

# bulletin

NSCA member magazine • December 2008 • Issue 30.7

## International Conference on Strength Training Wrap-Up

New theories about strength training bombard us daily and it's not always easy to separate fact from fad. Are weight training classes on the internet as effective as traditional classes? Is it ever possible to override genetics to get the body of a movie star? Is it true that strength training has very little cardiovascular benefits? From the U.S. to Japan and Europe, there is a high demand for practical, science-based information.

Recently professionals from more than 30 countries flocked to Colorado Springs, Colorado to explore some of the most exciting new research and training techniques for improving athletic performance and fitness during the 6th International Conference for Strength Training. The Conference, the first ever of its type held in the U.S., was hosted by the NSCA and the International Society of Sports Nutrition. Participants included strength and conditioning coaches, sports scientists, and fitness professionals.

The hot topics were easy to spot, crossing any cultural lines and language barriers that might have existed. For example, some men still strive for abs like a celebrity's despite their own physiology. Can tactical strength training ever override genetics? This age-old question was reviewed from a fresh scientific perspective, and it was concluded that the benefits of well-designed strength and conditioning programs and specific nutritional techniques may be able to positively influence these attributes, genetics still play the greatest role in the results attained.



*Jose Antonio, John Ivy, Jeff Stout, and Arny Ferrardo present sessions on: Enhancing strength and hypertrophy with nutrition.*

Another interesting discussion centered around the Internet. Can students really learn to weight train properly if they receive much of their instruction online? It was revealed that while technology can't completely replace the benefits of having an instructor monitoring technique and progress, online learning was actually quite effective in teaching the basic skills.

Sports nutrition, particular the role of protein, is an area of never-ending controversy. How much should be consumed to build muscle? Is it best consumed before or after a training session? The surprising news that came out of the conference is that the role of nutrient timing has a much more profound effect on the accrual of lean tissue and muscle recovery than previously known.

Another enduring question is whether strength training can enhance cardiovascular health. The good news is that after reviewing the latest

scientific findings, experts have concluded that strength training does help to improve resting heart rate and blood pressure, lipid (cholesterol) levels, blood pressure, peak oxygen consumption and helps to keep arterial walls pliant.

Participants also discovered the latest techniques for strength training based on the age of the athlete (ranging from children to aging individuals); and they learned new training techniques and considerations to better help those diagnosed with certain diseases including cardiovascular disease, leukemia, diabetes and breast cancer.

The participants have now returned home and will begin to funnel what they have learned to the mainstream population. From professional athletes to school-age sports participants, active people worldwide will ultimately gain from conferences such as this one.

# Call to Action

## Personal Trainer – Advanced Recognition (PT-AR)

Deadline: December 31, 2008

The NSCA Personal Trainer – Advanced Recognition (PT-AR) is designed to acknowledge currently certified NSCA-CPT individuals that go above and beyond the call of duty as a fitness professional, representing and serving the National Strength and Conditioning Association. This advanced recognition will be awarded to those individuals who uphold a higher standard for the personal training profession and devote extra time and effort to exemplify leadership in the strength, conditioning, wellness, and fitness industry. For more information go to <http://www.nasca-lift.org/Education/nscaptar.shtml>

## Education Recognition Program

Deadline: January 1, 2009

The NSCA Education Recognition Program (ERP). Currently, the NSCA has 3 ERP programs available:

### ERP Personal Training Program

Recognizes colleges and universities that offer two and four year educational programs in personal training.

### ERP Strength and Conditioning Program

Recognizes colleges and universities that offer at least a bachelor's degree with an emphasis in strength and conditioning.

### ERP Graduate Studies Program

Recognizes colleges and universities that offer at least a master's degree related to strength and conditioning or sport performance. There are two levels of recognition - applied curricular and research curricular.

For more information please visit the NSCA website at the following link, <http://www.nasca-lift.org/ERP/default.asp>.

## Call For Abstracts

Deadline: March 1, 2009 at 5:00pm MST

The NSCA is currently soliciting abstracts for the Applied Research sessions at next year's National Conference in Las Vegas, NV, July 8 – 11, 2009.

