NASM ESSENTIALS OF SPORTS PERFORMANCE TRAINING MISSION

To help athletes accomplish their sports performance goals.
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The following code of professional conduct is designed to assist certified and noncertified members of the National Academy of Sports Medicine (NASM) to uphold (both as individuals and as an industry) the highest levels of professional and ethical conduct. This Code of Professional Conduct reflects the level of commitment and integrity necessary to ensure that all NASM members provide the highest level of service and respect for all colleagues, allied professionals, and the general public.

**Professionalism**

Each certified or noncertified member must provide optimal professional service and demonstrate excellent client care in his or her practice. Each member shall:

1. Abide fully by the NASM Code of Professional Conduct.
2. Conduct themselves in a manner that merits the respect of the public, other colleagues, and NASM.
3. Treat each colleague and client with the utmost respect and dignity.
4. Not make false or derogatory assumptions concerning the practices of colleagues and clients.
5. Use appropriate professional communication in all verbal, nonverbal, and written transactions.
6. Provide and maintain an environment that ensures client safety that, at a minimum, requires that the certified or noncertified member:
   a. Shall not diagnose or treat illness or injury (except for basic first aid) unless the certified or noncertified member is legally licensed to do so and is working in that capacity at that time.
   b. Shall not train clients with a diagnosed health condition unless the certified or noncertified member has been specifically trained to do so, is following procedures prescribed and supervised by a valid licensed medical professional, or is legally licensed to do so and is working in that capacity at that time.
   c. Shall not begin to train a client before receiving and reviewing a current health history questionnaire signed by the client.
   d. Shall hold a CPR and AED certification at all times.
7. Refer the client to the appropriate medical practitioner when, at a minimum, the certified or noncertified member:
   a. Becomes aware of any change in the client's health status or medication.
   b. Becomes aware of an undiagnosed illness, injury, or risk factor.
   c. Becomes aware of any unusual client pain or discomfort during the course of the training session that warrants professional care after the session has been discontinued and assessed.
8. Refer the client to other healthcare professionals when nutritional and supplemental advice is requested unless the certified or noncertified member has been specifically trained to do so or holds a credential to do so and is acting in that capacity at the time.
9. Maintain a level of personal hygiene appropriate for a health and fitness setting.
10. Wear clothing that is clean, modest, and professional.
11. Remain in good standing and maintain current certification status by acquiring all necessary continuing-education requirements (see NASM CPT Certification Candidate Handbook).

Confidentiality

Each certified and noncertified member shall respect the confidentiality of all client information.

In his or her professional role, the certified or noncertified member should:

1. Protect the client’s confidentiality in conversations, advertisements, and any other arena, unless otherwise agreed to by the client in writing, or as a result of medical or legal necessity.
2. Protect the interest of clients who are minors by law, or who are unable to give voluntary consent by securing the legal permission of the appropriate third party or guardian.
3. Store and dispose of client records in a secure manner.

Legal and Ethical

Each certified or noncertified member must comply with all legal requirements within the applicable jurisdiction. In his or her professional role, the certified or noncertified member must:

1. Obey all local, state, provincial, or federal laws.
2. Accept complete responsibility for his or her actions.
3. Maintain accurate and truthful records.
4. Respect and uphold all existing publishing and copyright laws.
**Business Practice**

Each certified or noncertified member must practice with honesty, integrity, and lawfulness.

In his or her professional role, the certified or noncertified member shall:

1. Maintain adequate liability insurance.
2. Maintain adequate and truthful progress notes for each client.
3. Accurately and truthfully inform the public of services rendered.
4. Honestly and truthfully represent all professional qualifications and affiliations.
5. Advertise in a manner that is honest, dignified, and representative of services that can be delivered without the use of provocative or sexual language or pictures.
6. Maintain accurate financial, contract, appointment, and tax records including original receipts for a minimum of four years.
7. Comply with all local, state, federal, or provincial laws regarding sexual harassment.

NASM expects each member to uphold the Code of Professional Conduct in its entirety. Failure to comply with the NASM Code of Professional Conduct may result in disciplinary actions, including, but not limited to, suspension or termination of membership and certification. All members are obligated to report any unethical behavior or violation of the Code of Professional Conduct by other NASM members.
The NASM Optimum Performance Training (OPT™) model has been a facet in the performance training arena for years, and as such has benefited many professionals and top-notch athletes along the way. From top-level executives owning and managing professional teams, to the athletes themselves, the reach of the OPT™ model is beyond compare, as noted by the following friends of NASM, who have been instrumental in the success of the best performance and injury-prevention training system in the field.

“NASM OPT™ Training is a huge benefit. It has a cumulative effect on your body. If your body is more receptive every night, it’s going to help you over the long term.”

—Steve Nash, Two-Time NBA MVP

“As an organization, we strive to provide the highest benchmarks for our athletes to reach—and we expect no less of our staff and sports medicine partners. NASM has reached beyond our organization’s expectations and delivered on providing the best quality programming and training techniques to keep our athletes healthy and ready to perform at their peak. This helps our team focus more on the task at hand and less about potential injuries during the season.”

—Jim Ramsay, Head Athletic Trainer, New York Rangers

“Proper preparation off the court keeps athletes performing at peak levels, which is critical in professional sports. NASM understands this and has created the most effective integrated performance training systems based on years of research and experience.”

—Bryan Colangelo, Two-Time NBA Executive of the Year

“NASM’s innovative approach to performance training through specialized programming has shown in the health, fitness, and preparedness of each athlete NASM has worked with.”

—Dr. Craig Phelps, Former Team Physician, Phoenix Suns

“The importance of injury prevention within professional sports is beyond measure. With NASM’s systematic and integrated training system, I feel
confident that our players will not only have decreased injury rates, but perform at higher levels. The uniqueness of the programming schemes is unparalleled throughout the strength and conditioning field.”

