## STRENGTH AND CONDITIONING COACH

### Professional Organizations:
- National Strength and Conditioning Association (NSCA)
- National Collegiate Athletic Association (NCAA)

### Events & Training:
- UVa Center for Leadership Excellence classes
- SkillSoft classes
- National Strength and Conditioning Association (NSCA) webinars & continuing education
- National Strength and Conditioning Association (NSCA) events & training

### Education & Certifications:
- National Strength and Conditioning Association (NSCA) certifications
- American Red Cross CPR & AED certifications

### Independent Learning:

#### Publications:
- National Strength and Conditioning Association (NSCA) publications
- National Collegiate Athletic Association (NCAA) publications

#### Books:
- Careers in Sport, Fitness, and Exercise by Shirl Hoffman
- Athletic Development: The Art & Science of Functional Sports Conditioning by Vern Gambetta
- Strength Coach: A Call to Serve by Jeff Connors

#### Social Media:
- National Strength and Conditioning Association (NSCA) Facebook
- National Strength and Conditioning Association (NSCA) LinkedIn
- National Strength and Conditioning Association (NSCA) Twitter
- National Collegiate Athletic Association (NCAA) Facebook
- National Collegiate Athletic Association (NCAA) LinkedIn
- National Collegiate Athletic Association (NCAA) Twitter

### Other Resources:
- PubMed: US National Library of Medicine National Institutes of Health
- NCAA
- ACC

### On-the-job Resources:
Mentoring:
Management Mentors
National Mentoring Partnership
Center for Creative Leadership (CCL) mentoring information
Bringing People Together mentoring information
Virginia Mentoring Partnership
Free Management Library

Job Shadowing:
Careers Out There
"The Job Shadow Knows: Try on a Career Before You Commit"
About.com "Job Shadowing is Effective On-the-Job Training"
Success Mentor Education Inc. "Top 7 Questions to Ask on a Job Shadow Interview"

Informational Interviews/Networking:
My UVa Career
"Mastering the Informational Interview" (NY Times)
"What is an Informational Interview Anyway?" (U.S. News & World Report)
Informational Interviewing: The Neglected Job Search Tool
"How Does an Informational Interview Work?"

360 degree feedback:
UVa Center for Leadership Excellence: Leadership Consulting, 360 Degree Feedback
custom insight: "What is 360 Degree Feedback?"
American Psychological Association "Do 360 Evaluations Work?"
Sigma Assessment Systems: Best Practices in 360 Degree Feedback
About.com: "Sample Questions for 360 Reviews" by Susan M. Heathfield
SkillSoft: 360-degree Performance Appraisal