Coach Education
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NSCA National Strength and Conditioning Association

Strength & Conditioning

Unit 1: Strength and Conditioning Introduction

- Strength and Conditioning Programs
- The Role of the Strength and Conditioning Coach
- Using Your Facilities

Unit 2: Theories of Strength and Conditioning

- General Definitions
- Guiding Principles
- Exercise Prescription

Unit 3: Exercise and Workout Basics

- Mechanics of Safe and Effective Exercise
- Pylometrics
- Speed and Agility
- Power
- Strength
- Developing the Core
- Balance and Coordination
- Cooling Down

Unit 4: Training Program Consideration

- Testing and Screening
- Factors Affecting Training
- Common and Popular Programs
- Diet and Nutrition
- Performance Enhancing Substances
- Legal Issues and Risk Management
- Special Issues

Unit 5: Program Assessment

- Effective Program Assessment
- Program Analysis
- 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.