Strength & Conditioning

Course Objectives:
- Learn the benefits of a Strength and Conditioning Program
- Understand the importance of designing an individualized training program
- Define the theories and guiding principles of strength and conditioning
- How to create a balanced exercise prescription plan
- Understand the components of diet and nutrition and the six essential nutrients
- Understand the dangers of performance-enhancing drugs and the benefits of dietary supplements and ergogenic acids

Unit 1: Course Introduction

Unit 2: Strength and Conditioning Introduction
- Strength and Conditioning Programs
- The Role of the Strength and Conditioning Coach
- Using Your Facilities

Unit 3: Theories of Strength and Conditioning
- General Definitions
- Guiding Principles
- Exercise Prescription

Unit 4: Exercise and Workout Basics
- Warming Up
- Mechanics of Safe and Effective Exercise
- Plyometrics
- Quiz
- Speed and Agility
- Power
- Strength
- Developing the Core
- Balance and Coordination
- Cooling Down

Unit 5: Training Program Consideration
- Testing and Screening
- Factors Affecting Training
- Common and Popular Programs
- Quiz
- Diet and Nutrition
- Performance Enhancing Substances
- Legal Issues and Risk Management
- Special Issues

Unit 6: Program Assessment
- Effective Program Assessment
- Program Analysis
- Quiz
- Tracking
- Effectiveness, Efficiency and Improvement

Resources: General: NSCA Strength and Conditioning Glossary; Videos: Coaching the Bench Press; Coaching the Bent Over Row; Coaching the Deadlift; Coaching the Overhead Press; Coaching the Squat. Unit 1: CSCS Credentials Defined; Job Descriptions; Strength and Conditioning Professional Standards and Guidelines; Testing and Research video; Unit 2: Rules of Exercise Prescription; Videos: 8 individual demonstration videos; Unit 3: Physical Preparedness Pyramid; Videos: 62 individual demonstration videos; Unit 4: Nutrition Resources; Choose My Plate; Anabolic Steroid Adverse Effects; Anabolic Steroids FAQ; Position Stand on Androgen and Human Growth Hormone Use; Types of Anabolic Steroids; Safety and Risk Forms; NSCA Policies and Procedures; NSCA Emergency Procedures; Videos: 8 individual demonstration videos. Unit 5: Facility Organization and Risk Management; NSCA Sample Survey – Strength Training; NSCA Sample Survey – Sports Programs; Video: Coaching Pro Agility.