



International Universities Strength and Conditioning Association

Transforming the industry through innovation and collaboration

The International Universities Strength and Conditioning Association (IUSCA) is a not-for-profit, limited by Guarantee Company, founded in 2019. The IUSCA has been developed to support the growing area of strength and conditioning (S&C) in the university sector across the world.

Vision

To be a world leading organisation, dedicated to the development of the Strength and Conditioning (S&C) profession within the university sector

Mission

- To publish research and other educational resources, for the betterment of the university S&C sector
- To facilitate high quality provision of S&C support, optimising student-athlete health and wellbeing, across all universities, by adhering to best practice guidelines
- To provide endorsement and guidelines for internships and other support programmes
- To work towards the fair recognition and remuneration of the S&C profession within the university sector
- To facilitate knowledge transfer between institutions, their staff, students, and fellow professionals, through the development of workshops, conferences and other networking events

To publish research and other educational resources, for the betterment of the university S&C sector

Initial discussions within the university S&C sector suggests that the percentage of student research being published in academic journals is very low. Despite most courses requiring a piece of major independent study, very few of these are published or shared with the wider community. It is an aim of the IUSCA to facilitate better promotion of student research and to set a standard for publication.

The IUSCA will therefore be producing an Academic Journal, publishing research carried out by BSc and MSc students, as well as by PhD and academic staff. This will enable enhanced knowledge transfer and aid in the advancement of research. Furthermore, coaches and practitioners without links to academic institutions will have the ability to publish papers, helping bridge the gap between academia and practice.

The IUSCA Journal will be an open-access resource available online.

To facilitate high quality provision of S&C support, optimising student-athlete health and wellbeing, across all universities, by adhering to best practice guidelines

The evidence regarding the impact of university sport on long-term health and wellbeing has been clearly documented in the USA. This has shown the potential long-term benefits of healthy participation in sporting competition. It has also been demonstrated that there is a significant long-term risk to health and wellbeing related to injury. Well-structured and implemented S&C support has been shown to reduce this injury risk and also improve physical characteristics related to performance. It is therefore the stance of the IUSCA that all universities participating in inter-collegiate competition should have adequate S&C support available.

Our Position Stance document will highlight our guidelines and areas of emphasis for universities in regards to the provision, monitoring, and reviewing of practice to ensure optimal student-athlete health and wellbeing.

To provide endorsement and guidelines for internships and other support programmes

Internships are recognised as a valuable tool in the university sector, both for enhancing the potential workforce and service delivery available, and also as an important progressive development pathway for aspiring coaches. It has been recognised, however, that there is a vast array of standards regarding internships, where it is possible for an employer to use the intern only for their own benefit, neglecting the development needs of the intern.

The IUSCA will therefore publish guidelines regarding the acceptable standards and requirement for internships. A further extension of this will be the establishment of an endorsement scheme that allows compliant providers to quality assure their programmes and offers recognition and certification to their interns.

To work towards the fair recognition and remuneration of the S&C profession within the university sector

The IUSCA has carried out extensive research across the university sector and found that there is an inconsistent grading regarding the job role of an S&C Coach. Due to the highly competitive nature of the S&C profession, this has often resulted in roles being graded to a lower standard, with salaries being reflective of this. We have therefore developed recommended job titles that should be used wherever possible, along with corresponding HERA scores (UK) and associated salaries. This should help to standardise the provision within universities and gives the appropriate recognition for the S&C professional. We will be working closely with HR departments and recruiting managers, as well as Unions, to ensure that fair practice is met across the sector.

To facilitate knowledge transfer between institutions, their staff, students, and fellow professionals

With the growing number of academic courses specialising in S&C and the growing number of S&C departments at universities, there is an exceptional opportunity to improve the relationships between all stakeholders, enhancing knowledge transfer and opportunity for progression.

The IUSCA will therefore facilitate numerous events, including workshops, conferences and other networking opportunities for students and professionals to interact.