

For Immediate Release

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Lee Becomes CSCS Certified

Lincoln, Nebraska– Stephanie Lee of Chicago, IL has become certified as a Certified Strength and Conditioning Specialist® (CSCS®) by the NSCA Certification Commission®. The CSCS certification is for professionals who design and implement strength training and conditioning programs for athletes in a team setting.

To earn the CSCS credential Lee passed a written exam that was prepared by experts in the strength training and conditioning profession. The exam consisted of two sections, Scientific Foundations and Practical/Applied and has a total of 190 questions. Typically, 65.6% of individuals who sit for the CSCS exam pass. By passing the CSCS exam, Lee has obtained the first nationally accredited strength training and conditioning credential.

“The CSCS program encourages a higher level of competence among practitioners, which, in turn, raises the quality and safety of the strength training and conditioning programs administered by those who are CSCS certified,” said Dr. Tom Baechle, CSCS,*D; NSCA-CPT,*D; Executive Director of the NSCA Certification Commission.

The CSCS program was established in 1985 as a way of identifying individuals who possess the knowledge and skills needed to competently train athletes, and is the only strength and conditioning credential that has been nationally accredited since 1993. To earn national accreditation by the National Commission for Certifying Agencies (NCCA), the NSCA Certification Commission demonstrated the ability to administer examinations that effectively discriminate between qualified and unqualified individuals. Today, there are more than 21,500 CSCS certified professionals throughout the world.

For more information about the NSCA Certification Commission’s credentials, please visit www.nasca-cc.org or call 888-746-2378.

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