained, you will cause your certification to lapse.

## RECERTIFICATION CYCLE

Those who do not fulfill the recertification requirements before the recertification deadline on July 31, 2025, will lose their certification status. To become certified again, you must complete the requirements above as well as pay a \$50 reinstatement fee within the three years of the next cycle, while maintaining the requirements of that current 3-year CEU cycle as well.

## WHY CONTINUING EDUCATION IS IMPORTANT?

Continuing education is a crucial part of any kind of accredited certification program. This allows you to keep your knowledge and skills fresh so that you can coach at a high level and retain the Gold Standard of the SCCC certification.

## WHY THE HEALTH AND SAFETY QUIZ IS REQUIRED?

Health and safety of the athlete continues to be the top priority for strength and conditioning coaches. Over the past two decades there have been a number of deaths and injuries that have occurred during strength and conditioning training sessions. The CSCCa is working to educate its member coaches regarding important health concerns that are related to exertion. While many of the areas covered are primarily handled by the sports medicine staff, it is extremely important that strength and conditioning coaches have a basic working knowledge of these conditions.

## WHY CPR/AED/FIRST AID ARE REQUIRED?

CPR/AED/First Aid certification can help you save a life when every minute counts in the weight room and on the field. Protecting the safety of your athletes is first and foremost. A CPR/AED/First Aid certification shows that you understand how and when to provide care to someone who is in need of medical attention.





# MAINTAINING YOUR SCCC CERTIFICATION



Education has always been, and will continue to be, the central focus of the Collegiate Strength and Conditioning Coaches association (CSCCa). The organization has implemented a variety of programs and activities designed to keep strength and conditioning coaches current on the latest scientific research, developments, and innovations in their field. As well as help these coaches implement these concepts in their own programs safely and effectively. All CSCCa members are strongly encouraged to obtain the Strength and Conditioning Coach Certified (SCCC) Certification to identify them as individuals possessing the necessary knowledge, skills, techniques, and expertise to be an effective strength and conditioning coach on the collegiate and/or professional level.

In order to ensure the validity and credibility of the SCCC Certification, it is necessary that individuals holding this prestigious certification continue to be updated and informed about recent developments and advances made in the field of strength and conditioning. To facilitate this, the CSCCa Certification Commission has implemented a Continuing Education Units (CEU) program. This program ensures not only that SCCC certified coaches stay current on the latest exercise science/research and its practical application in the field, but also that they are familiar with all NCAA rules and regulations affecting the design and implementation of strength and conditioning programs. The primary concern of the CSCCa and its member coaches continues to be the protection of the overall health and safety of the student athlete, and to provide appropriate and effective exercise prescription that will maximize athletic performance safely and effectively while decreasing the risk of injury.

## COMPLETION OF CEUS

Certified Members must complete 45 CEUs (we recommend you obtain 15 CEUs per academic year after certification was obtained) and submit proof of completion to the CSCCa CEU Coordinator by the CEU Cycle Deadline.

## PROOF OF CPR, AED, & FIRST AID CERTIFICATION

Certified Members must submit proof of CPR, AED, and First Aid certification (must be valid on/after July 31, 2025 which is the CSCCa National Office CEU Cycle Deadline) We recommend going through American Red Cross, American Heart Association, or National Safety Council. While hands-on courses for all three certifications are ideal and strongly recommended. First Aid courses are no longer required to include a hands-on portion. CPR/AED courses, however, must include a hands-on portion. CPR/AED courses completed solely online will not be accepted.

## PAYMENT OF ALL MEMBERSHIP DUES & FEES

All applicable membership dues and fees for the corresponding 3-year CEU Cycle must be paid by the CEU Cycle Deadline. Membership is no longer required for National Conference attendance or SCCC certification and CEU fulfillment. Annual membership dues (membership year runs from August 1- July 31) must be paid by corresponding deadlines in order to receive the member discounted pricing for conference registration, SCCC Certification fees, and CEU reporting fees. A non-compliance fee will be assessed for individuals who do not pay the membership fee by the corresponding deadline, but who have received discounted pricing for any CSCCa dues and fees.

***Annual membership dues are non-refundable.***

## HEALTH & SAFETY QUIZ

The required health and safety CEU requirement is to ensure strength and conditioning coaches are educated regarding important health and safety issues related to strength and conditioning programming and implementation

*Note: Any CEUs achieved before the cycle or before you received your SCCC certification will not be applied towards your CEUs.*

# BREAKING DOWN CONTINUING EDUCATION UNITS

## WHAT IS A CEU

A continuing education unit, or CEU, is a way for coaches to measure their continuing education throughout their career. CEUs vary through topics in the scope of practice in strength and conditioning. You can earn CEUs for taking courses, attending an event or clinic, writing a peer-reviewed article/book, presenting at other clinics or conferences, and other ways that are in the scope of practice in strength and conditioning.

