

SCHOOL-BASED STRENGTH & CONDITIONING PROGRAMS

A well-rounded, school-based strength and conditioning program can benefit all students in your school, not just student-athletes. A strong program will provide opportunities for students to learn how to live a healthier lifestyle and gain self-confidence in addition to an improvement in athletic performance.

STUDENT BENEFITS

- **Learn healthy lifestyle habits**
- **Enhance both physical and psychosocial well-being**
- **Improve self-confidence**
- **Reduce risk of sports-related injuries**
- **Improve long-term athletic development and performance**

PROGRAM FUNDAMENTALS

- **The physical and psychosocial health of the student should always be the top priority.**
Holistic development of the student should be the goal, and psychosocial health is as important as physical health.
- **All students should have the opportunity to participate in the program.**
Students who are not physically active are more likely to be overweight or obese. Getting these students involved in a strength and conditioning program can instill confidence and create healthy lifestyle habits which can benefit them throughout life.
- **Programs should be developed and administered by a qualified professional.**
Leaders should have practical experience working with the student-age population and understand developmentally appropriate activities. They should have a level of knowledge commensurate with a college degree in physical education, exercise science, or a related field. Preferred qualifications include National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) or Certified Personal Trainer certification. Anyone serving in this role should be trained or certified in CPR/AED and be well-trained in the emergency action plan. Unqualified personnel create increased health and safety risks for the student and increased liability risks for the school.
- **Programs should focus on overall motor skill, muscular strength, and cardiovascular system development, and not be focused on training for one specific sport.**
Programs must be developmentally appropriate and designed to meet the needs of the individual at their competency level. Well designed programs will reduce the risk of athletic injury through the implementation of periodization principles, balanced with adequate rest which enables the body's recovery and growth processes to occur. Emphasis should be on quality of training, not quantity. Other factors such as facility layout, the academic demands of the student, and the amount of time a student can devote to training must all be considered.
- **Program design should always take place in consultation with school medical personnel.**