



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.