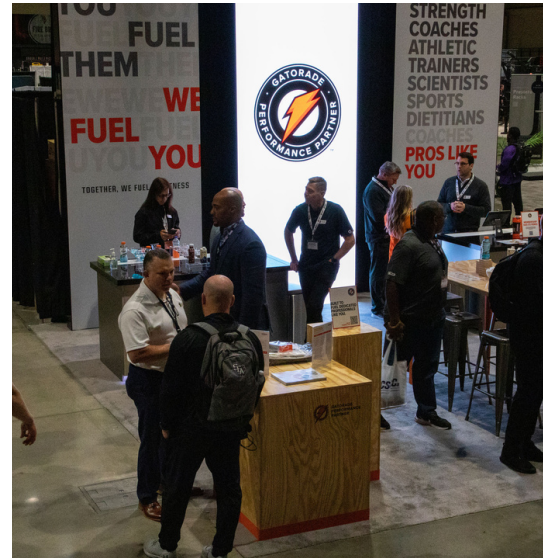
## HOW MANY CEUS DO I NEED?

The number of CEUs needed to recertify is going to be based on the date you received your SCCC certification and the time it falls within the 3-year CEU cycle. All CEUs must be earned between the dates of August 1, 2022 and July 31, 2025 in order to receive CEUs towards recertification.

*Note: Any CEUs achieved before the cycle or before you received your SCCC certification will not be applied towards your CEUs.*

## HOW ARE CEUS CALCULATED

A continuing education unit is earned based on the CEU reporting categories provided in this packet. Most of the categories are based on the number of contact hours required to complete the CEU. Not ALL CEU activities are going to be given the same amount of CEUs. CEUs will vary based on reporting category.



ORIGINAL DATE OF CERTIFICATION	CEUS REQUIRED
EARNED BEFORE AUGUST 2022	45
EARNED MAY 2023	30
EARNED DECEMBER 2023	30
EARNED MAY 2024	15
EARNED DECEMBER 2024	0
EARNED MAY 2025	0

*All CEUs must be earned after the date of certification  
All CEUs must be earned between August 1, 2022 and July 31, 2025*

# WHERE CAN YOU FIND CEU OPPORTUNITIES?

Certified coaches have a variety of opportunities to earn CEUs. These opportunities include events, presentations, podcast, writing a book or article and so many more. The CSCCa has many events and courses that have been previously approved for CEUs (please see our website for the list of approved courses and events you can receive CEUs for). The CSCCa has partnered with third-party organizations such as Gatorade and the U.S. Council for Athletes Health to provide additional CEU opportunities for our coaches. Look for the CSCCa CEU Approved logos.



## HOW TO REPORT YOUR CEUS

The CSCCa National Office highly encourages you to reach out prior to taking a course or attending an event to make sure the CSCCa has approved said course/event. The CSCCa encourages you to self-report your CEUs to your account and the CEU coordinator will approve/deny the CEUs reported. By self-reporting, it allows you to plan out your continuing education opportunities and gives you some responsibility and accountability for your SCCC certification to submit your CEUs.

The CSCCa National Office is not responsible for making sure your certification stays certified at the end of each cycle; but we are here to help you to the best of our ability to not have your certification lapse at the end of each 3-year cycle. Coaches receive progress reporting throughout the 3-year reporting period to give them a better understanding of what they need to complete for their certification. The CSCCa recommends obtaining 15 CEUs per year in order to receive all 45 that are required.

## DOCUMENTING CEUS

We encourage all coaches to keep documentation for CEUs as a sense of responsibility and accountability for your SCCC certification. The document does not need to be submitted to the CSCCa National Office. The document allows the coach to know exactly what is being submitted for CEUs per our CEU reporting policy and categories.

*Note: See our sample tracking document and feel free to use for recording your CEUs.*

## CEU REPORTING FEE

CEU reporting fees is a yearly fee. The fee is waived for attendance at the corresponding CSCCa Annual National Conference. (Please see the notes page for pricing information)

*These fees do not cover additional fees that are incurred as part of any other CEU component, for example, access to articles and videos.*



*Note: Any CEUs achieved before the cycle or before you received your SCCC certification will not be applied towards your CEUs.*

# FAILURE TO REPORT SCCC REQUIREMENTS BEFORE 07/31/2025

Once you become SCCC certified, you must complete the following requirements by 07/31/2025 to remain certified: CPR/AED/First Aid certification expiring on/after the last day of the cycle, completion of 45 CEUs, Health and Safety quiz, and any outstanding balance on your account. Failure to complete all requirements within a 3-year CEU cycle will cause your SCCC certification to lapse. SCCC certified coaches will receive multiple progress reports throughout the 3-year cycle. Those whose certifications' lapse will receive a notice of lapsing certification via email from our CEU Coordinator.

