

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.nasca.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