

TRAINING PROGRAM DESIGN TEMPLATE INSTRUCTIONS

Who uses this template:

Users of this template include:

- Internal and external training consultants
- Training and Learning Managers
- Trainers
- Instructional Designers

Users may be working in:

- public education institution undertaking vocational training
- private organization training employees in specific skills
- consulting organization supplying consulting services to third parties

When to use this template:

Use this template when:

- designing a structured training program following a needs analysis and as a precursor to training program development
- there is a need to document the results of the design activity

How to use this template:

1. Copy the template and this guide to your computer
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Training Program Design Template Guide Sample

**NSCA -National Strength &
Conditioning Association, Jay Hoffman**



Training Program Design Template Guide Sample:

NSCA's Guide to Program Design NSCA -National Strength & Conditioning Association, Jay Hoffman, 2011-12-05 NSCA's Guide to Program Design offers the most current information guidance and protocols from respected scientists and practitioners with expertise in strength and conditioning program design Developed by the National Strength and Conditioning Association NSCA this text offers strength and conditioning professionals a scientific basis for developing training programs for specific athletes at specific times of year Straightforward and accessible NSCA's Guide to Program Design presents a detailed examination of considerations and challenges in developing a program for each key fitness component and fitness performance goal Editor Jay Hoffman and his team of contributors have assembled an exceptional reference for practicing professionals and a valuable educational resource for new professionals and students preparing for certification This authoritative text moves beyond the simple template presentation of program design to help readers grasp the reasons and procedures for sequencing training in a safe sport specific manner The text offers 20 tables that are sample workouts or training plans for athletes in a variety of sports technique photos and instructions for select drills and a sample annual training plan that shows how to assemble all the pieces previously presented Plus extensive references offer starting points for continued study and professional enrichment NSCA's Guide to Program Design progresses sequentially through the program design process It begins by examining the athlete needs assessment process as well as performance testing considerations and selection Next performance related information on both dynamic warm up and static stretching is discussed and dynamic warm up protocols and exercises are presented Then it reveals an in depth by chapter look at program design for resistance power anaerobic endurance agility speed and balance and stability training For each considerations and adaptations are examined strategies and methods are discussed and evidence based information on program development is presented The final two chapters help you put it all together with a discussion of training integration periodization and implementation In addition a sample annual training plan illustrates how to integrate each of the key fitness components into a cohesive yearlong program As a bonus a sample annual training plan is provided on our website so you can create your own training plans The fitness safety and performance of athletes reflect the importance of continued education in the science of strength and conditioning NSCA's Guide to Program Design helps bridge the gap between scientist and practitioner by providing coaches and other strength and conditioning professionals with evidence based information and applications Sharing the latest in proven research NSCA's Guide to Program Design helps readers remain on the cutting edge of athletic performance 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 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

The Ultimate Training Workshop Handbook: A Comprehensive Guide to Leading Successful Workshops and Training Programs Bruce Klatt,1999-01-22 Bruce Klatt s The Ultimate Training Workshop Handbook was written for those who want to excel as trainers and to offer maximum value both to client employers and workshop participants Focusing on success in front of the group and based on Klatt s 25 years of experience this comprehensive guide takes you from the contracting stage through evaluating results It shows you how to prepare yourself and your clients and how to construct the workshop

Functional Strength Training for Physical Education Nate VanKouwenberg,2024-04-18 Functional Strength Training for Physical Education is an easy to follow guide for PE teachers and coaches working with middle and high school students It outlines the benefits of functional strength training and how to develop a program that will give all students skills for their lifetime

NSCA's Essentials of Sport Science Duncan N. French,NSCA -National Strength & Conditioning Association,Lorena Torres Ronda,2022 NSCA s Essentials of Sport Science provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist It is a primary preparation resource for the Certified Performance and Sport Scientist CPSS certification exam

Designing Resistance Training Programs, 4E Fleck, Steven J.,Kraemer, William,2014-02-14 In this text two of the world s leading experts on strength training explore how to design scientifically based resistance training programs modify and adapt programs to meet the needs of special populations and apply the elements of program design in the real world

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription American College of Sports Medicine,Jeffrey L. Roitman,2001 This complementary book to ACSM s Guidelines for Exercise Testing and Prescription elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM s Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title