## REINSTATEMENT FEE

ORIGINAL DATE OF CERTIFICATION	REINSTATEMENT FEE
LAPSED ON 07.31.2019	MUST RETAKE EXAM
LAPSED ON 07.31.2022	\$50



If your SCCC certification lapses, you have the next cycle to complete the requirements that caused you to lapse, pay the \$50 reinstatement fee and maintain the current cycle requirements. If your SCCC lapses, we highly encourage you to submit your required documentation/payments as quickly into the beginning of the new cycle as possible, so you do not become too far behind.



# WAYS TO EARN CEUS

## CATEGORY 1: HEALTH & SAFETY

### 1A: CPR/AED/FIRST AID CERTIFICATION

You must have proof of current CPR/AED/First Aid Certification which is current on/after the final day of the 3-year reporting period. Expired CPR/AED/First Aid certification will not be accepted.

*No CEUs are awarded for this category. Proof of current CPR/AED/First Aid is required to maintain certification by end of every 3-year CEU cycle.*

### 1B: HEALTH AND SAFETY QUIZ

Completion of the Health and Safety quiz once during each 3-year CEU cycle is required to maintain your certification.

### 1C: HEALTH AND SAFETY COURSES

View videos and/or read articles and complete the accompanied online quizzes for CEUs from our educational partners, U.S. Council for Athletes' Health

## CATEGORY 2: CONFERENCE ATTENDANCE

### 2A: CSCCa NATIONAL CONFERENCE

Attendance at the CSCCa National Conference each year is strongly recommended. Conference attendees must submit their Completion Certificate for CEUs.

### 2B: CSCCa APPROVED EVENTS

Attending conferences, clinics, seminars, workshops, and live streamed events. The content must be related to the scope of practice in the strength and conditioning profession.

*It is strongly recommended you contact the National Office before registering for the event to ensure CEUs will be awarded for said event.*

## CATEGORY 3: PROFESSIONAL CONTRIBUTIONS

### 3A: CSCCa SPONSORED COMMITTEES & MEETINGS

Participation in CSCCa sponsored meetings and committees, including: SCCC Practical Examination Administration, Committee Participation, Certification Commission seats, Board of Directors seats, etc. No reporting is necessary as the CSCCa National Office awards CEUs automatically.

### 3B: TEACHING UNDERGRADUATE AND GRADUATE COURSES

Teaching at an institution of higher learning and course syllabus must be submitted to the National Office to seek approval for CEU credit.

*Note: See CEU Notes page for more information*

### 3C: PUBLICATIONS

Published works in which the certified individual serves as author or co-author in peer reviewed articles, magazines or online articles, abstracts, chapters in books, full books, and/or creators of inventions. Items must be related to the scope of practice in the field of strength and conditioning.

### 3D: PRESENTATIONS

Speaker or panelist at in-person or online conferences, clinics, seminars, workshops, giving poster presentations, or conducting a podcast where you are the host, or guest on a podcast. The topic of the podcast must be related to the scope of practice in the field of strength and conditioning.

### 3E: MENTORING

Serving as a CSCCa Approved Mentor overseeing one of two pathways.

*Note: All CSCCa approved mentors are limited to a maximum of 20 CEUs from this category per 3-year cycle from either pathway or a combination of the two.*

*Note: See CEU Notes page for more information*

*All CEUs must be earned after the date of certification  
All CEUs must be earned between August 1, 2022 and July 31, 2025*



# WAYS TO EARN CEUS

## CATEGORY 4: PROFESSIONAL EDUCATION

### 4A: CSCCa RESOURCE LIBRARY

View videos and or read articles and complete the accompanied online quizzes for CEUs. CEU Videos and articles can be found on the CSCCa website under the tab "CEU Program." Click CSCCa Courses.

### 4B: OTHER APPROVED CEU COURSES

Please see our library of pre-approved courses to ensure your course will receive CEUs. If your course is not listed, it is strongly recommended to seek pre-approval prior to taking "other approved courses" to ensure you will receive CEUs. Videos/articles and the approved library can be found on the CSCCa website under the tab "CEU Program". Click Approved Courses.

