

DEVELOPING THE CORE

**National Strength and
Conditioning Association**



Jeffrey M. Willardson
EDITOR



Human Kinetics

Developing The Core Nsca

**Patrick McHenry, NSCA -National
Strength & Conditioning
Association, Mike Nitka**

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Developing the Core NSCA-National Strength & Conditioning Association,2013-12-16 The NSCA the world s leading sport conditioning organization offers its unrivaled expertise in a book perfect for any athlete seeking to strengthen the core and improve athletic performance Featuring 11 ready to use sport specific programs Developing the Core provides more than 50 of the most effective exercises along with science based assessments to help athletes understand their individual needs

Developing the Core NSCA -National Strength & Conditioning Association,Jeffrey M. Willardson,2024-08-15 It s no secret that a strong midsection is a necessity for elite level athletes In fact research has established a direct correlation between core strength performance and injury risk reduction With Developing the Core Second Edition you can gain the performance edge by strengthening your core and achieving greater stability and mobility Written by the National Strength and Conditioning Association with contributions from an experienced group of sport coaches and practitioners Developing the Core Second Edition is the most comprehensive and up to date resource on the science for core training and its application Along with the latest testing and assessment procedures and new insights regarding the neural control of the core muscles you will find the following Core training guidelines and sample programs for 15 sports including basketball football soccer lacrosse rugby and mixed martial arts Step by step instructions and detailed photos for 74 exercises Expert advice and strategies for varying exercises and customizing programs Developing the Core is the authoritative resource for strengthening the core and maximizing performance It is an absolute must have for serious athletes strength and conditioning professionals and coaches alike Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

Developing the Core ,2014 Elite level athletes take great pride in their fitness and physical strength You can t help but notice the muscular legs or well defined arms However whether they are known for a powerful golf swing or a hard hockey slap shot the best athletes all have one thing in common a strong and well conditioned core The world s leading organization in the field of sport conditioning the National Strength and Conditioning Association NSCA brings you the authoritative resource on strengthening the core to maximize sport performance With contributions by 17 of the top names in sport training conditioning and science Developing the Core features over 50 of the most effective exercises science based assessment tools sport specific programs and expert advice for developing a personalized core program Basketball football soccer golf baseball tennis no matter what your sort Developing the Core will place you on the path to success and your strongest midsection ever from publisher s website Developing the Core Nsca -National Strength & Conditioning Association,Jeffrey M Willardson,2024-08-28 With contributions from 19 of the top names in sport training science and conditioning Developing the Core Second Edition features expert advice for developing a personalized core program along with over 70 of the most effective exercises science based assessment tools and sport specific programs **NSCA's Guide**

to High School Strength and Conditioning Patrick McHenry, NSCA -National Strength & Conditioning Association, Mike Nitka, 2022 NSCA's Guide to High School Strength and Conditioning equips you to deliver the highest quality strength and conditioning program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator

NSCA's Guide to Program Design NSCA -National Strength & Conditioning Association, Margaret T. Jones, 2024-11-13 NSCA's Guide to Program Design Second Edition is the definitive resource for designing scientifically based training programs Developed by the National Strength and Conditioning Association NSCA the second edition provides the latest information and insights from the leading educators practitioners and researchers in the field Created for strength and conditioning professionals educators and candidates preparing for certification NSCA's Guide to Program Design presents an evidence based framework for athlete assessment strategies and training principles This authoritative text moves beyond the simple template presentation of program design to help readers understand the reasons and procedures for sequencing training in a safe sport specific manner In addition to programming for resistance training the book also addresses how to design training programs for power endurance agility and speed Straightforward and accessible NSCA's Guide to Program Design details the considerations and challenges in developing a program for each key fitness component It shows you how to begin the process of assessing athlete needs as well as how to select performance tests Dynamic warm up and static stretching protocols and exercises are addressed before moving into in depth programming advice based on a performance goal The final two chapters help you put it all together with a discussion of training integration periodization and implementation With sample workouts and training plans for athletes in a variety of sports technique photos and instructions for select drills and a sample annual training plan you will be able to assemble effective and performance enhancing training programs for all your athletes 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 Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

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veteran coach or just a beginner this book will help you take your coaching to the next level by providing you with the tools you need to teach athletes the game of tennis GIS Methodologies for Developing Conservation Strategies Basil G. Savitsky, Thomas E. Lacher, Jr., 1998-04-28 Tropical habitats may contain more than a third of the world's plant and animal species Costa Rica alone is home to one of the highest levels of biodiversity per unit area in the world and stands at center stage in worldwide conservation efforts Within such regions the use of state of the art digital mapping technologies sophisticated techniques that are relatively inexpensive and accessible represents the future of conservation planning and policy These methods which employ satellites to obtain visual data on landscapes allow environmental scientists to monitor encroachment on indigenous territories trace park boundaries through unmarked wilderness and identify wildlife habitats in regions where humans have limited access Focusing on the rich biodiversity of Costa Rica the contributors demonstrate the use of geographic information systems GIS to enhance conservation efforts They give an overview of the spatial nature of conservation and management and the current status of digital mapping in Costa Rica a review of the basic principles behind digital mapping technologies a series of case studies using these technologies at a variety of scales and for a range of conservation and management activities and the results of the Costa Rican gap analysis project GIS Methodologies for Developing Conservation Strategies provides powerful tools for those involved in decision making about the natural environment particularly in developing nations like Costa Rica where such technologies have not yet been widely adopted For specialists in such areas as geography conservation biology and wildlife and natural resource management the combination of conceptual background and case examples make the book a crucial addition to the literature Mom's Guide to Diastasis Recti Pamela Ellgen, 2017-02-20 Don't let your pregnancy result in a weak core and unsightly belly bulge With your new baby at home it's hard to find time to take care of you But if you have experienced diastasis recti during pregnancy the best time to repair it is right now Mom's Guide to Diastasis Recti offers a realistic approach to healing your belly with simple moves that take only minutes each day With a complete four part program Mom's Guide to Diastasis Recti helps with everything from healing your weak abs to sculpting a beautiful post baby body It includes Prevention tips that strengthen your core before baby Post pregnancy exercises gentle enough to perform in the hospital Daily rehab routines with stretches and toning activities Advanced maintenance programs to keep your tummy tight This book is also packed with nutrition tips and expert advice that will keep you feeling and looking your best from three weeks to three years after your pregnancy

Developing Endurance NSCA -National Strength & Conditioning Association, Ben Reuter, 2024-05-30 Endurance sports continue to grow in popularity with millions of people participating in events each year To sustain such prolonged activities athletes need a high level of aerobic and muscular fitness that can only be achieved through a properly designed training program constructed to optimize endurance performance *Developing Endurance Second Edition* is your guide to developing effective endurance training programs Written by 14 of the top National Strength and Conditioning Association experts the

book provides a physiological overview of endurance sports and explains how resistance flexibility and aerobic training all contribute to better performance You ll find technique guidelines and photos for resistance training and plyometric exercises that are specific to endurance sports Multiple tests for assessing aerobic endurance enable you to evaluate and monitor ongoing changes in performance Plus an updated chapter about warm up methods and techniques as well as a new chapter about programming for obstacle course racing make this the definitive edition of this trusted resource With training programs for running cycling swimming triathlon and obstacle course racing Developing Endurance takes the guesswork out of creating personalized training programs that help avoid plateaus and take performance to the next level Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

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