Professionalizing Coaching: Strength and Conditioning

National Strength and Conditioning Association
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LTAD Playground (Joe Eisenmann and Tony Moreno)
Professionalizing Coaching in Strength and Conditioning

- Overview of Strength and Conditioning
- The First Strength and Conditioning Organization
- The Great Divide
- Reunification and Path Forward
This science did not arise overnight, but is the culminating point of thousands of years of trial-and-error methods of training.

- Mel Siff, Ph.D.
Overview of Strength and Conditioning

- **Strength Culture** - many nations have history of feats of strength
- **The Iron Game** - competitive lifting of heavy objects
- **Scientific Discipline** - specific training to produce strength
Strength Culture

• Pre-Barbell Era (Age of Strength)- 6th century BCE until 20th Century
• Scientific Physical Culture- Pioneers of Strength Training 16th Century-
• Barbell Era- 1932-1969
• Science Connection/Disconnect DeLorme, Cooper-1940-1979
• Professionalization Era- 1978- Boyd Epley
• Age of Collaboration?
Divergent Philosophies

“IF IT’S MUSCLES OR A BODY BEAUTIFUL, YOU’LL GET IT FROM WEIGHTLIFTING OR CALISTHENICS, BUT NOT MUCH MORE. . . IF IT’S THE OVERALL HEALTH OF YOUR BODY YOU’RE INTERESTED IN, ISOMETRICS WON’T DO IT FOR YOU, NEITHER WILL ISOTONICS OR ANAEROBICS. AEROBIC EXERCISES ARE THE ONLY ONES THAT WILL.”

-KENNETH COOPER
Professionalization of S & C

• First member organization of strength coaches in 1978. Member-driven.
• First to bridge the gap between science and practical application with CSCS (1993) and NSCA-CPT (5 languages) accreditation by NCCA
• Five peer-reviewed journals
• State, regional, and national conferences
• Additional certifications and certificates (LTAD)
NSCA Efforts: LTAD

• **Create** a unified strategic LTAD plan and share the long-term vision.

• **Collaborate** to provide a tangible LTAD framework for all youth in multiple settings. Schools, community recreation centers, youth sport, and the private sector.

• **Coordinate** and think process over immediate results. It’s going to take time, people, resources, and accountability. **Without alignment, there is no accountability.**
Physical Literacy

- Physical literacy underpins the SHAPE National Standards for Grade-Level Outcomes for K-12 Physical Education

- 2019 National Standards for Sport Coaches (Standards 2 and 21) integrate both LTPD and physical literacy – SHAPE America - https://www.shapeamerica.org/standards/coaching/

- ACSM Fit Society Page 17(3) – Physical Literacy: Teaching Children the ABC’s of Movement. (Battista, 2015)

- USOC American Development Model (ADM) – Physical literacy https://www.admkids.com/
References

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