



Call for Youth Training Programs

The National Strength and Conditioning Association is currently creating a resource manual specifically designed to provide scientifically based fitness programs designed to increase physical activity levels in children to assist in reversing the current trends in childhood obesity and inactivity.

The NSCA is seeking youth training programs written by NSCA members who are health/physical education teachers, personal trainers, health care providers, and strength and conditioning professionals. Programs can target apparently healthy youth or children with special needs. In addition, these programs may take place in schools, hospitals, recreation centers, fitness centers, or other facilities with qualified individuals providing instruction and supervision. To contribute to this work the following criteria and information must be provided.

Name of the Program _____

Creators/Contributors _____

NSCA Member Name _____ NSCA Member # _____

CSCS or NSCA-CPT Certification # _____

At least one contributor must be an NSCA member. Additionally, at least one contributor must be certified through the NSCA (CSCS or NSCA-CPT).

Primary Contact Information:

Name _____

Institution _____

Street Address _____

City _____ State _____ Zip _____

Work Phone _____ Preferred Phone _____

Email Address _____

Performance Objectives

All programs submitted must meet the following objectives and guidelines.

NSCA Objectives and Guidelines for the Youth Action Plan Manual

1. Program is developmentally appropriate.
2. Program shows evidence of clearly delineated training/learning progressions to promote improved fitness for youth involved in the training program.
3. Program is supported by peer-reviewed and evidence based research that targets the appropriate age groups.
4. Program will enhance participants overall attitudes toward physical activity and reinforces healthy lifestyle behaviors.
5. Program includes scientifically based protocols for health fitness and/or skill fitness development for the target age groups.
6. Programs should identify which of the following age groups the activity is targeting—Prepubescent children (younger than 14) and/or pubescent children (older than 14).
7. While realizing that there may be some special needs children who may not be able to participate in all of the fitness programs that may be submitted it is important that the selected program does not intentionally discriminate on the basis of physical prowess/limitations. In addition the NSCA is actively seeking and encouraging the submission of fitness programs specifically designed for all types of special needs youth in the previously specified age ranges.
8. Appropriate proactive measures are taken to ensure the safety of all participants.
9. Easy-to-follow directions must be provided with the program.
10. Submissions should be approximately 1200 – 3500 words in length.

Program Summary

Describe the purpose, target audience, and scope of the program.

Program Design, Facility, Equipment Needs, and Assessment

Provide an overview of how the program is structured and any type of special considerations that may influence the effectiveness of the program. Provide the staff, facility and equipment requirements to conduct this program in a safe, effective, manner. Discuss how measurable objectives are used to assess the effectiveness of the program and provide meaningful feedback to the participants about their progress.

Program Sample

In this section provide any tables, charts, figures or illustrations to illustrate the program. In addition, provide sample lesson plans or emphasize specific program guidelines required to execute this program effectively. Please place these materials in a separate electronic file. Do NOT submit tables or graphs as photographs. Number tables consecutively in order and supply a brief title for each. Do not embed images in the text. It is also important to use model release forms, and if the picture includes children, you must have a parent signature. (NSCA can provide these forms).

References and Suggested Resources

In this section the program creator lists references that were utilized in the development of this program and provide the reader with more information on specific topics related to this type of physical activity for youth if available. Please refer to the Youth Action Plan Manual Authors Guide at the end of this document for information on how to appropriately reference materials.

Copyright: By submitting content to this manual, all authors accepted for publication agree to transfer copyright to the National Strength and Conditioning Association. A signed copyright transfer form is required for publication. In addition, if a table or figure is copied from a previously published source, it is the responsibility of the author to obtain and provide proof of permission to republish that table or figure.

To submit a program for review, fill out the following application and email it to education@nsca-lift.org. We would like to thank you in advance for your submission and for making a difference in the lives of our youth.