For a comprehensive guide, please read the NSCA Research Abstract Submission & Presentation Guidelines, which is available online at <http://www.nasca-lift.org/Abstracts/>.

## Submission Guidelines

- All research abstracts must now be submitted online at <http://www.nasca-lift.org/Abstracts/>.
- The abstract submission deadline for each year's National Conference is 5:00 PM MST on March 1, 2009.
- Abstracts can be presented as 15-min oral or poster presentations.
- Any person who wishes to submit a research abstract must be a member of the NSCA or sponsored by a member of the NSCA.
- One person may be the primary author on two abstracts. However, only one abstract may be presented as an oral presentation.
- Please do NOT submit an abstract if your attendance at the National Conference is questionable. Abstract presenters must attend the meeting and pay the registration fee for the National Conference.
- Notification regarding the acceptance/rejection will be sent approximately 2 months in advance of the NSCA National Meeting.

Any questions can be directed to Joel T. Cramer, PhD, CSCS,\*D; NSCA-CPT,\*D, FNSCA at [jcramer@ou.edu](mailto:jcramer@ou.edu).

## MOVED or MOVING?

Keep your NSCA periodicals coming to you in a timely manner. Update your address and information on the NSCA web site.

[Click Here to Update »](#)

# Coaching Performance Update

The NSCA has lowered the cost of an NSCA Index Test License to \$99 per year. NSCA Executive Director Robert Jursnick said, "In our continuing effort to expand our high school programs we are lowering the cost of the NSCA Index Test License so more schools can benefit from the testing and evaluation features and participate in our Index Competitions."

Schools with an NSCA Test License can participate in these exciting national and international events in 2009.

## Cyber Qualifier #1

December, 11th, 2009

## Cyber Qualifier #2

March 5th, 2009

## Women's National Championship

Colorado Springs, CO  
June 6th, 2009

## Men's National Championship

El Paso, TX  
May 9th, 2009

## International Invitational

Las Vegas, NV  
July 8 – 10, 2009

The NSCA will host a Cyber Qualifier in the 2008 Fall semester and one in the 2009 Spring semester to give an equal chance to athletes that are competing in different sports in different seasons. A Cyber Qualifier is performed at your own facility and Index scores are entered online to compete with other athletes across the country. The Index scores from December 11th are mixed in with the Index scores from March 5th to identify the top ten male and top ten females that will be invited to the National Championship event. The winner of the National Championship will represent their country at the International Invitational against athletes from the United States, Japan, Ireland, United Kingdom, Canada, and other countries.

To see the 2008 results, pictures, and a video of the International Index Invitational visit, <http://www.nsca-lift.org/Fly%20Solo%20Program/intlchamp.shtml>

The Las Vegas Paris Hotel and Casino will again be the site for the International Index Invitational.

Go to <http://www.nsca-lift.org/Fly%20Solo%20Program/threepaths.shtml> to purchase an NSCA Index Test License. If you have any questions please contact Boyd Epley [bepley@nsca-lift.org](mailto:bepley@nsca-lift.org)

**Register Online for NSCA Events**

Go to page 8 of the Bulletin for a calendar of events or [click here to register.](#)

**NSCA™**

**SSTC09**

**Sport-Specific Training Conference**  
January 9 – 10, 2009 / Opryland Hotel / Nashville, Tennessee

information / registration • 800-815-6826  
[www.nsca-lift.org/SSTC2009](http://www.nsca-lift.org/SSTC2009)

## 2008 Southeast Regional Clinic Spotlight

The 2008 Southeast Regional Clinic was hosted by Appalachian State University's Department of Health, Leisure, and Exercise Science in Boone, NC on Saturday, November 8 and Sunday, November 9th. This is the third consecutive year the Southeast Regional Clinic has been held. The 2006 Southeast Regional Clinic was held in Boone, NC at Appalachian State University and in Virginia in 2007. This year's clinic was a collaborative effort of NSCA State Directors from North Carolina, South Carolina, and Georgia. The clinic was well attended with 103 participants.