### 4C: PODCAST AND WEBINARS

Viewing podcast or webinars that are related to the scope of practice in the field of strength and conditioning and require completion of a quiz with a passing score. Please note podcast or webinars that do not have an accompanying quiz will not be accepted for CEUs.

### 4D: TAKING UNDERGRADUATE OR GRADUATE LEVEL COURSES

Taking courses at an institution of higher learning. Course syllabus and verification of credit/letter grade must be submitted to the National Office to seek approval for CEU credit.

*See note following chart for criteria.*

### 4E: CERTIFICATIONS

Please see our library of approved accredited certifications to ensure your certification will receive CEUs. All certifications must be related to the scope of practice in the field of strength and conditioning.

*All CEUs must be earned after the date of certification  
All CEUs must be earned between August 1, 2022 and July 31, 2025*



# CEU REPORTING

CATEGORY		SUB -CATEGORY	ACTIVITY	# CEUs	REQUIRED DOCUMENTATION
1	<b>HEALTH &amp; SAFETY</b>	<b>A</b>	<b>CPR/AED/FIRST AID CERTIFICATION</b> Proof of Current CPR/AED/First Aid Certification REQUIRED Expired CPR/AED/First Aid certification will not be accepted Please see Notes section for more information	0 CEUs: <b>REQUIRED</b>	Proof of CPR/AED/FIRST AID Certification current on or after the final day of the current 3-year reporting period, July 31, 2025. Must be submitted by the reporting period deadline: 7/31/25
		<b>B</b>	<b>HEALTH &amp; SAFETY QUIZ</b> Completion of the Health & Safety quiz once during each 3-year CEU cycle is required to maintain certification. Must be taken once every 3-year CEU cycle. REQUIRED	3.0 CEUs: <b>REQUIRED</b>	Complete the Health and Safety quiz on the CSCCa website under CEU Programs tab, click on Health and Safety CEU. Upon completion of the quiz with a passing score of 80% or higher, your CEUs will be automatically awarded to your account. Quiz link: <a href="https://csc.ca.org/ceu/cscacourses">https://csc.ca.org/ceu/cscacourses</a>
		<b>C</b>	<b>HEALTH &amp; SAFETY CEUs</b> View videos and/or read articles and complete the accompanied online quizzes for CEUs from our educational partners, U.S. Council for Athletes' Health.	CEUs vary per course and/or bundle package.	Enter portal on CSCCa website under CEU program, click on Approved Courses. Watch courses, pay fee, complete corresponding quiz with passing grade, submit course completion certificate to CEU coordinator at CEU@CSCCa.org
2	<b>CONFERENCE ATTENDANCE</b>	<b>A</b>	<b>CSCCa NATIONAL CONFERENCE</b> Attendance at the CSCCa National Conference each year is a great opportunity to immerse oneself in the industry's latest trends and topics being discussed	15 CEUs per conference  (Max 45 CEU's per 3-year reporting period)	Conference attendees must submit their Completion Certificate for CEUs to CEU Coordinator at CEU@CSCCa.org
		<b>B</b>	<b>CSCCa APPROVED EVENTS</b> Attending conferences, clinics, seminars, workshops, & live streamed events. The content must be related to the scope of practice in the strength & conditioning profession. If CSCCa CEU Approved Logo is not listed on event advertisements, please submit event information PRIOR to registering to ensure you will receive CEUs for attending. CEUs are not guaranteed if event does not have prior approval.	0.5 CEUs per contact hour  Max 8 CEU's for any single event  (Max 20 CEU's per 3-year reporting period)	Submission of required documentation includes 1) an official itinerary showing all speakers, topics, and times of presentations 2) submission of a Completion Certificate including your name, event name, and event date is required. Submit to CEU coordinator at <a href="mailto:ceu@csc.ca.org">ceu@csc.ca.org</a>

