



Frequently Asked Questions: Certified Strength and Conditioning Professional (CSCP) Credential

Is this CSCP a new CSEP certification?

No, the CSCP is a certification offered by the Canadian Strength and Conditioning Association. To be eligible, one must hold the CSEP High Performance Specialization™.

Can I hold both a CSEP Professional Membership and be a CSCP?

Yes. Being dually certified with CSEP as a Professional Member (CSEP-CPT® or CSEP-CEP™) with the CSEP-HPS™ plus the new CSCP with the CSCA will not only recognize you in the field of Strength and Conditioning, but will also maintain your outstanding CSEP Professional Liability Insurance enabling you to work with elite and professional athletes.

I am a CSEP Professional Member (CSEP-CPT® or CSEP-CEP™) with the CSEP High Performance Specialization™, does adding the CSCP increase or change my scope of practice in any way?

No, the entire scope of practice for a CSCP is contained within the current scope of a CSEP Professional member with the CSEP High Performance Specialization™. The additional value of adding the CSCP to your portfolio comes from the reality that some employers are specifically seeking a Strength and Conditioning credential when they are recruiting and may not fully appreciate the scope of the CSEP Professional.

Is there an annual renewal for the CSEP High Performance Specialization™?

Yes, annual renewal of the CSEP High Performance Specialization™ is required. For CSEP Professional Members who hold the CSEP-HPS™, renewal is automatically included with either your annual CSEP-CPT® or CSEP-CEP™ renewal.

Do I need a university degree to earn the CSEP High Performance Specialization™?

No, completion of at least 60 credits (2-years) of study at a post-secondary institution in the field of exercise science, health and fitness, Physiotherapy, Athletic Therapy, Chiropractic, Kinesiology, etc. is required.



Do I need a university degree to become a CSCP?

Yes, applicants will have completed a university degree in Kinesiology, Human Kinetics, Exercise Science, Physical Education, Sports Sciences, Health Sciences, or a closely related field.

Why is this new credential being offered?

It is important for employers to have a pool of qualified candidates to choose for jobs. At present, many employers seeking to hire a strength and conditioning coach rely on international credentials as a requirement. In many instances, international credentials may not include professional liability insurance that cover Canadian Strength and Conditioning Coaches practicing in Canada. Providing feedback to influence the professional development of international credentials to align with on-the-job requirements is further challenging for Canadian employers. Finally, some US based credentials will soon require the completion of a degree from a university program accredited with organizations such as the Council on Accreditation of Strength and Conditioning Education. While we support the logic of accreditation for ensuring quality and consistency of education, it is unlikely Canadian schools will seek accreditation to meet US requirements in the near future.

Will I become a member of both the CSEP and CSCA?

Yes. Being a member of both CSEP and CSCA includes you in two great professional associations with access to numerous benefits and connections to experts across the country. The CSEP and CSCA memberships truly complement one another and your professional journey.

What is included and required in the CSCP Mentorship through the CSCA?

The curriculum of content, deliverables and duration of the Mentorship will be managed by the CSCA and include the demonstration of knowledge, skills, ability and attitudes to be successful as a strength and conditioning coach. The specific mentorship program details will be available on the CSCA website at canadianstrengthca.com/

For more information about the Certified Strength and Conditioning Professional credential, please contact Cole Hergott at Cole.Hergott@twu.ca.