

# NSCA University Online

Welcome to NSCA University's online learning environment. This presentation will show you how to get started using online courses. By navigating your way to the **NSCA University Online** at [www.nscauonline.org](http://www.nscauonline.org) you are just about ready to begin your online education.

Before you can access most courses in the online University you must have a Username and Password.

These can be obtained by contacting NSCA at 1-800-446-6722 and asking for the Education department. They will enroll you in the course of your choice and send you your username and password.

Once you have your username and password, enter them in the boxes provided in the Log On block.

Now click on the "Login" button. If this is your first time logging on, you will be asked to change your password. To do this, enter your current password, provided by NSCA, in the "Current Password" box and then enter a new password in the "New Password" box and confirm it by re-entering it in the "New Password (again)" box. Your new password must be at least 8 characters long and contain at least 1 digit, 1 lowercase letter, 1 uppercase letter and 1 non-alphanumeric character. Please choose a password you will remember, or make a note of it, as NSCA will not have a record of it.

Click "Save changes", then "Continue" to submit your new password and be taken to your profile, where you can view or edit your profile information. Please verify that your email address is correct.

When you are finished with your profile, click on the "Home" link located under the NSCA University Online logo in the top left corner of the your screen to proceed to your **NSCA University Home page**.

The "My courses" block in the center of this page will show you the courses you are enrolled in. You can get a complete listing of all NSCA University Online courses by clicking the "All Courses" button located just below your displayed courses. Also shown on the site home page is any current **Calendar** items, if you have any **Messages** pending, a link to technical requirements, and links to plug-ins you may need.

From your home page you can just click on the Course you wish to enter, listed in the "My courses" block. When you enter a course, you will notice the "Home" link is followed by the "short name" of your course. These are the start of **breadcrumbs** which will display where you are in the course and allow you to always go back to the site or course home page by clicking on these links.

You should note that many lesson activities will open new windows to present information for review. Some pop-up blockers may need to be turned off to allow this to happen. When completing these activities, closing these new windows should take you back to the location from which it was opened.

This concludes the overview of the NSCA University's online learning environment. Now it is your turn to Log On and look around.

Thank you for enrolling in the **NSCA University Online** and we wish you success in all your online classes.

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