# CEU REPORTING

3	PROFESSIONAL CONTRIBUTIONS	A	<b>CSCCa SPONSORED COMMITTEES &amp; MEETINGS</b>	Participation in CSCCa-sponsored meetings and committees, including SCCC Practical Examination Administration, Committee Participation, Certification Commission, Board of Directors, etc.	2 CEUs (Some activities will be awarded additional CEUs on a case-by-case basis)	No reporting is necessary as the CSCCa National Office awards CEUs automatically by the CEU Coordinator.
		B	<b>TEACHING UNIVERSITY UNDERGRADUATE OR GRADUATE COURSES</b>	Teaching approved courses at an institution of higher learning. For instructors teaching the same class multiple times in the CEU period, instructor will receive full CEUs for the initial class taught, then half the CEUs are awarded for subsequent classes taught thereafter in a CEU period. Instructors who co-teach a course (i.e. those who do not solely teach the entire course), can receive 3 CEUs per 12 hours of live physical instruction per semester.	3 CEUs per credit hour up to 12 CEUs per class, with a max of 20 CEUs per 3-year period	Course syllabus must be submitted to the CSCCa National Office prior to teaching the course for approval for CEU credit. For co-instructors, Live Teaching Instruction Verification form must be submitted to the CSCCa National Office once the course has concluded, verifying the number of hours of live instruction taught per semester. See Criteria for Course Approval for CEUs for more information.
		C	<b>PUBLICATIONS</b>	<p><b>Peer Reviewed:</b> published works in which the certified individual serves as author or co-author in a peer-reviewed publication appearing in a citation journal and/or peer reviewed article.</p> <p><b>Non-Peer Reviewed:</b> published works in which the certified individual authors or co-authors abstract, magazine, or online article published in a lay or non-reviewed journal.</p> <p><b>Published Books:</b> publication for authoring full book. Books must be published through a nationally recognized publisher and relevant to the scope of practice in the field of strength &amp; conditioning.</p> <p><b>Inventions:</b> Provide information demonstrating where and how product may be purchased.</p>	<p><b>Peer Reviewed:</b> 3 CEUs <b>Non-Peer Reviewed:</b> 2 CEUs (Max 20 CEUs per 3-year reporting period)</p> <p><b>Published Books or Inventions:</b> Max 10 CEUs per publication for authoring full book and/or creators of invention. Max 5 CEUs per publication for chapters in a book. (Max 20 CEUs per 3-year reporting period)</p> <p>Note: All listed items above must be published/invented during the 3-year CEU cycle.</p>	<p><b>Peer Reviewed:</b> A photocopy of cover of periodical, magazine, etc., and first page of article showing author's name must be submitted to CEU coordinator at CEU@CSCCa.org</p> <p><b>Non-Peer Reviewed:</b> A photocopy of cover of periodical, magazine, for online: website address, and first page of abstract or article showing author's name must be submitted to CEU coordinator at CEU@CSCCa.org</p> <p><b>Published Books:</b> Proof of copyright for published books; photocopy of book, table of content, and chapter title page for chapters published must be submitted to CEU coordinator at CEU@CSCCa.org</p> <p><b>Inventions:</b> Proof of registration with the U.S. Patent and Trademark Office (USPTO) must be submitted to CEU coordinator at CEU@CSCCa.org</p>
		D	<b>PRESENTATIONS</b>	<p><b>Presentations:</b> Speaker or panelist at an in-person or online conferences, clinics, seminars, workshops, or giving poster presentations.</p> <p><b>Podcast:</b> podcast where you are the host, or you are a guest on a podcast. The topic of the podcast must be related to the scope of practice in the field of strength and conditioning.</p>	<p>3.0 CEU's per presentation which must last for 30 minutes or more of presentation time (including local and regional clinics). An additional 2.0 CEUs awarded for national or international level conference presentation. For presenters giving the same presentation multiple times in a CEU period, presenter will receive full CEUs for the first presentation, then half CEU for all subsequent presentations.</p> <p><b>Podcast:</b> 2.0 CEUs. (Max 20 CEUs per 3-year reporting period)</p>	<p><b>Presentations:</b> An official copy of the conference itinerary listing the speaker and presentation, and a copy of the presentation, presentation outline, or poster summary must be submitted to CEU Coordinator at CEU@CSCCa.org</p> <p><b>Podcast:</b> A link to the podcast and published release date must be submitted to CEU coordinator at CEU@CSCCa.org</p>
		E	<b>MENTORING</b>	<p>Serving as a CSCCa approved mentor in overseeing one of two pathways:</p> <p><b>Pathway #1:</b> SCCC 640-hour practicum will receive 6 CEUs per test candidate</p> <p><b>Pathway #2:</b> Internships with individuals not seeking SCCC certification, provide a minimum of 320-hour internship</p>	<p><b>Pathway #1:</b> 6 CEUs per SCCC test candidate</p> <p><b>Pathway #2:</b> 3 CEUs per internship.</p> <p>(Max 20 CEUs per 3-year reporting period) Please see notes section for more details</p>	<p><b>Pathway #1:</b> Submission of Internship Completion form located in CSCCa Approved Mentor Booklet</p> <p><b>Pathway #2:</b> Submission of Internship Coordinator CEU Reporting form located as addendum in CSCCa Approved Mentor Booklet</p> <p>Regardless of pathway, please submit Internship Completion form and/or Internship Coordinator CEU Reporting form to CERT@CSCCa.org</p>