This year's keynote speakers included Dr. Greg Haff, Dr. Jeff McBride, and Dr. Travis Triplett. All three are Fellows of the NSCA and highly respected in the strength and conditioning field. Dr. Haff is also currently serving on the NSCA Board of Directors. Dr. Haff gave a 2 hour presentation on "Periodization: Sequencing Training". Dr. Jeff McBride presented on "Is Functional Training Functional" and Dr. Travis Triplett presented on "Testing and Evaluation of Athletic Performance Using Field Based Testing."

Other speakers and presentations included:

*The ABD's of Recovery Nutrition*

N. Carolina State Director Paul Moore

Sponsored by EAS

*Preventing Hamstring Injuries*

S. Carolina State Director Steve Mannino

*Team Training Using*

*Multiple Modalities*

Georgia State and Southeast Regional

Director Dr. Mike Martino

*Overtraining: Causes, Monitoring, and Training Adaptations*

Dr. Chris Black

*Training Athleticism in a Team Setting*

Ethan Reeve

*Incorporating Pilates to Benefit*

*Your Clients*

Cindi Began

*Strongman: The MMA of Strength Sports*

Travis Gardner and Naomi Elliot

We would like to extend a special thank you to everyone who has attended one of these regional clinics and to all the speakers, volunteers, and students who

have helped make these possible. In looking toward the future, the Southeast Region State Directors foresee the growth and expansion of this event to include student poster/research sessions, greater national level speaker involvement, and host events throughout the region that are of equal quality to the NSCA national level events. If you are interested in helping host an event or would like information about upcoming events, please contact Dr. Mike Martino at Mike.Martino@gcsu.edu (Southeast Region), Paul Moore at paulmoore33@hotmail.com (NC), or Steve Mannino at Steve.Mannino@furman.edu (SC). Additionally, make sure to check the NSCA Bulletin as well as the NSCA Forums website, [www.nscalift.org/forums](http://www.nscalift.org/forums), for news and upcoming events.



## NSCA PRODUCTS

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Non-Member Price: \$35

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# Certification CEU Quiz

The CEU quiz printed in the Bulletin will now be based on an article found in the previous issue of the Strength and Conditioning Journal. Also, the CEU quiz will be available online at [www.nasca-cc.org](http://www.nasca-cc.org) each time the Strength and Conditioning Journal is published. Each CEU quiz is worth 0.5 CEU in Category B and qualifies for Recertified with Distinction. Visit [www.nasca-cc.org/ceus/quizzes.html](http://www.nasca-cc.org/ceus/quizzes.html) to take additional online CEU quizzes.

## Training Explosiveness: Weightlifting and Beyond *Strength and Conditioning Journal* • Volume 30, Number 6, pages 14 – 22



*Note: This quiz may be used by the CSCS and NSCA-Certified Personal Trainer to acquire 0.5 CEU. Certified Athletic Trainers will receive 1 CEU for completing this CEU Quiz. BOC Approved Provider #: P2301-1*

- Which of the following training methods incorporates performing plyometrics one day and strength training on the following day?  
A. traditional combination training  
B. compound training  
C. complex training  
D. contrast training
- According to this article, which of the following is the maximum number of repetitions that should be performed by advanced athletes for the partial power clean exercise?  
A. 1  
B. 3  
C. 5  
D. 7
- Which of the following activities is reported to have the lowest incidence of injury?  
A. football  
B. basketball  
C. gymnastics  
D. weightlifting
- Which of the following training methods incorporates performing alternating strength exercises with power training from set to set?  
A. traditional combination training  
B. compound training  
C. complex training  
D. contrast training
- Which of the following exercises are used to specifically target speed strength performance?  
I. power clean  
II. power snatch  
III. squat clean  
IV. squat snatch  
A. I and II only  
B. III and IV only  
C. I and III only  
D. II and IV only
- Which of the following training methods incorporates performing power exercises at the beginning of a workout prior to strength training?  
A. traditional combination training  
B. compound training  
C. complex training  
D. contrast training
- To MOST effectively improve jump height of a collegiate basketball player, the strength and conditioning professional should use which of the following combinations of exercises?  
A. back squat paired with box jump  
B. back squat paired with good morning jump  
C. RDL paired with box jump  
D. RDL paired with good morning jump
- Which of the following training methods is MOST appropriate to use with advanced and stronger athletes?  
A. traditional combination training  
B. compound training  
C. complex training  
D. contrast training
- Which of the following considerations should be accounted for when determining when alternative methods to training explosiveness would be used?  
I. they are more effective  
II. the athlete lacks flexibility  
III. the athlete lacks strength  
IV. less incidence of injury  
A. I and II only  
B. II and III only  
C. III and IV only  
D. I and IV only
- Which of the following training methods incorporates performing several sets of heavy strength training followed by lighter power exercises?  
A. traditional combination training  
B. compound training  
C. complex training  
D. contrast training

