

FeelFit Foundation Launches a Seven-Level Coach Credential Pathway

A fully remote route from first-time volunteer to internationally recognised coach — built with the National Strength and Conditioning Association

SEPTEMBER 18, 2026 — FeelFit Foundation

FeelFit Foundation today announced the **FeelFit Coach Pathway**, a structured programme that takes a volunteer with no prior qualification and, level by level, builds them into a coach whose credentials are recognised around the world.

The pathway pairs FeelFit's own online training with certifications from the **National Strength and Conditioning Association (NSCA)**, a US nonprofit whose exams are offered in seven languages at test centres worldwide. Every FeelFit coach who progresses through the pathway earns standing that travels beyond FeelFit: to coach the public, to work alongside clinicians, and to train athletes, wherever they live.

"Come for the hike, the run, or the code. Stay because you can see what it added up to."

Why We Built It

Every coach in the FeelFit network is a volunteer, and most arrive without a formal credential. That has never stopped them being good coaches. But it has limited what they can do next, and it has made it harder for the people we serve to know what a FeelFit coach's training actually means.

The pathway fixes both. Each level carries a clear FeelFit title, a minimum number of hours, and, from Level 1 onward, an independent NSCA credential to match. A coach's progress is visible, portable, and **theirs to keep** — in the FeelFit network or wherever life takes them next.

How It Works

The programme is **100% remote**. All FeelFit training is self-paced and online. All coaching hours are delivered remotely to FeelFitters through the FeelFit Studios app. Mentoring, case reviews and assessments happen over video. The only travel a coach will make is a single visit to a Pearson VUE test centre for each NSCA exam they choose to take.

Every level adds at least 360 hours of combined training and coaching. At roughly seven hours a week, that's about a year per level — a real credential, earned at a pace that fits around a volunteer's life.

The Seven Levels

Each level below stands on its own: a title you can put on a resume, a credential body outside FeelFit stands behind (from Level 1 on), and a clear number of hours that got you there.

LEVEL 0

Foundation Coach

360 hrs total

240 hours of online training in movement fundamentals, behaviour change, remote coaching practice, safeguarding and reading FeelFit Studios telemetry, plus 120 hours of remote coaching under a mentor. An online CPR/AED course is completed here and kept current at every level. No degree or prior certificate required — Foundation Coaches work with up to three FeelFitters. Volunteers who already hold an accredited coaching certificate complete an 80-hour online bridge and enter directly at Level 1.

LEVEL 1

Certified Coach

■ **NSCA Certified Personal Trainer (NSCA-CPT)**

720 hrs cumulative

200 more hours of training and 160 more hours of remote coaching, then the NSCA-CPT exam. Prerequisites: 18 or over, a high school diploma or equivalent, and current CPR/AED — that's it. Certified Coaches lead a team of 3 to 15 FeelFitters independently and hold an **NCCA-accredited credential recognised by employers and gyms internationally**.

LEVEL 2

Inclusive Health Coach

■ **NSCA Certified Special Population Specialist (CSPS)**

1,080 hrs cumulative

160 hours of training and 200 hours of remote coaching, including a written case study on a FeelFitter managing a chronic or temporary health condition. The Level 1 NSCA-CPT satisfies the CSPS prerequisite; no degree is needed. Inclusive Health Coaches work with people whose health needs call for specialised attention, in partnership with healthcare professionals, and begin mentoring Foundation Coaches. This level sits at the heart of FeelFit's mission.

LEVEL 3

Resilience Coach

■ **NSCA Tactical Strength and Conditioning Facilitator (TSAC-F)**

1,440 hrs cumulative

120 hours of training and 240 hours of remote coaching. Prerequisites match the NSCA-CPT, so no degree is required, and this is the one NSCA exam currently offered online through remote proctoring. Resilience Coaches serve veterans, police, fire and emergency-service FeelFitters and lead FeelFit's live virtual training sessions — the highest level reachable without a degree, and four recognised standings for 1,440 hours of work.

LEVEL 4

Strength & Performance Coach

■ NSCA Certified Strength and Conditioning Specialist (CSCS)

1,800 hrs cumulative

120 hours of training and 240 hours of remote coaching. The CSCS requires a bachelor's degree in any field (US degrees accepted through the end of 2029; degrees earned outside the US through 2036) and CPR/AED.

Strength & Performance Coaches train athletes from recreational to elite and design FeelFit's strength programming.

LEVEL 5

Performance Scientist

■ NSCA Certified Performance and Sport Scientist (CPSS)

2,160 hrs cumulative

60 hours of training and 300 hours of remote coaching and data work. The CPSS is the NSCA's most advanced certification, requiring a degree in sport science or a closely related field plus professional experience — a bachelor's plus three years' full-time work, a master's plus 480 applied hours, or a doctorate. Performance Scientists lead the coaching science behind FeelFit Studios' algorithms and outcome evaluation.

LEVEL 6

Master Coach

■ RSCC (NSCA registry) · FeelFit Master Coach

2,520 hrs cumulative

360 hours of remote coaching and mentoring, including guiding at least ten coaches through Level 1. There is no exam. Coaches who hold the CSCS and have two or more years of full-time team-sport coaching may also apply to the NSCA's Registered Strength and Conditioning Coach (RSCC) registry, with RSCC*D at ten years and RSCC*E at twenty. Master Coaches set FeelFit's coaching standards worldwide and represent the Foundation to partner bodies.

At a Glance

Level	FeelFit Title	NSCA Credential	Training hrs	Coaching hrs	Cumulative	Exam	Degree?
0	Foundation Coach	—	240	120	360	None	No
1	Certified Coach	NSCA-CPT	200	160	720	Test centre	No
2	Inclusive Health Coach	CSPS	160	200	1,080	Test centre	No
3	Resilience Coach	TSAC-F	120	240	1,440	Online / test centre	No
4	Strength & Performance Coach	CSCS	120	240	1,800	Test centre	Yes
5	Performance Scientist	CPSS	60	300	2,160	Test centre	Yes + exp.
6	Master Coach	RSCC / FeelFit	—	360	2,520	None	Yes (RSCC)

Notes for Volunteers

- **Exams are taken at a test centre.** NSCA exams are administered at Pearson VUE centres in most countries. Each exam is a single visit; everything else in the pathway is remote. The TSAC-F at Level 3 can also be taken online with remote proctoring.
- **CPR/AED.** You can register and sit an NSCA exam before your CPR/AED is complete, but the certificate must reach the NSCA within a year of your exam date. FeelFit will point you to online-delivered courses the NSCA accepts.
- **Exam fees.** NSCA exam fees are paid by the volunteer at registration. FeelFit is working to secure a standing discount for its coaches and will publish details as soon as they're agreed.
- **Study materials** are not included in NSCA exam fees. FeelFit's training at each level is designed to prepare you for the corresponding exam, and the NSCA also offers optional online prep clinics.
- **Already certified?** If you hold an accredited coaching certificate from any body, complete the 80-hour bridge and start at Level 1.
- **Nutrition and yoga** are outside the NSCA's scope. Coaches who want to specialise in either will be guided to a complementary credential.

Start Here

Register at www.feelfitfoundation.org/Account/Register, choose the Coach track, and your Level 0 training begins the same day.

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FeelFit Foundation is a nonprofit that helps youth and adults build confidence, wellness and essential life skills, regardless of ability or income, through community events, the free FeelFit Studios app, and a volunteer network of coaches, trainers and therapists. www.feelfitfoundation.org