# PROFESSIONAL EDUCATION

A	<b>CSCCa RESOURCE LIBRARY</b>	<p><b>CSCCa CEU Video &amp; Article Courses:</b> Presentations available on CSCCa.org. Must complete accompanying quiz. A \$12 fee required.</p> <p><b>CSCCa Partnered CEU Article Courses:</b> 3rd party may or may not asses fee. Please look for CSCCa logo for approved courses.</p>	<p>1.0 CEU per CSCCa video/article.  (Max 20 CEUs per CSCCa Video &amp; Article courses per 3-year reporting period)</p> <p>1.0 CEU per Partnered CEU article courses.  (Max 20 CEUs per Partnered article courses per 3-year reporting)</p>	<p><b>CSCCa CEU Video &amp; Article Courses:</b> CEU awarded automatically upon successful completion of quiz.</p> <p><b>CSCCa Partnered CEU Article Courses:</b> Completion Certificate must be submitted to CEU Coordinator at CEU@CSCCa.org</p>
B	<b>OTHER APPROVED CEU COURSES</b>	<p>Please see our library of pre-approved courses on CSCCa.org /CEU Program/Approved Courses to ensure your course will receive CEUs. If your course is not listed, we strongly recommend submission of course information <b>PRIOR</b> to enrolling for our Education Board to review and determine CEU eligibility. CEUs are not guaranteed if course information is submitted after course completion.</p>	<p>0.5 CEU's per contact hour  Max 10 CEU's for any single course  (Max 20 CEU's per 3-year reporting period)</p>	<p>A course Completion Certificate and official course itinerary including all speakers, topics, and times of presentations must be submitted to the CEU Coordinator at CEU@CSCCa.org</p>
C	<b>PODCASTS AND WEBINARS</b>	<p>Viewing podcast or webinars that are related to the scope of practice in the field of strength and conditioning and require completion of a quiz with a passing score. Please note podcast or webinars that do not have an accompanying quiz will not be accepted for CEUs.</p>	<p>0.5 CEU's per contact hour.  (Max 20 CEUs per category per 3-year reporting period)</p>	<p>Completion Certificate and link to the podcast/webinar must be submitted to the CEU Coordinator at CEU@CSCCa.org</p>
D	<b>ENROLLED IN UNIVERSITY UNDERGRADUATE and / or GRADUATE COURSES</b>	<p>Taking approved courses at an institution of higher learning</p>	<p><b>Undergraduate:</b> 2 CEUs per credit hour up to 8 CEUs per class, with a max of 20 CEUs per 3-year period.</p> <p><b>Graduate:</b> 3 CEUs per credit hour up to 12 CEUs per class, with a max of 20 CEUs per 3-year period.</p>	<p>Course syllabus must be submitted for approval <b>prior</b> to the beginning of the course and verification of credit/letter grade received must be submitted <b>upon completion of the course</b>. Please submit all documentation to CEU Coordinator at CEU@CSCCa.org</p> <p>See Criteria for Course Approval for CEUs for more information.</p>
E	<b>CERTIFICATIONS</b>	<p>Approved accredited certifications are listed on CSCCa.org /CEU Program/Approved Certifications to ensure your certification will receive CEUs. All certifications are related to the scope of practice in the field of strength and conditioning.</p>	<p>2.0 CEUs per certification, with a max of 10 CEUs per 3-year cycle.</p>	<p>Copy of certification must be submitted to CEU Coordinator at CEU@CSCCa.org</p>

# CEU TRACKING DOCUMENT

CATEGORY		SUB -CATEGORY	ACTIVITY	# CEUs	REQUIRED DOCUMENTATION
A	HEALTH & SAFETY	CPR/AED/FIRST AID CERTIFICATION			
		HEALTH & SAFETY QUIZ			
		HEALTH & SAFETY CEUs			
B	CONFERENCE ATTENDANCE	CSCCa NATIONAL CONFERENCE			
		CSCCa APPROVED EVENTS			
C	PROFESSIONAL CONTRIBUTIONS	CSCCa SPONSORED COMMITTEES & MEETINGS			
		TEACHING UNIVERSITY UNDERGRADUATE OR GRADUATE COURSES			
		PUBLICATIONS			
		PRESENTATIONS			
		MENTORING			
D	PROFESSIONAL EDUCATION	CSCCa RESOURCE LIBRARY			
		OTHER APPROVED CEU COURSES			
		PODCASTS AND WEBINARS			
		ENROLLED IN UNIVERSITY UNDERGRADUATE, GRADUATE COURSES			
		CERTIFICATIONS			

# CEU NOTES

## **ATTENTION:**

### **Maintaining SCCC Certification:**

In order to maintain your SCCC certification, every 3 years you must have the following items completed on or before the last day of the CEU cycle. The final day of the current CEU cycle: July 31, 2025:

- 45 CEUs
- CPR/AED/First Aid Certification valid on or after July 31, 2025
- Health and Safety quiz completed on or before July 31, 2025 (see CSCCa website: CEU program tab)
- Payment of any outstanding balance on your account due on or before July 31, 2025

### **Membership Dues:**

Membership dues are not required as part of your SCCC certification requirements. However, for members who hold MSCC certification, annual membership dues **are required** for maintaining MSCC certification.

