



Center for

LEADERSHIP EXCELLENCE

The Cornerstone of Leadership

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](#)

[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](#)