Deadline for submission is December 1, 2009

Youth Action Plan Manual Author Guidelines

The NSCA's Youth Action Plan is meant to be an informational resource manual, specifically designed for prepubescent (younger than 14) and pubescent (older than 14) children. The purpose of this project is to provide scientifically based fitness programs that will assist in reversing the current trends in childhood obesity and physical inactivity among our youth.

The NSCA is currently seeking expert opinion and contributors for its Youth Action Plan from NSCA members who are health/physical education teachers, personal trainers, health care providers, and strength and conditioning professionals. Fitness programs targeted specifically for prepubescent and pubescent are desired to be included in this manual. Programs can target apparently healthy youth or children with special needs. In addition, these programs may take place in schools, hospitals, recreation centers, fitness centers, at home or other facilities with qualified instruction and supervision.

The professional qualifications of authors contributing to the NSCA's Youth Action Plan are more important than an extensive publishing history. The NSCA is looking for an advanced degree plus CSCS or NSCA-CPT certification. The goal is to publish information that combines the practical applications of previously published peer-reviewed research with the knowledge of experienced professionals. The style of NSCA's Youth Action Plan is informative and conversational. References should be kept to a minimum, and technical terms should be explained in ordinary language. The subject matter is more technical than that found in most newsstand publications, but less technical than NSCA's professional and research publications (*Journal of Strength and Conditioning Research* and *Strength and Conditioning Journal*).

When quoting a source, provide the source's title and professional affiliation at first mention. When citing research, provide the source of the research. For example, "Researchers at the University of Colorado" or "Dr. Joe Smith, Head Physician of the Chicago Health Institute." Primary sources such as published studies and interviews with experts are recommended as the basis of research for all articles. Any information gleaned from secondary sources should be fact-checked by the writer prior to submission of the article. Writers need to include bibliographical information on any publications cited and contact information for the people they interview for each program submitted (including a phone number and address and whenever possible a fax number and/or email address). The NSCA requests that all interviews be taped and advise that authors keep those tapes for at least one year after the date of publication.

References

In-text reference citations should contain the number of the citation in the reference list at the end of the manuscript or article. Reference list should be alphabetical. The reference citation should be typeset parenthetically. Reference citations for multiple references are separated only by a comma. For example:

Intensity of exercise is controlled by the rate of glycolysis (1,3).

Do not use periods after author's initials in the reference list, and do not use a comma to separate the last name and the initials. Also, do not use an ampersand before the last author's name. For a periodical, use a colon to separate the volume (issue) and pages, instead of a comma. The name of a periodical should be italicized, but not the volume(issue) or page numbers.

AUTHOR AA, AUTHOR BB, and AUTHOR CC. Title of article. *Title of Periodical*. xx(x):xxx – xxx. year.

Submission Length

Fitness programs should run 1,200 to 3,500 words and should include a balanced review of well researched scientifically based information explaining the program along with a sample program(s) showing the reader how to apply the concepts discussed in the plan. Authors should add value for the reader by using charts, sidebars, case studies, illustrations, self-quizzes and other similar elements.

Title Page

Fitness programs should include a title page with a short, descriptive title, author's name (indicate professional degrees and NSCA certification), institutional affiliation, street address, phone number, and email address.

Illustrations and Photographs

Authors are encouraged to submit photographs, charts, and figures that help to illustrate the fitness program. All such material should be placed on separate sheets. Charts and illustrations must be of good technical quality and be prepared in black ink on good bond paper and submitted on disk. Photographs are encouraged, whether they are color or black and white. All photographs should demonstrate adequate health and safety procedures in the weight room or training environment (i.e. wearing shirts and shoes, removing hats, using safety collars on the bar). The focus of the photograph should not be on commercial products or the identity of the school or business.

Electronic Figures

Do not send figures (photographs, charts, tables, graphics) embedded in the text. Figures must come as separate files with one of the following format extensions:

Windows / Macintosh

- .tif tagged image file format
- .jpg joint photographic expert group
- .eps encapsulated postscript with a .tif thumbnail