***Annual membership dues (membership year runs August 1- July 31) must be paid in membership year and by corresponding deadlines to receive the member discounted pricing for: conference registration, SCCC Certification fees, and CEU reporting fees.***

A non-compliance fee will be assessed for individuals who do not pay the membership fee by the corresponding deadline, but who have received discounted pricing for any CSCCa dues and fees.

***\*Annual membership dues are non-refundable.***

### **CEU Fee Information**

- Pricing for CEU reporting fees:
  - Member - \$20.00 per year, \$60 per 3-year reporting period
  - Non-Member - \$30.00 per year, \$90 per 3-year reporting period.

*\*The yearly fee is waived for each year of attendance to the CSCCa Annual National Conference.*
- The CEU fee is an administrative fee and does not cover additional fees that are incurred as part of any other CEU component, for example, access to articles and videos.
- There will be a fee for each video lecture / article of the CSCCa National Conference (\$12.00 per 1 CEU). The videos will be followed by an online quiz that will be graded automatically. 100% accuracy must be achieved before credit will be given. This credit will be automatically applied to the individual's CEU tracking record.

### **CPR, AED, & First Aid Certification Information**

- Valid certification in CPR, AED, and First Aid are mandatory to maintain SCCC certification.
- Members must submit a CPR, AED, and First Aid Certification card that will be current on or after July 31, 2025, for the current three-year reporting period that must be completed through the American Red Cross, the American Heart Association, the National Safety Council, or similar organization.
- While hands-on courses for all three certifications are ideal and strongly recommended; First Aid courses are no longer required to include a hands-on portion. CPR/AED courses, must include a hands-on portion. CPR/AED courses completed solely online will not be accepted.

# CEU NOTES

## Criteria for University Courses Approval for CEUs:

- SCCC certified coaches taking a graduate or undergraduate level course for CEU credit MUST take the course for a letter grade, i.e. an audit grade is not acceptable.
- Courses must be in a clearly aligned area of sport science (e.g. strength and conditioning, exercise physiology, exercise prescription, kinesiology, biomechanics, sports nutrition, sport psychology, athletic training, data science, research methods, coaching pedagogy, etc.) Courses that typically would not meet these criteria, but could be approved by appeal include basic health and wellness, health promotion, sport sociology, sport administration, teaching methods, foundations in PE courses, etc.
- Courses must be university-approved and meet the minimum contact hours of 35 hours per 3 credit hour class taken. Courses meeting for longer are not eligible for additional CEUs.
- Courses must have a detailed syllabus including course objectives, course readings, dates of course, assessment methods, and detailed credit hour information. The number of credit hours must be clearly stated. The course syllabus must be submitted to the CSCCa CEU Coordinator, at [ceu@csc.ca](mailto:ceu@csc.ca) **prior** to the beginning of the course. Inadequate details or non-submittal of syllabus will result in non-approval.
- If the same class is taught multiple times in the CEU period, the SCCC certified instructor will receive full CEUs for the initial class taught, then half the CEU's are awarded for subsequent classes taught thereafter in a quarter/semester in the CEU period.
- A maximum of 20 CEUs may be generated through **teaching** courses per 3-year reporting period.
- A maximum of 20 CEUs may be generated through **taking** university courses per 3-year reporting period.
- SCCC Certified co-instructors must submit course syllabus to the CSCCa CEU Coordinator, at [ceu@csc.ca](mailto:ceu@csc.ca) **PRIOR** to teaching the course for approval for CEU credit. CSCCa CEU Coordinator will provide the co-instructor with a Live Teaching Instruction Verification form to be completed by the department head of the respective institution and returned to the CSCCa CEU Coordinator, at [ceu@csc.ca](mailto:ceu@csc.ca) by the co-instructor **upon completion of course**.
- Courses submitted for CEUs after the course has occurred, are not guaranteed CEUs. Please submit course syllabus **PRIOR** to the course beginning. This applies to both instructors and students.



# CEU NOTES

## **Criteria for Mentoring Approval for CEUs:**

Serving as a CSCCa Approved Mentor in overseeing of one the two pathways.

