

# 2022-2025

## CSCCa (CEU) CONTINUING EDUCATION UNIT PROVIDER HANDBOOK POLICY & PROCEDURES



**CSCCa CEU**

APPROVED

[WWW.CSCCA.ORG/PROVIDERS](http://WWW.CSCCA.ORG/PROVIDERS)

# ABOUT THE COLLEGIATE STRENGTH AND CONDITIONING COACHES ASSOCIATION

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The Collegiate Strength & Conditioning Coaches Association (CSCCa) is a nonprofit educational organization exclusively dedicated to the promotion of the collegiate strength and conditioning profession. We originated to develop the collegiate strength and conditioning profession by bridging the gap between exercise science/research and its practical application in the field of strength and conditioning in the collegiate setting. We provide practicums/internships under a SCCC certified approved mentor to develop aspiring strength and conditioning coaches who want to work in the collegiate or professional sports setting. In addition, we offer career development opportunities and continuing education services to our membership. We are a member of the Coalition for the Registration of Exercise Professions (CREP). Through CREP we work to advance the athletic performance industry through promoting best practices, developing industry standards, and educating policymakers by promoting/opposing legislation and policies to serve the best interests of the collegiate and professional sport strength and conditioning coach.

**CSCCa Mission Statement:** To support the strength and conditioning coach by maximizing their abilities, skills, and knowledge through education, certification, and development.

**CSCCa Vision Statement:** Develop elite strength and conditioning coaches who positively impact the organizations they serve.

**Our Certifications:** The CSCCa offers two levels of certification. Strength and Conditioning Coach Certified (SCCC) is available to those individuals who meet the association's certification eligibility requirements. The second level of certification offered by the CSCCa is the Master Strength & Conditioning Coach (MSCC), which is undoubtedly the highest honor that can be achieved as a strength & conditioning coach. It represents professionalism, knowledge, experience, expertise, as well as longevity in the field.



## Strength & Conditioning Coach Certified (SCCC)

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 in the United States 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.



## Master Strength & Conditioning Coach (MSCC)

The highest honor that can be achieved as a strength and conditioning coach--representing professionalism, knowledge, experience, expertise, as well as longevity in the field.



# WHY BECOME A CEU PROVIDER?

The CEU provider program is a powerful way to market your brand and reach a wide range of strength and conditioning professionals in the collegiate and professional setting.

## CREDIBILITY

Receiving CEU approval through the CSCCa increases visibility for your brand/website and shows that it meets the standards for continuing education held by the CSCCa.



## PROMOTIONAL ASSISTANCE

The CSCCa will assist with promotion of your activity through website exposure on the CSCCa Approved Courses list. The CSCCa will also provide a CSCCa CEU Approved Logo to be used on your website, completion certificates, etc. This logo is strictly used ONLY for CSCCa Approved courses.

Upon approval, the CSCCa will promote the course on our social media platforms.



# REQUIREMENTS

## ADDITIONAL REQUIREMENTS

Education approved for CSCCa CEUs must not include commercial promotion of the presenter(s), their employer/sponsor(s), and/or their product/service(s). Any sales targeting participants may occur outside of the education setting. Sponsored events must be free of influence from commercial interests, meaning control of content resides with the CEU provider and is not influence by event sponsor(s)

Presenters/course authors must possess relevant demonstrable experience, education, and/ certification(s) on the topic they are presenting.

## GENERAL REQUIREMENTS

To be eligible for CEU approval, courses and information must be consistent with the CSCCa requirements, scope of practice in strength and conditioning, and CSCCa CEU policies and procedures. (Please see the [CEU Policy and Procedure handbook](#)). The number of CEUs awarded for a course is calculated per contact hours of that course. The maximum number of CEUs awarded for a course is 10 CEUs

The CSCCa reserves the right to approve or deny CEUs. The CSCCa maintains the final decision on all approval procedures. the CSCCa reserves the right to audit, at the cost of the CSCCa, any CEU course to assess compliance with these requirements.

The CSCCa must receive a completed application with all required documents before the activity will be reviewed. Allow up to two weeks for application processing.

**Providers are prohibited from promoting CSCCa CEU approval for their course(s) until an approval letter has been received.**





