

3. Consultant Qualifications (minimum standards)

Consultant Qualifications (minimum standards) (As of June 2024)

<u>Science / Medicine</u>	<u>Minimum Qualifications</u>	<u>Services</u>
BIOMECHANICS	Master of Science <u>or</u> Master of Kinesiology <ul style="list-style-type: none"> • Must have valid liability insurance • Should have teaching/presentation experience • Should have experience working with high performance athletes and be actively involved in high performance sport science <i>(new applicants must have the ability to demonstrate their knowledge & experience)</i> • Must have experience with video analysis & technical skill analysis 	<ul style="list-style-type: none"> • Technical Skill Analysis by looking at the muscular, joint, and skeletal actions while performing a given task. • Can be accomplished through: <ul style="list-style-type: none"> - Qualitative research in order to understand a problem (ie: injury, skill flaw) and possibly develop potential quantitative research. - Quantitative research in order to generate numerical data in order to use statistics (ie: angles, speed, distances, etc) - May use: (Video, GPS, Accelerometry, Motion Sensors, Force Plates, Gyroscopes, Radar) • Sleep and Performance Workshop (must attend instructors' workshop)
EXERCISE PHYSIOLOGIST	Master of Science <u>or</u> Master of Kinesiology <u>or</u> Post Graduate Diploma in Kinesiology Relevant to the Science of Exercise Physiology <ul style="list-style-type: none"> • Must have valid liability insurance • Should have teaching/presentation experience • Should have experience working with high performance athletes and be actively involved in high performance sport science <i>(new applicants must have the ability to demonstrate their knowledge & experience)</i> • Must have one of the following certifications; CSCS, CSEP-CEP, ACSM-ET 	<ul style="list-style-type: none"> • Metabolic Conditioning: Training the Aerobic and Anaerobic Systems • Physiological Program Planning & Design • Physiological Testing-Lab <ul style="list-style-type: none"> -Testing includes: Max VO₂, flexibility, lean body mass, fat mass, and capacities,

	<ul style="list-style-type: none"> Should be a member in one of the following; NSCA, SKESA, CSEP, ACSM 	<p>aerobic/anaerobic power etc.</p> <ul style="list-style-type: none"> Physiological Testing-Field -Testing includes: leger, vertical jump, sit-ups, etc.) Sleep and Performance Workshop (must attend instructors' workshop)
<p>STRENGTH & CONDITIONING SPECIALIST</p>	<p>Must have a post-secondary degree in a health science related field</p> <ul style="list-style-type: none"> Must have valid liability insurance Should have teaching/presentation experience Should have experience working with high performance athletes and be actively involved in high performance sport science (<i>new applicants must have the ability to demonstrate their knowledge & experience</i>) Should be a member in one of the following; NSCA, SKESA, CSEP, ACSM <ul style="list-style-type: none"> <u>Credentials:</u> Must have Certified Strength & Conditioning Specialist (CSCS) with the following: <ul style="list-style-type: none"> a minimum of 100 hours of direct strength conditioning experience with a healthy Sport population supervised by a CSEP-CEP or CSCS certified individual; must provide a detailed accountability of the required experience hours and have this experience verified and signed by a CSEP-CEP or CSCS certified supervisor. <p><u>Or</u></p> <ul style="list-style-type: none"> <u>Credentials:</u> Canadian Society of Exercise Physiology – Certified Exercise Physiologist (CSEP-CEP) designation 	<ul style="list-style-type: none"> Core Strength Concepts in Warm-up, Cool-down, before competition or practice Stretching properly before competition or practice Weight Training Exercise Technique Resistance Exercise Training for Muscle Mass, Strength, and Power Foot Speed & Agility Development Plyometric Training Exercise Program Design and Prescription Exercise Ball Training Field Physiological Tests (eg. physical assessment, leger, vertical jump, sit-ups) Sleep and Performance Workshop (must attend instructors' workshop)

