

NORMS MUSCULAR STRENGTH/ENDURANCE ASSESSMENTS

Dynamic Strength 1 RM lb/lb Body Weight

Dynamic strength is measured by the maximum weight that can be lifted one time (1RM). The 1RM strength value is estimated and the client performs one repetition of the exercise. After each successful attempt, five to ten pounds of weight should be added. A rest period of two to three minutes should be provided between trials. The relative strength is defined by dividing the 1RM by the individual's body weight. Norms are provided below.

Norms for Bench Press Strength in 1RM lb/lb Body Weight

Age in Years

Rating	20-29	30-39	40-49	50-59	60+
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MEN

Excellent	>1.26	>1.08	>0.97	>0.86	>0.78
Good	1.17-1.25	1.01-1.07	0.91-0.96	0.81-0.85	0.74-0.77
Average	0.97-1.16	0.86-1.00	0.78-0.90	0.70-0.80	0.64-0.73
Fair	0.88-0.96	0.79-0.85	0.72-0.77	0.65-0.69	0.60-0.63
Poor	<0.87	<0.78	<0.71	<0.64	<0.59

WOMEN

Excellent	>0.78	>0.66	>0.61	>0.54	>0.55
Good	0.72-0.77	0.62-0.65	0.57-0.60	0.51-0.53	0.51-0.54
Average	0.59-0.71	0.53-0.61	0.48-0.56	0.43-0.50	0.41-0.50
Fair	0.53-0.58	0.49-0.52	0.44-0.47	0.40-0.42	0.37-0.40
Poor	<0.52	<0.48	<0.43	<0.39	<0.36

Free Norms For Fitness Performance And Health

American College of Sports Medicine

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the American College of Sports Medicine text.

Free Norms For Fitness Performance And Health:

Norms for Fitness, Performance, and Health Jay Hoffman, 2006 Suitable for students in sport and exercise science This book includes normative data for various aspects of fitness such as strength endurance anaerobic and aerobic capacity body composition flexibility speed and agility It also looks at health norms to measure cardiovascular values blood lipids bone density and energy expenditure *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 Strength Training for Football NSCA -National Strength & Conditioning Association, Jerry Palmieri, Darren Krein, 2019-09-10 Absolute strength Sharp acceleration Explosive power The modern era of football demands that athletes in all positions are exposed to quality strength training programs that translate strength gains into better performance on the field and limit athlete vulnerability to injury Developed with the expertise of the National Strength and Conditioning Association NSCA Strength Training for Football shows you how to design resistance training programs that will help athletes excel on the field The book will help you understand the specific physical demands of the six groups of

positions offensive and defensive linemen tight ends fullbacks and linebackers wide receivers and running backs defensive backs quarterbacks and kickers and punters You will also find the following 11 testing protocols for measuring and assessing athletes strength power speed agility endurance and anaerobic capacity 11 total body exercises with 14 variations 20 lower body exercises with 13 variations 23 upper body exercises with 29 variations 15 core exercises with 35 variations 115 sample programs 90 of which are position specific for off season preseason in season and postseason resistance training Each resistance training exercise consists of a series of photos and a detailed list of primary muscles trained beginning position and movement phases breathing guidelines modifications and variations and coaching tips to guide you in selecting the right exercises for a program You ll also learn how to structure those programs based on the goals and length of each season and for each position Backed by the NSCA and the knowledge and experience of successful high school college and professional football strength and conditioning professionals *Strength Training for Football* is the authoritative guide for creating football specific resistance training programs to help your athletes optimize their strength and successfully transfer that strength to the field Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam *Fundamentals of Exercise Physiology* Robert A. Robergs, Steven J. Keteyian, 2003 FUNDAMENTALS provides basic and balanced information for the study of exercise physiology for the undergraduate introductory level student It thoroughly examines both the immediate responses to as well as the long term benefits of exercise The book uses full color illustrations to enhance learning

The Physiology of the Female Athlete - Performance, Health, and Recovery Boye Welde, Rebecca Danti Larson, Jeremy Mikhail Kellawan, Øyvind Sandbakk, Bente Morseth, John Owen Osborne, 2024-06-11 Current understanding of physiological characteristics of different populations and responses to environmental stress and exercise is primarily derived from research using male participants Therefore the physiological responses to exercise testing prescription and training in females should be further characterized and explored as does knowledge on female specific health and recovery from exercise Additional female focused research is thus required to develop and enhance our understanding of women s exercise physiology **Journal of Health, Physical Education, Recreation**, 1963 *ACSM's Health-related Physical Fitness Assessment Manual* American College of Sports Medicine, 2010 From the American College of Sports Medicine ACSM this text provides the information necessary to develop skills for assessing an individual s health related physical fitness It provides a practical how to do it approach for performing assessment skills effectively and an understanding of the theory behind and the importance of each skill or assessment The Third Edition includes updated references to ACSM s Guidelines for Exercise Testing and Prescription Eighth Edition more diagrams and pictures highlighting assessment techniques and new material on physical activity assessments considerations for medication usage and common measurement errors A companion Website includes an Image Collection a Test Generator and PowerPoint Slides **Illinois Journal of Health,**

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Physical Education Methods for Elementary Teachers Katherine T. Thomas, Amelia M. Lee, Jerry R. Thomas, 2008 The
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