Training with Purpose – Goal Directed Performance Outcomes

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Presentation Outline

1. Brief Background
   a. Educational background focused on exercise physiology and human movement science
   b. Currently studying nutrition’s impact on long-term training
      i. Focus on food quality and macronutrient ratios
   c. 12 year career as a strength and conditioning coach
   d. Competitive triathlete and cyclist

2. Identifying your missing links
   a. Most identifiable - pre-existing injuries
      i. Predisposing factors to recurrent injuries
      ii. Treating current injuries
         1. Seek professional help
      iii. Preventing new injuries
   b. Functional Assessment
      i. Functional Movement Screen ® - Gray Cook
      ii. NASM – Mike Clark
      iii. Movement Dynamics – Kelvin Giles/Vern Gambetta

3. Designing a goal directed, periodized program
   a. Strength Training
   b. Mobility Training
   c. Flexibility Training
   d. Fitness Training – Sport Specific

4. Recovery
   a. Get more sleep!
   b. Nutrition
   c. Massage, Acupuncture, etc
      i. Foam rollers
ii. “The Stick”

iii. Lacrosse ball

d. Ice baths

Resources:

Vern Gambetta Sports Performance – www.gambetta.com

National Strength and Conditioning Association – www.nsca.com

Kelvin Giles Athlete Development Program - www.movementdynamics.com

Kelly Starrett, DPT - http://mobilitywod.blogspot.com/

Gray Cook’s Functional Movement Screen – www.functionalmovement.com

Mike Clark’s National Academy of Sports Medicine – www.nasm.org

Paul Chek’s Performance Institute – www.paulchek.com