Answers to the CEU Quiz in Vol. 30.4 of the *Strength and Conditioning Journal*

- |      |       |
|------|-------|
| 1. D | 6. A  |
| 2. D | 7. A  |
| 3. B | 8. B  |
| 4. A | 9. A  |
| 5. C | 10. A |



# CSCS and NSCA-CPT CEU Quiz Answer Form

Training Explosiveness:  
Weightlifting and Beyond  
(Volume 30, Number 6  
Pages 14 – 22)

	A	B	C	D
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CSCS Certification Number \_\_\_\_\_

NSCA-CPT Certification Number \_\_\_\_\_

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Mailing Address \_\_\_\_\_

City/State/Country \_\_\_\_\_

ZIP/Postal Code \_\_\_\_\_  Please check here if this is a new address

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Fax Number \_\_\_\_\_

Email Address \_\_\_\_\_

NSCA members now have two options for submitting CEU Quizzes found in the *Strength and Conditioning Journal*—You may submit your answers for this quiz online, or you may mail in this answer form. **Instructions:** Fill in the square that represents your selection of the best answer for each of the quiz questions. To receive 0.5 CEU, you must answer 70% of the questions correctly.

### Option 1 (Online\*)

Complete the online form at [www.nasca-cc.org/ceus/quizzes.html](http://www.nasca-cc.org/ceus/quizzes.html) and pay the \$15 processing fee via the NSCA's secure Web site by March 1, 2009.

### Option 2 (Mail\*)

Complete this form and mail it with a \$15 (U.S. funds) payment by March 1, 2009 to:  
NSCA Certification, 1885 Bob Johnson Drive, Colorado Springs, CO 80906.

*\* If you submit your answers online, your results will be emailed to you. If you submit the quiz by mail, your results will be mailed or emailed to you. Please keep a copy of your quiz results for CEU documentation through the end of the reporting period.*

### Payment Information

- Check or money order (U.S. funds only) payable to: NSCA
- VISA     MasterCard     American Express     Discover

Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

**NOTE: The NSCA destroys all quiz answer forms after processing. Please photocopy this answer form for your records before submitting it to the NSCA Certification Department.**

## Upcoming CSCS Exams

### Saturday, February 7

- Atlanta, Georgia
  - Houston, Texas
  - Las Vegas, Nevada
  - Los Angeles, California
  - New York, New York
  - Oakland, California
  - Orlando, Florida
  - Phoenix, Arizona
  - Pittsburgh, Pennsylvania
  - Toronto, Ontario
  - Vancouver, British Columbia
  - Washington, DC
- early registration deadline: Nov. 28, 2008  
registration cutoff: December 12, 2008

### Tuesday, February 10

- Sendai, Japan
- early registration deadline: Dec. 2, 2008  
registration cutoff: Dec 16, 2009

### Friday, February 13

- Oita, Japan
- early registration deadline: Dec. 5, 2008  
registration cutoff: Dec 19, 2008

### Saturday, February 14

- Boone, North Carolina
- early registration deadline: Dec 5, 2008  
registration cutoff: Dec 19, 2009

### Saturday, February 28

- Stillwater, Oklahoma
- early registration deadline: Dec 19, 2008  
registration cutoff: January 2, 2009

### Saturday, March 28

- Bowling Green, Kentucky
- early registration deadline: Jan 16, 2009  
registration cutoff: January 30, 2009

*For a list of recently added exam sites, please visit [www.nasca-cc.org](http://www.nasca-cc.org). Candidates residing outside of the United States, Canada and Puerto Rico may register at the member price for the certification exam.*

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*NSCA members, if you have any questions or comments regarding the NSCA you can contact the NSCA Board of Directors. Be sure to have your member login information ready.*

[www.nasca-lift.org/BOD/default.asp](http://www.nasca-lift.org/BOD/default.asp)

**NSCA Mission**

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.