—Mike D’Antoni, NBA Head Coach

“The health and wellness of professional athletes has an intangible value—sickness or injury can devastate an organization, team, and athlete. As a medical professional, I understand the importance of keeping each athlete healthy, and I rely on the best science and techniques to do just that. NASM’s unique programming model and integrated training techniques exemplify their commitment to cutting-edge performance training methods. Too often we dedicate our resources to rehabilitating an athlete and neglect to focus on injury prevention, but NASM’s programs combine the latest science, research, and clinical applications available to help athletes reduce injuries and reach their performance potential. NASM’s evidence-based approach systematically progresses athletes through a solid foundation punctuated with preventative measures and works to ensure a physically sound athlete throughout their career.”

—Dr. Thomas Carter, Team Physician, Phoenix Suns and Emeritus Head of Orthopedic Surgery, Arizona State University

“Over my 10 years in professional athletics as a strength and conditioning professional, I have found a scientifically based systematic approach to performance training ideal for the professional athlete. The research-based OPT™ model by the National Academy of Sports Medicine has been the driving force behind the implementation of this approach in athletics today. I would highly recommend the utilization of NASM’s scientific-based approach to performance training for all athletes, conditioning coaches, medical professionals, and fitness practitioners in their pursuit of excellence in sport today.”

—Sean Cochran, former Strength and Conditioning Coach, San Diego Padres; current Strength and Conditioning Coach on the PGA Tour

“For competitive athletes, resistance training is a means to an end. It is supplemental to the technical practice of the actual sport. If this training does not result in improved sport performance then it is irrelevant how much weight the athlete was able to lift or how many reps they were able to perform or how much muscle mass they have added to their frame. Even more importantly, the strength/power/speed that the athlete develops in the off-season can only be enjoyed during the season if the athlete is able to stay healthy. If you can’t compete due to injury, then what good is your newfound strength or muscle? The real secret to optimum sport performance through training lies in the application of a comprehensive and evidence-based approach. The integrated OPT™ model fits this description and is a system that will arm the personal trainer or strength coach with a solid protocol to use as a foundation for their programming. This program will allow the trainer to implement safe and effective programs that will enhance an athlete’s performance.”

—Matt Nichol, former Strength Coach, Toronto Maple Leafs; President, Paragenix Systems Inc.
“Being a professional athlete means I make a living with my body. I need it performing at the highest levels every second I am on the court. I rely on NASM’s system of performance training to make sure I am playing at peak levels every game, every play.”

—Emeka Okafor, Philadelphia 76ers

“NASM has been instrumental in my continuing education over the past 8 years. The OPT™ model and the Performance Enhancement Specialist credential allow me to strategically and systematically address the musculoskeletal issues that my players present on a daily basis. The approach also allows me to educate my athletes and let them take an active part in their performance enhancement, rehabilitation, and injury prevention.”

—Casey Smith, Head Athletic Trainer, Dallas Mavericks
I applaud you on your dedication and commitment to helping others reach their peak performance potential, and thank you for entrusting the National Academy of Sports Medicine (NASM) with your education. By applying the knowledge and skills presented in this textbook, you will gain the information, insight, and inspiration you need to enhance the performance of athletes at any level.

For 30 years, NASM has been the leading authority in certification, continuing education, and career development for health, sports performance, and fitness professionals. As the world’s foremost resource for sports performance, fitness, and sports medicine information, NASM continues to elevate industry standards by providing outstanding educational programs and quality certification courses for our members.

Scientific research and techniques also continue to evolve—and as a result, you must remain on the cutting edge to remain competitive. Designed exclusively by NASM, the Optimum Performance Training™ (OPT™) model is the industry’s first evidence-based training system founded on the scientific rationale of human movement science. Now, more than ever, it is imperative that sports performance professionals fully understand all components of exercise programming. OPT™ is your solution. With OPT™, you’ll successfully train any athlete toward any goal.

We look forward to working with you to help influence the future of athletic performance.

Welcome to the NASM family!

Sincerely,

The National Academy of Sports Medicine
NEW CONTENT

Based upon feedback from past students and sports performance professionals, this new textbook includes several new updates in comparison to the previous performance enhancement materials:

1. **Updated Chapter Content**—All of the chapter topics in this textbook have been updated to include new information and the most up-to-date research provided and reviewed by some of the most well-respected sports performance professionals in the industry. Some of the content highlights include:
   a. Updated metabolic energy system training recommendations
   b. Updated injury prevention information including concussion prevention protocols
   c. Updated modalities including landmines and suspension trainers
   d. Updated sports psychology information for the sports performance professional
   e. Updated information for ergogenic aids, including four new substances of which sports performance professionals should be aware

2. **Glossary of Terms**—We’ve also updated our Glossary of Terms to include a greater number of terms and definitions.
PEDAGOGICAL FEATURES

The new textbook comes with a variety of educational features. These features include:

- Updated tables that summarize additional information not included in the body of the text
- Key Term sidebars to highlight important principles and concepts
- Pro Tip sidebars to provide application insights from the professionals
- Research in Focus highlights to demonstrate how to apply current research findings
- End-of-chapter summaries for quick-hitting chapter highlights
- Updated exercise photos that show proper execution and progression variety
ACKNOWLEDGMENTS

We would like to thank our photographer, Andrew Pilage, and Cory Williams of Studio9.

A special acknowledgment goes out to our models, who made all of these exercises look easy: Kellie Roman, Chris Ecklund, Joshua Claravall, Kaitlyn Visco, and Robert Huffer.

Finally, a special thank you to Camelback Crossfit and Valley Christian High School for allowing us to utilize their facilities for the photos.
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