

**NSCA Personal Trainer of the Year Award
Criteria Sheet
Covering the Past 5 Calendar Years (January 2020 – December 2024)**

Name of Nominee: _____

Criteria	Value of Item	Points Awarded
Prerequisite Criteria (all required)		
Current Member for 2 consecutive years	Required	NA
NSCA-CPT or CSCS	Required	NA
Resume or CV received	Required	NA
20 hrs/wk minimum as PT with documentation of client load (Client names are to remain anonymous. If employed, signed letter of support from employer (on letterhead, if available). If self-employed, notarized schedule omitting clients names.)	Required	NA
3 Letters of recommendation from certified NSCA members in good standings	Required	NA
Objective Points		
General Criteria		NA
Years of Certification –	For each 3 years CSCS, CPT, or dual certified beyond first 3 years (1 point).	
RCPT; *D; *E	5 pts; 10 pts; 15 pts	
Additional NSCA certification(s); *D	3 pts ea.; +1pt	
FNSCA	3 pts	
Associates degree (select only one degree)	1 pt	
Bachelor’s degree (select only one degree)	2 pt	
Master’s degree (select only one degree)	3 pts	
Doctorate degree (select only one degree)	4 pts	
Subtotal	No minimum	
NSCA Involvement (Documentation Required)		
NSCA Regional Coordinator	5 pts	
NSCA State Director	4 pts	
NSCA Committee Chair	3 pts	
NSCA Committee member	2 pts	
SIG Chair/Executive Council	1 pts	
Attended NSCA Annual Conference	3 pts	
NSCA National Conference Volunteer	3 pts	
Attended NSCA Symposia	2 pts ea.	
Attended NSCA Regional Clinic	2 pts	
Attended NSCA State Clinic	1 pt	
NSCA Awards	1 pt ea.	
Subtotal	6 pts minimum	
Educational/Training Activities as it relates to Personal Training		

(Documentation Required)		
Hosted NSCA certification exam or exam prep	1 pt per yr (for 1 or more exams hosted)	
Hosted an NSCA approved conference, symposia, or clinic	(2 points/each)	
Hosted community fitness symposia	2 pts ea. (6 pts Max)	
Developed a Personal Training Course currently being taught HS/College	2 pts/course	
Currently Teaching Personal Training Course HS/College	2 pts/course	
Subtotal	No minimum	
Publications as it relates to Personal Training (Documentation Required)		
Editor for JSCR/SCJ/PTQ/TSAC/NSCA Coach	3 pts ea.	
Book or chapter editor	3 pts ea.	
Author/Co-author for JSCR or SCJ	3 pts ea.	
Author/Co-author for PTQ/TSAC/NSCA Coach	3 pts ea.	
Reviewer for JSCR/SCJ/PTQ/TSAC/NSCA Coach	1 pt per 3 article	
Author/Co-author Non-NSCA peer reviewed article	2 pt ea. (4 pts max)	
Fitness Industry Publications (non-peer reviewed)	2 pt ea. (4 pts Max)	
Subtotal	2 pts minimum	
Presentations as it relates to Personal Training (Documentation Required)		
NSCA Annual Conference	2 pts ea	
NSCA Pre-con, Symposia, From the Field	1 pt ea	
NSCA Regional/State Clinic	1 pt ea	
NSCA Pod-cast, webinar, or video	1 pt ea	
Non-NSCA Presentations	1 pt ea. (5 pts max)	
Subtotal	4 pts minimum	
Miscellaneous Category as it relates to Personal Training (Documentation Required)		
Volunteer coaching, after-school education, etc.	1 pt ea. (6 pts max)	
State and Local Involvement – Boards, Committees, Councils that promote strength and conditioning or personal training.	1 pt ea. (5 pts max)	
Non-NSCA Personal Training Awards	1 pt ea. (5 pts max)	
Subtotal	No minimum	
Objection Subtotal	12 pts minimum	
Subjective Points for Tie Breaking		
Professional Recommendations		
Letter 1	Up to 3 pts	
Letter 2	Up to 3 pts	
Letter 3	Up to 3 pts	
Subtotal	3 pts minimum	
Total Objective		
Total Subjective		
Grand Total	18 pts minimum	