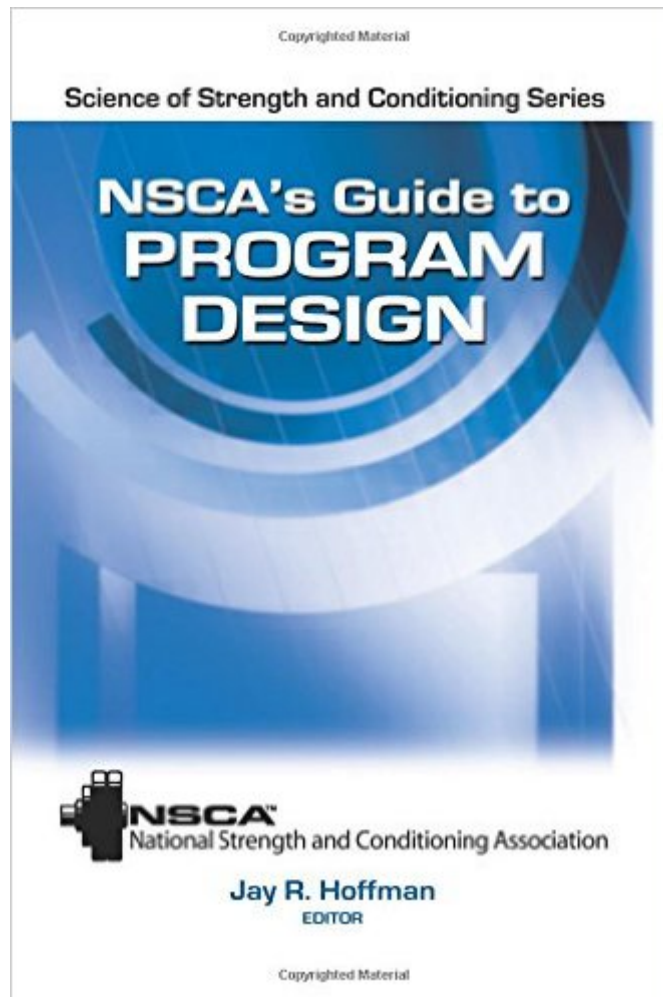


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# NSCA's Guide To Program Design (Science Of Strength And Conditioning)



## Synopsis

NSCA's Guide to Program Design offers the most current information, guidance, and protocols from respected scientists and practitioners with expertise in strength and conditioning program design. Developed by the National Strength and Conditioning Association (NSCA), this text offers strength and conditioning professionals a scientific basis for developing training programs for specific athletes at specific times of year. Straightforward and accessible, NSCA's Guide to Program Design presents a detailed examination of considerations and challenges in developing a program for each key fitness component and fitness performance goal. Editor Jay Hoffman and his team of contributors have assembled an exceptional reference for practicing professionals and a valuable educational resource for new professionals and students preparing for certification. This authoritative text moves beyond the simple template presentation of program design to help readers grasp the reasons and procedures for sequencing training in a safe, sport-specific manner. The text offers 20 tables that are sample workouts or training plans for athletes in a variety of sports, technique photos and instructions for select drills, and a sample annual training plan that shows how to assemble all the pieces previously presented. Plus, extensive references offer starting points for continued study and professional enrichment. NSCA's Guide to Program Design progresses sequentially through the program design process. It begins by examining the athlete needs assessment process as well as performance testing considerations and selection. Next, performance-related information on both dynamic warm-up and static stretching is discussed and dynamic warm-up protocols and exercises are presented. Then it reveals an in-depth by-chapter look at program design for resistance, power, anaerobic, endurance, agility, speed, and balance and stability training. For each, considerations and adaptations are examined, strategies and methods are discussed, and evidence-based information on program development is presented. The final two chapters help you put it all together with a discussion of training integration, periodization, and implementation. In addition, a sample annual training plan illustrates how to integrate each of the key fitness components into a cohesive yearlong program. As a bonus, a sample annual training plan is provided on our website so you can create your own training plans. The fitness, safety, and performance of athletes reflect the importance of continued education in the science of strength and conditioning. NSCA's Guide to Program Design helps bridge the gap between scientist and practitioner by providing coaches and other strength and conditioning professionals with evidence-based information and applications. Sharing the latest in proven research, NSCA's Guide to Program Design helps readers remain on the cutting edge of athletic performance. NSCA's Guide to Program Design is part of the Science of Strength and

Conditioning series. Developed with the expertise of the National Strength and Conditioning Association (NSCA), this series of texts provides the guidelines for converting scientific research into practical application. The series covers topics such as tests and assessments, program design, and nutrition. v

## **Book Information**

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## **Customer Reviews**

This is a very thoughtful text, well researched, accessible and comprehensive. Any Strength and Conditioning Coach or Personal Trainer will benefit from this book. There are Chapters on all components of Fitness/Biomotor Capabilities, including many Tests for same. The Chapter on Agility is very illuminating. The final chapter on Exercise Programme Design is not as good as the rest of the book. The Programmes are Sagittal plane dominant, mostly with bilateral loads, which is far from functional and too conservative for optimal Strength gains. Aside from this minor gripe, I enjoyed revising aspects of Programme Design by reading this well written book. I recommend it highly.

So far, I've really enjoyed this book as a resource. I bought it as an addition to a class I was taking on exercise prescription. Our final project required us to write a full training program and between this book and NSCA's Essentials of Personal Training (required text), I was able to do that. For the most part, I would say this is just a smaller version of that other text. A lot of the information can be

found in the other book, but this one was great in that it was direct and to the point about concepts I was interested in and there was additional information for other areas of a program (i.e. agility, speed, balance and stability) that may be useful in the future.

Very disappointed in this book; no doubt there's a lot of science behind the prioritization techniques, but it's not very practical. The book overexplains the science of periodization and then gives only one or two very General and very outdated exercise programs (ex: start General and then incorporate specific exercises, doing crunches for core strength, etc...). Disappointed with this book and the NSCA in general (I also have their CSCS book-don't recommend it!). Over-explains why to do things without giving any practical examples of how. I'd recommend Charles Poliquin's Program Design course. It's a no-nonsense certification and one of the best courses I've taken. NASM Performance Enhancement Specialist (PES) was also much better than this book (just get the used textbook on - the PES book is a great reference for anyone interested in strength and conditioning. I'd also recommend ANY of Joe DeFranco's FREE YouTube videos on athletic training over this book any day.

This book should be a required read for anyone wanting to work with athletes in any capacity at all. It makes understanding and implementing program design understandable while educating you on the 'why?' all along the way. VERY VALUABLE for any trainer, but a MUST HAVE if you work with athletes at all.

After reading the NSCA Essentials to Strength and Conditioning I still felt leery in my knowledge of program design. This book is a perfect easy-to-read addition.

got this book for a class, and definitely has a lot of good information in it. a lot of drills you can use too if you are looking into coaching.

The book was exactly what I was expecting to receive and came in a timely fashion. It was useful in my exercise science class.

Bought for my son who is interested in this for a career. He is pleased with the book. Thank you.

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