	Note: If an applicant possesses both CSEP-CEP & CSCS credentials, the CSEP-CEP takes priority.	
MENTAL PERFORMANCE CONSULTANT	<p>Minimum of a Master's Degree in Kinesiology, Science, Arts, or Education with relevance in sport psychology or sport mental skills.</p> <p>All new mental performance consultant applicants must have one of the following prior to applying:</p> <ul style="list-style-type: none"> • A professional membership with the Canadian Sport Psychology Association (CSPA) https://www.cspa-acps.com/ • Be a Certified Consultant with the Association of Applied Sport Psychology (AASP) https://appliedsportpsych.org/ 	<ul style="list-style-type: none"> • Parent-Athlete-Coach-Relations • Communication Skills • Team Building & Group Dynamics • Attentional control (focus/ concentration) • Emotional control (stress management) • Arousal control, Self-awareness • Goal Setting, Mental Imagery • Self-Talk • Routines before, during and after competition • Ideal Performance State • Mental Toughness Training • Maximizing effectiveness of practice • Sleep and Performance Workshop (must attend instructors' workshop)
SPORT DIETITIAN	<p>OPTION #1 - Applicants must have Minimum of a Bachelor of Science in Nutrition</p> <ul style="list-style-type: none"> • Must be a member with Dietitians of Canada (DC) https://www.dietitians.ca/ • Must be a member of Saskatchewan College of Dietitians (SCD) • Must have liability insurance • Must have teaching/presentation experience • Must have completed one of the following: <ul style="list-style-type: none"> • Certified Specialist in Sport Dietitian (CSSD) designation https://www.cdrnet.org/ • International Olympic Committee (IOC) Sport Nutrition Diploma https://www.sportsoracle.com/Nutrition/Home/ • Master's Degree in Science (MSc) in a field/discipline relevant to sport nutrition • Successful challenge of the SMSCS "Sport Nutrition Competency Exam" & fulfillment of the SMSCS Mentorship process 	<ul style="list-style-type: none"> • Basic Sport Nutrition • Fluids for Sport • Pre-Event and Post-Event Nutrition • Nutrition on the Road • Tournament and Multi-Event Nutrition • Weight Issues – Gaining and Losing Weight • Supplements • Sleep and Performance Workshop (must attend instructors' workshop)

	<p>Note: approved SMSCS Sport Nutrition Consultants are referred to as Sport Dietitians</p> <p>OPTION #2 - Applicants must have Minimum of a Bachelor of Science in Nutrition</p> <ul style="list-style-type: none"> • Must be a member with Dietitians of Canada (DC) https://www.dietitians.ca/ • Must be a member of Saskatchewan College of Dietitians (SCD) • Must have liability insurance • Must have teaching/presentation experience • Must Meet with SMSCS Staff Sport Dietitian regarding the “Sport Nutrition Competency Exam”. • Must write “SMSCS Sport Nutrition Competency Exam” & get a minimum of 75% to be a Successful Applicant (Note: Exam will be developed by SMSCS Staff Sport Dietitian based upon similar material in the CSSD exam). • Successful Applicant Must sit through a minimum of 2 presentations provided by the SMSCS Staff Sport Dietitian. • Successful Applicant Must present a minimum of 2 presentation in the presence of SMSCS Staff Sport Dietitian. • Upon completion of the above the Successful Applicant must meet with SMSCS Staff Sport Dietitian for a final debrief and approval. 	
<p>SPORT PHYSICAL THERAPIST (SMSCS Consultant)</p>	<p>Diploma or Certificate of Sport Physiotherapy</p> <ul style="list-style-type: none"> • Must hold a current license with the Saskatchewan College of Physical Therapists (SCPT) • Must be a member in good standing of Sport Physiotherapy Canada-Sask Section • Should have experience working with high performance athletes • Must have valid liability insurance <p>Note: Must attend drug education facilitators workshop if consultant intends on facilitating/instructing drug education workshop). Note: Must attend concussion education facilitators workshop if consultant intends on facilitating/instructing concussion education workshops.</p>	<ul style="list-style-type: none"> • Sport Injury Prevention and Care Workshop • Sport Wrapping & Taping Workshop • Injury Prevention & Management Session (1 hr) • Self-Massage & the Athlete Session (1h hr) • Concussion Education Awareness and Prevention Workshops (must attend instructors’ workshop) • Concussion Protocol Management Guidelines/Policies Development/ • Sleep and Performance

