

APPENDIX 1

Job Characteristics Survey of National Collegiate Athletic Association (NCAA) Strength and Conditioning Coaches (SCCs)

- Refers to questions with multiple-choice answers
- Refers to questions with single-choice answers

*Other has been provided as an option for a number of questions to enable participants to provide specific answers or elaborate on the answer provided.

Demographic information

Q1. What is your age?

Q2. What is your gender identity?

Q3. What is your race?

- Alaskan Native
- American Indian
- Asian or Pacific Islander
 - Black
 - Hispanic
 - White
 - Other

Q4. What is your marital status?

Q5. Number of years in the coaching field (any discipline)?

Q6. Number of years as a SCC?

Q7. Number of years as a SCC working in the NCAA?

Q8. Number of years as a SCC in your current college/university?

Q9. What is your highest level of education?

- High School
- Associate's degree
- Bachelor's degree
- Master's degree
- Doctoral degree
- Other

Q10. The discipline area of your highest degree?

- Sports science/exercise science/exercise physiology/kinesiology
 - Fitness/fitness management
 - Physical education
- Health/wellness/sports medicine
 - Other

Q11. Have you completed a strength and conditioning internship?

- Yes (before obtaining a professional certification)
- Yes (during obtaining a professional certification)

- Yes (after obtaining a professional certification)
 - No

Q12. What professional strength and conditioning qualification(s) do you hold?

- National Strength and Conditioning Association – Certified Strength and Conditioning Specialist (NSCA–CSCS)
- National Strength and Conditioning Association – Certified Personal Trainer [X]NSCA–CPT[X]
 - American College of Sports Medicine – Certified Personal Trainer (ACSM–CPT)
 - National Academy of Sports Medicine – Corrective Exercise Specialist (NASM–CES)
 - EXOS – Performance Specialist Certification (EXOS–XPS)
 - United States of America Weightlifting (USAW)
 - Australian Strength and Conditioning Association – Level 1/2/3 (ASCA–L1/2/3)
- Collegiate Strength and Conditioning Coaches Association – Strength and Conditioning Coach Certified Certification (CSCCa – SCCC)
- Collegiate Strength and Conditioning Coaches Association – Master Strength & Conditioning Coach (CSCCa – MSCC)
 - None
 - Other

Job information

Q13. What is your current employment status?

- Employed, working full-time
- Employed, working part-time
- Not employed, volunteer
 - Not employed, intern
 - Other

Q14. What is the length of your current contract (in months)?

Q15. In a typical week, how many hours (to the nearest hour) do you work?

Q16. Which state/province are you currently working in as a NCAA SCC?

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland
- Massachusetts
- Michigan

- Minnesota
- Mississippi
 - Missouri
 - Montana
 - Nebraska
 - Nevada
- New Hampshire
 - New Jersey
 - New Mexico
 - New York
- North Carolina
- North Dakota
 - Ohio
- Oklahoma
 - Oregon
- Pennsylvania
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
 - Texas
 - Utah
- Vermont
- Virginia
- Washington
- West Virginia
 - Wisconsin
 - Wyoming
- Canadian provinces

Q17. Which Division are you currently working in as NCAA SCC?

- DI-A
- DI-AA
- DI-AAA
 - DII
 - DIII

Q18. As a SCC, within your NCAA position, how many sports teams do you serve?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- > 10

Q19. As a SCC, within your NCAA position, what is the predominant sports you responsible for?

Q20. How many positions do you currently hold in your current college/ university?

- 1
- 2
- 3
- 4
- > 4

Q21. What is your predominant job title?

- Director of SCC
- Head of SCC
 - SCC
- Assistant SCC
- Intern SCC
- Other

Q22. What are your responsibilities within your current position?

- Providing strength and conditioning training service
 - Recovery practice
 - Rehabilitation practice
 - Biochemical monitoring
 - Load recording
 - Data analysis
 - Video analysis
 - Nutritional regulation
 - Psychological regulation
 - Part-time translator
- Sports training monitoring and accompanying
 - Supervision of intern
 - Teaching course
 - Administrative responsibility
 - Academic tutoring for athlete
 - Camera recording during training
- Equipment operation and management
 - Recruitment of athlete(s)/staff
 - Drug intake counseling
 - Staff meeting
 - Other

Q23. What is your pre-tax annual salary as a NCAA SCC?

Q24. How many times have you changed workplace over your career as SCC?

Q25. How many times have you changed role in your current college/ university?

Q26. What are your career goals?

- Remain a strength and conditioning coach at current Division
- Become a strength and conditioning coach at the higher Division
- Become a strength and conditioning coach at the professional level
- Become a strength and conditioning coach at the high school level
 - Become an athletic administrator
 - Become a college teacher
 - Become a sports coach
 - Other
- Uncertain

OTHER QUESTIONS