



Youth Strength Training: Programs for Health, Fitness and Sport

By Wayne Westcott

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 248 pages. Dimensions: 10.9in. x 8.4in. x 0.6in. The benefits of strength training for youth are clearly documented. Yet teachers, fitness instructors, and youth coaches are often not sure how to proceed, and they end up watering down adult versions of strength-training programs. That is definitely not the way to go. But authors Avery Faigenbaum and Wayne Westcott, with their 50 years of combined experience in teaching youth strength-training classes and coaching, can tell you the way to go back to it with the most current research on instructional techniques and program design for youth. Long recognized as leading authorities on strength training, Faigenbaum and Westcott guide you in designing efficient, enjoyable, and productive programs for kids of varying abilities in elementary school (ages 7 to 10), middle school (11 to 14), and high school (15 to 18). You will focus first on broad-based, balanced muscle development, and then move into comprehensive, sport-specific strength-training programs. In addition, Youth Strength Training will teach you- productive protocols for warming up and cooling down;- procedures for enhancing joint flexibility;- innovative ways to incorporate resistance exercises into physical education classes, sport practice sessions, and exercise facilities; and- proper...



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