Public Roads ,2010 **Resources in Education** ,1998 **Handbook of IS Management** ,1995 **Live and Online!** Jennifer Hofmann,2004-02-26 This book suggests tips for the virtual classroom ways for trainers to communicate and for students to behave when body language and eye contact are eliminated The successful oline program starts with

valid content and instructional design Next there must be participant motivation opportunities to collaborate and interact usable technology and an active trainer A CD Rom contains sample exercises for using whiteboards chats breakout rooms application sharing and synchronous web browsing appendices include a design checklist sample leader and participant guides vendor list and glossary

Rapid Instructional Design George M. Piskurich,2000-02-10 Get it done fast and get it done right You re busy You don t have the time or the need to wade through the theory of a traditional instructional design book But you do need a basic understanding of what instructional design is and a hands on to the point method of ensuring that the training and performance interventions you put into place meet the needs of your staff and your organization Right This book is what you ve been waiting for If you have any involvement in training or HRD at all you ll find this guide to understanding and creating quick and effective training designs an asset to your work This is the book is for you if You re an occasional instructional designer As a subject matter expert you are from time to time called upon to not only deliver training but to create it This book will teach you what ID is and why it s important Plus you ll find the basic instructional design methodology helpful in quickly creating effective training You re a temporary instructional designer Perhaps you ve taken a position as a training professional in a strategic career move or maybe you ve just found yourself in the position of providing training for your organization because you re good at it Either way you may not be sufficiently prepared for your new responsibilities so you ll appreciate the comprehensive set of tools this book gives you to work with everything from analyzing your company s training needs to evaluating programs to make sure those needs have been met You re a seasoned designer You already know how to design well but you want a guide that will give you new ideas and methods fast You re not a designer You may be a manager or an administrator who determines when training is needed or purchases it from outside vendors You still need an understanding of what instructional design is and you need to know what your options are You ll learn about the various delivery methods from traditional classroom instruction to Web based training and much more Respected consultant and author George Piskurich has included input and commentary from practitioners and trainers in this one of a kind guide Find out how these methods are applied in real world situations and how you can put them to work for you

Tabletop and Full-scale Emergency Exercises for General Aviation, Non-hub, and Small Hub Airports James Fielding Smith,Ricardo E. Garcia,John M. Sawyer (Transportation consultant),Kimberly A. Kenville,2016 ACRP Synthesis 72 Tabletop and Full Scale Emergency Exercises for General Aviation Non Hub and Small Hub Airports provides small airports with the tools and practices needed to practice emergency response The report provides sample exercise tools and plans a checklist of effective practices for tabletop and full scale emergency exercises and a road map for developing an effective exercise program Publisher s description

Systems Acquisition Manager's Guide for the Use of Models and Simulations Lalit K. Piplani,1994

The Software Encyclopedia 2000 Bowker Editorial Staff,2000-05

Journal of Interactive Instruction Development ,1998

Training and Development Yearbook, 2000 Carolyn Nilson,2000 This comprehensive

guide to current training literature and resources is now in its sixth edition It features the best full length articles from leading publications plus abstracts of hundreds of other articles all thoroughly indexed for easy retrieval and use *IEEE International Conference on Advanced Learning Technologies* IEEE Computer Society,2001 Focusing on computational intelligence this text covers topics on architecture of learning technology systems advanced uses of multimedia and hypermedia integrated learning environments application of AI tools in learning technology and virtual reality Guide to Teleconferencing and Distance Learning Patrick S. Portway,Carla Lane,1997 Behavior Management Thomas J. Zirpoli,2008 For undergraduate and Special Education or General Education graduate courses in Special Education Behavior Management and Classroom Management or Applied Behavior Analysis Behavior Management Applications for Teachers Fifth Edition provides a comprehensive and theoretical overview of behavior management and classroom management that includes introduction definitions assessment functional and formal strategies numerous applications field based examples and real life case studies The focus of the strategies presented in this text is on positive behavioral support and the prevention of challenging behavior within the classroom setting Particular attention is paid to special populations such as young children teens and students from diverse backgrounds The text is packed with classroom connection vignettes follow up discussion questions per classroom connection practical applications and examples so that the content is clear to the reader and easily applied to the classroom The author clearly examines appropriate implementation strategies to use in a variety of settings from classroom and recreational venues to day care centers and in the home often ignored issues encountered by classroom teachers on a daily basis diversity assessment legal challenges and specific age related concerns Recognizing that the most effective behavior management strategy is teaching and reinforcing appropriate behavior this applications targeted text again provides a thorough treatment of both the technical and the functional aspects of behavior analysis Naval Engineers Journal ,1981

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