

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-HPS, 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)
STRENGTH & CONDITIONING SPECIALIST	<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-HPS or CSCS certified individual; must provide a detailed accountability of the required experience hours and have this experience verified and signed by a CSEP-HPS or CSCS certified supervisor. <p><u>Or</u></p> <ul style="list-style-type: none"> <u>Credentials:</u> Canadian Society of Exercise Physiology – High Performance Specialist (CSEP-HPS) 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-HPS & CSCS credentials, the CSEP-HPS 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. 	
SPORT PHYSICAL THERAPIST (SMSCS Consultant)	<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).</p> <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 instructors' workshop) • Concussion Protocol Management Guidelines/Policies Development/ • Sleep and Performance

		Workshop (must attend instructors' workshop) <ul style="list-style-type: none"> • Medical Coverage at Events
ATHLETIC THERAPIST (SMSCS Consultant)	Certified Athletic Therapist through CATA <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
SPORT PHYSICIAN (SMSCS Consultant)	'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). <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)