		<p>Workshop (must attend instructors' workshop)</p> <ul style="list-style-type: none"> • Medical Coverage at Events
<p>ATHLETIC THERAPIST (SMSCS Consultant)</p>	<p>Certified Athletic Therapist through CATA</p> <ul style="list-style-type: none"> • Must be a member in good standing of the Canadian Athletic Therapists Association (CATA) and Saskatchewan Athletic Therapists Association (SATA) • Must be a certified member of the CATA • Should have experience working with high performance athletes • Must have valid liability insurance <p>Note: Must attend concussion education facilitators workshop if consultant intends on facilitating/instructing concussion education workshops.</p>	<ul style="list-style-type: none"> • Sport Injury Prevention and Care Workshop • Sport Wrapping & Taping Workshop • Injury Prevention & Management Session (1 hr) • Self-Massage & the Athlete Session (1h hr) • Concussion Education Awareness and Prevention Workshops (must attend instructor's workshop) • Concussion Protocol Management Guidelines/Policies Development/Review • Sleep and Performance Workshop (must attend instructors' workshop) • Medical Coverage at Events
<p>SPORT PHYSICIAN (SMSCS Consultant)</p>	<p>'Diploma in Sport and Exercise Medicine' through CASEM. OR 'Certificate of Added Competence in Sport and Exercise Medicine' through the College of Family Physicians of Canada (upon completion of a Sports Fellowship Program).</p> <ul style="list-style-type: none"> • Must have an unrestricted license in Canada and be actively practicing in Canada • The primary care physician must be a member in good standing with the Canadian Academy of Sport and Exercise Medicine (CASEM) and the Saskatchewan Academy of Sport Medicine (SASM) • Other specialists, certified as FRCPC or FRSCS may not require a CASEM diploma • Should have experience working with high performance athletes • Must have valid liability insurance 	<ul style="list-style-type: none"> • Sport Injury Prevention and Care Workshop • Sport Wrapping & Taping Workshop • Injury Prevention & Management Session (1 h) • Self-Massage & the Athlete Session (1hr) • Concussion Education Awareness and Prevention Workshops (must attend instructors' workshop) • Concussion Protocol Management Guidelines/Policies

	Note: Must attend concussion education facilitators workshop if consultant intends on facilitating/instructing concussion education workshops.	Development/Review <ul style="list-style-type: none"> • Medical Coverage at Events
SPORT MASSAGE THERAPIST (SMSCS Consultant)	<p>Sport Fellow Member in Sport Massage Therapy through the Canadian Sport Massage Therapists Association (SFM-CSMTA)</p> <ul style="list-style-type: none"> • Must be a registered massage therapist • Must be a graduate of a 2200-hour curriculum-based massage therapy school • Must be licensed to practice in the province of Saskatchewan • Must be a member of the Canadian Sport Massage Therapists Association (CSMTA) • Should have experience working with high performance athletes • Must have valid liability insurance 	<ul style="list-style-type: none"> • Injury Prevention & Management Session (1 hr) • Self-Massage & the Athlete Session (1h hr) • Sport Injury Prevention and Care Workshop • Sport Wrapping & Taping Workshop • Sleep and Performance Workshop (must attend instructor's workshop) • Medical Coverage at Events
SPORT CHIROPRACTOR (SMSCS Consultant)	<p>Sport Sciences Fellowship with the RCCSS</p> <ul style="list-style-type: none"> • Must be a member in good standing of the Chiropractors Association of Saskatchewan (CAS) and/or Royal College of Chiropractic Sport Sciences (Canada) aka: RCCSS • Must be licensed in the jurisdiction where they practice • Should have experience working with high performance athletes • Must have valid liability insurance. 	<ul style="list-style-type: none"> • Sport Injury Prevention and Care Workshop • Sport Wrapping & Taping Workshop • Concussion Education Awareness and Prevention Workshops (must attend instructors' workshop) • Sleep and Performance Workshop (must attend instructor's workshop) • Medical Coverage at Events

Additional Consultant Credentials and Education required & renewed every 3 years:

- Canadian Centre for Ethics in Sport (CCES) on-line e-learning
- Criminal Record Check or ePic (Vulnerable Section only once required)
- Respect in Sport (RiS)
- Signoff on the SMSCS Safe Sport Policy
- Signoff on the Canadian Sport Centre Saskatchewan – Universal Code of Conduct to Prevent & Address Maltreatment in Sport (UCCMS)
- Screening Disclosure (yearly)