# APPLICATION PROCESS

## CONTINUING EDUCATION ONLINE COURSES



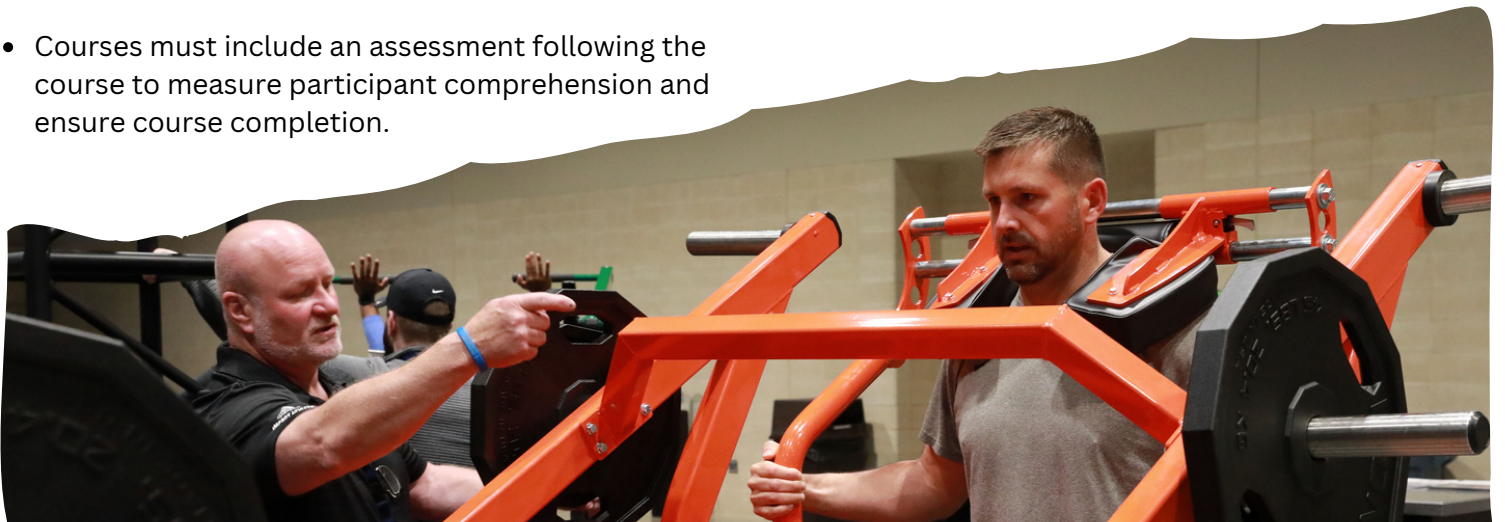
Online courses include any online trainings, webinars, videos, or online courses that are relevant to the scope of practice of strength and conditioning. Online courses are valid for one year upon approval. CEU value is determined by contact hours, related to the field of strength and conditioning. Any and all materials submitted to the CSCCa for review remain the property of the party submitting the material and will not be used for any purpose other than material/content review for CEU approval. Materials must be submitted to the CEU Coordinator at [ceu@csc.ca.org](mailto:ceu@csc.ca.org).

## REQUIREMENTS

- Completed CEU Provider Application and Payment.
- Complete access to all course materials for review they can be mailed electronically to [ceu@csc.ca.org](mailto:ceu@csc.ca.org).
- Course contact hours must be provided.
- Courses must include an assessment following the course to measure participant comprehension and ensure course completion.

## FEES

- Initial year of being a CSCCa CEU Provider are complimentary. (application and processing fees are waived)
- Fees associated with renewal of course (assuming no change in course content); otherwise, review of course is necessary, and including new course application fee and processing.
- Fees associated with application if course changes within the first year time period.





## CEU AWARD

Upon approval, the provider will receive a letter with the appropriate amount of CEUs awarded for the CSCCa, along with the CSCCa CEU Approved Logo, and a completion certificate to present. (if needed) The approved course will be posted to the CSCCa website under CEU programming "CSCCa Approved Courses." Providers are prohibited to promote CSCCa CEUs approval until an approval email has been sent.

## COURSE COMPLETION

Participants must receive documentation showing completion of approved course. This documentation must include the participants name, date of completion, and course name in order for participant to receive CEUs. Providers are allowed to use their own design of documentation or use the provided completion certificate given by the CSCCa.

## COURSES THAT QUALIFY

Only content related directly to the scope of practice in strength and conditioning and a detailed outline of each course will be considered for CSCCa CEUs. Provided below are some examples of content that would be approved or not approved.

### Approved

- FMS (Functional Movement Screening Level 1)
- Atlis - Need For Speed
- USAW (USA Weightlifting Level 1 & Level 2)

### Not Approved

- The Field of Physical Therapy
- Field of Hospital & Surgeries
- Rehabilitation

# APPLICATION SAMPLE

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**Date:** 10/31/2022

**Organization Name:** Collegiate Strength and Conditioning Coaches Association

**Mailing Address:** 111 West Anderson Lane

**Apt./Suite #:** Suite D218

**City:** Austin

**State:** TX

**Zipcode:** 78752

**Website:** www.cscqa.org

**Contact Person:** CEU Coordinator - Ashton Abbott

**Phone Number & Email:** 801.375.9400 ext. 206 / ceu@cscqa.org

**Course Name:** Improving Acceleration Speed

**Course Description:** Sprint training programs should be designed to improve speed and power. Athletes requiring speed for their sport will greatly benefit from acceleration training. Acceleration is defined as the change in velocity per unit of time; in sprinting, acceleration concludes when velocity is no longer increasing. In this course participants will learn proper acceleration techniques and how to apply force effectively into the ground. The course will also cover the importance of sharing speed, direction of force, and methods for acceleration development.

Educational Contact Hours (do not include breaks or eating): 8 hours

Is this a renewable application? Circle One.

Yes

No

***Refer to Application Process page for required materials to be submitted along with the application.***

# APPLICATION

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Date: \_\_\_\_\_

Organization Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Apt./Suite #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_

Website: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone Number & Email: \_\_\_\_\_

Course Name: \_\_\_\_\_

Course Description:

Educational Contact Hours (do not include breaks or eating): \_\_\_\_\_

Is this a renewable application? Circle One.

Yes

Yes

*Refer to Application Process page for required materials to be submitted along with the application.*