

# THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION— OUR NEW PARTNERS

The H.J. Lutchter Stark Center for Physical Culture and Sports is proud to announce that it has received a three-year commitment from the National Strength and Conditioning Association (NSCA) to fund one of the Center's permanent exhibits and to stimulate research in the history of "strength coaching" as a profession. This joint project is aimed at a better understanding of the history of strength and conditioning for athletes and the role played by the NSCA in that process.

The NSCA's three-year, \$51,000 donation will finance three Graduate Research Assistant positions dedicated to the development of both a museum exhibit and a "virtual history," which will be posted on the Stark Center website. The museum exhibit will be comprised of photographic, text, and artifact displays that explore the history of conditioning for sports from ancient times to the modern era. The story of the NSCA's formation; its influence in helping to establish a professional base for strength coaching and personal training; and the importance of the NSCA's journals, symposia, position papers, and research efforts will be situated within this framework.

The virtual or online exhibit will provide a more academically-oriented supplement to the museum exhibit, and will also contain a detailed history of strength training for athletics, with dozens of photographs, drawings, posters, and short video and film clips taken from interviews conducted with individuals who were pioneers in the development of the NSCA and those whose research and leadership have helped the NSCA grow into the most important professional organization of this type in the world.

In response to the NSCA's support, The Stark Center will provide appropriate space in the Weider Museum and other galleries for displays relating to the preparation of athletes; cover the expenses involved in

the design and construction of the exhibits; and oversee an effort to locate interviewees, supervise the interview process, and coordinate the transcription of the interviews so that they can be made permanently available to researchers.

The National Strength and Conditioning Association is an international, nonprofit educational association founded in 1978. Evolving from an original membership of 76, the association now serves nearly 30,000 members in 52 countries. Drawing upon its vast network of members, the NSCA develops and presents research-based information regarding strength training, other conditioning practices, and injury prevention. The gift marks another step in the NSCA's long-standing commitment to bridging the gap between academic research and practical application.

The H.J. Lutchter Stark Center for Physical Culture and Sports is an academic research center at the University of Texas at Austin. The Center houses the Todd-McLean Physical Culture Collection,

which is the world's largest assemblage of archival materials relating to physical culture, broadly defined. It includes material and artifacts related to competitive sports such as golf, football, tennis, baseball, track and field, wrestling, basketball, and field sports as well as material and artifacts related to weight training, bodybuilding, physical education, conditioning for sports, health, alternative medicine, and nutrition. Its holdings include the Joe Weider Art Collection, the Ben Crenshaw Golf Collection, the Peary and Mabel Rader Photo Collection, the Dr. Kenneth Cooper Aerobics Collection, and the Ottley Coulter and Harold Weiss Book and Magazine Collections. The Stark Center is scheduled to open sometime in 2009 and will occupy 27,500 square feet on the second level of the newly-constructed north end-zone of the Darrell K. Royal Texas Memorial Stadium.