**NSCA Events Calendar**

**2008**

**12/6**

**Oklahoma State Clinic**  
 Contact: Jack Carter  
 Phone: +1 405-329-5050  
 Email: JnFCart221@cox.net  
 Location: University of Oklahoma, Norman, OK  
 CEUs: 0.7

**12/6**

**Strength and Acceleration Workshop**  
 Contact: Davis Koh  
 Phone: +1 949-540-5641  
 Email: davis@kohpt.com  
 Location: Ther-er Health Institute, Irvine, CA  
 CEUs: 0.8

**12/14**

**Washington State Annual Fall Strength and Conditioning Clinic**  
 Contact: Kathryn Russell  
 Phone: +1 206-930-1948  
 Email: katrussell@yahoo.com  
 Location: Pro Sports Club, Bellevue, WA

**2009**

**1/9 – 10**

**2009 NSCA Sport-Specific Training Conference**  
 Contact: Conference Department  
 Phone: 800-815-6826  
 Email: conferences@nsca-lift.org  
 Location: Opryland Hotel, Nashville, TN  
 CEUs: 1.6

**3/15 – 16**

**2009 Personal Trainers Conference**  
 Contact: Conference Department  
 Phone: 800-815-6826  
 Email: conferences@nsca-lift.org  
 Location: Flamingo Hotel, Las Vegas, NV  
 CEUs: TBD

**7/8 – 12**

**2009 NSCA National Conference**  
 Contact: Conference Department  
 Phone: 800-815-6826  
 Email: conferences@nsca-lift.org  
 Location: Paris Hotel, Las Vegas, NV  
 CEUs: TBD

**Upcoming NSCA-CPT Exams**

**Saturday, February 7**

Atlanta, Georgia  
 Houston, Texas  
 Las Vegas, Nevada  
 Los Angeles, California  
 New York, New York  
 Oakland, California  
 Orlando, Florida  
 Phoenix, Arizona  
 Pittsburgh, Pennsylvania  
 Toronto, Ontario  
 Vancouver, British Columbia  
 Washington, DC  
 early registration deadline: Nov. 28, 2008  
 registration cutoff: Dec. 12, 2008

**Monday, February 9**

Sendai, Japan  
 early registration deadline: Dec. 1, 2008  
 registration cutoff: Dec. 15, 2008

**Saturday, February 14**

Boone, North Carolina  
 Nigata, Japan  
 early registration deadline: Dec. 5, 2008  
 registration cutoff: Dec. 19, 2008

**Monday, February 16**

Kyoto, Japan  
 early registration deadline: Dec. 8, 2008  
 registration cutoff: Dec. 22, 2008

**Wednesday, February 18**

Tokyo, Japan  
 early registration deadline: Dec. 10, 2008  
 registration cutoff: Dec. 24, 2008

**Saturday, February 21**

Okinawa, Japan  
 early registration deadline: Dec. 12, 2008  
 registration cutoff: Dec. 26, 2008

**Friday, February 27**

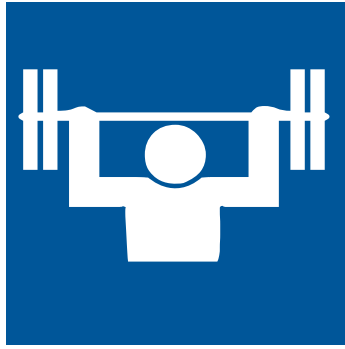
Tokyo, Japan  
 early registration deadline: Dec. 19, 2008  
 registration cutoff: Jan. 2, 2009

**Saturday, February 28**

East Stroudsburg, Pennsylvania  
 Stillwater, Oklahoma  
 early registration deadline: Dec. 19, 2008  
 registration cutoff: Jan. 2, 2009

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# PERSONAL TRAINERS CONFERENCE 2009

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