### **Pathway 1:**

CSCCa approved mentors who oversee an SCCC 640-hour practicum will receive 6 CEU's per test candidate

### **Pathway 2:**

CSCCa mentors who oversee internships with individuals who do not take the SCCC exam will receive 3 CEUs per internship.

- i. Limited to CSCCa approved mentors only
- ii. Internship must consist of the same educational standards as those who take the SCCC exam and include the recommended teaching topics in the CSCCa Mentor Book
- iii. Internship must be a minimum of 320 hours
- iv. No more than 3 CEU forms may be submitted per calendar year per mentor
- v. CEU's are awarded for internship event, not per individual intern.
- vi. A mentor will not receive any more than 6 CEU's for a single individual intern/SCCC candidate per 3-year cycle

**Note: All CSCCa approved mentors are limited to a maximum of 20 CEU's from this category per 3-year cycle from either pathway or a combination of the two.**

Documentation Required:

- 1). Pathway 1: Submission of Internship Completion form by SCCC approved mentor who oversees a SCCC candidate sitting for exam
- 2). Pathway 2: Submission of Internship Coordinator CEU form by SCCC approved mentors

## **Reinstatement & Re-Certification Information:**

- Failure to fulfill all specified requirements for maintaining CEU's for each 3-year reporting period will result in the loss of the SCCC Certification.
- Reinstatement may be obtained in the following 3-year CEU Cycle once the SCCC requirements and outstanding fees, including the \$50 reinstatement fee, are completed.
- If a certificant fails to reinstate SCCC Certification in the following 3-year CEU Cycle following their lapsed certification, they are no longer able to reinstate and must re-certify by retaking the written portion of the SCCC Certification Examination with a passing score.

# COMPLAINTS & DISCIPLINARY ACTION

In order to maintain and enhance the credibility of the SCCC certification program, the Certification Commission has adopted the following procedures to allow individuals to bring complaints concerning the conduct of individuals who are SCCC applicants or certificants to the Certification Commission. In the event an individual applicant or certificant violates the certification rules or certification program policies, the Certification Commission may reprimand the individual, suspend the individual, revoke certification, or prohibit an applicant from taking the exam.

The grounds for sanctions may include, but are not necessarily limited to:

1. Violation of the examination rules and procedures.
2. Violation of established certification program policies, rules and requirements.
3. Violation of the CSCCa Code of Conduct.
4. Conviction of a felony or other crime of moral turpitude under federal or state law in a matter related to the practice of, or qualifications for, coaching.
5. Gross negligence, willful misconduct, or other unethical conduct in the performance of services for which the individual has achieved SCCC certification.
6. Fraud or misrepresentation in an initial application or renewal application for SCCC certification.

A full copy of the disciplinary policy is available upon request.

## COMPLAINTS

Complaints may be submitted by any individual or entity. Complaints should be sent to the CSCCa National Office in writing to be forwarded to the Certification Commission and should include: the name of the person submitting the complaint, the name of the person the complaint is regarding, along with other relevant identifying information, a detailed description of factual allegations supporting the charges, and any relevant supporting documentation. Information submitted during the complaint and investigation process is considered confidential and will be handled in accordance with the Certification Commission's confidentiality policy. Inquiries or submissions other than complaints may be reviewed and handled by the CSCCa certification program at its discretion.

## DISCIPLINARY INVESTIGATIONS

Complaints deemed by the Certification Commission to be valid and actionable will be investigated according to the Certification Commission's disciplinary policy. A full copy of the disciplinary policy is available upon request. When sanctions include suspension or termination of certification, this information will be published and made publicly available.

## APPEALS

Within thirty (30) days from receipt of notice of an adverse determination by the Certification Commission that an individual violated the certification program policies and/or rules, the affected individual may submit a request for an appeal. Appeal requests must be submitted in writing to the Certification Commission.

*A full copy of the disciplinary and appeals policy is available upon request.*

# CODE OF CONDUCT

The CSCCa Code of Conduct establishes the minimum standards of acceptable behavior for the membership, SCCC and MSCC certificants, Board of Directors members, Certification Commissioners, officers, and members of every CSCCa committee. Members, certificants, and affiliates of the CSCCa are committed to the highest standards of conduct. As advocates for athletes' health and performance, all CSCCa members and certificants assume an obligation to train, treat, and support athletes with the highest ethical standards following established and recognized "Best Practices" guidelines. Avoiding inappropriate training of athletes as well as the appearance of inappropriate training is of the utmost importance. Please be aware that these standards are generally written and do not address every situation regarding the strength and conditioning professional.

