BROWNELL TALBOT

Standard 1 Demonstrates competency in a variety of motor skills and movement patterns.

	Level 1	Level 2	Level 3
Hip hinge with neutral spine	Barbell RDL	Barbell Deadlift	Power Clean
Squat	High Bar Barbell Squat	Low Bar Barbell Squat	Varied barbell squats - front squat, cambered bar squat, yoke bar squat, etc.
Pressing and Pulling	Push-ups, along with varied DB presses/ Horizontal Pull-ups, along with DB rows.	Barbell Bench Press/ Pull-ups.	Varied barbell presses including max effort and dynamic effort with accommodating resistance/ Varied Pull-ups including above bodyweight and accommodating resistance, along with bent rows.
Running and Jumping	Running and two foot jumping with proper mechanics.	Sprinting and single foot jumping with proper mechanics.	Sprints requiring change of direction, along with stopping and starting. And plyometric jumps.

Standard 2 Applies knowledge of concepts, principles, strategies and tactics related to strength and conditioning training.

	Level 1	Level 2	Level 3
Movement Concepts, principles and knowledge	Applies terminology associated with selected exercises, equipment, and major muscle groups.	Applies terminology to movement patterns of joints associated with a selected exercises.	Applies terminology to types of muscular contractions during a movement - concentric, eccentric, isometric.
Movement Concepts, principles and knowledge	Uses proper joint movement patterns.	Uses movement concepts to analyze and improve performance of self or others.	Identifies the relationship to movement patterns used in weight training to those used in athletics/activities.
Training Concepts, principles and knowledge	Identifies purpose of each movement and what muscles are being used.	Identifies differing training concepts and training splits.	Creates training program to improve performance.

Standard 3 Demonstrates the knowledge and skills to achieve a performance-enhancing level of training.

	Level 1	Level 2	Level 3
Engages in strength/ conditioning training	Participates 3x/week	Participates 4x/week	Participates 5x/week
Exercise Knowledge	Demonstrates appropriate technique on exercise associated with present level (see standard 1).	Demonstrates appropriate technique on exercise associated with present level (see standard 1).	Demonstrates appropriate technique on exercise associated with present level (see standard 1).
Training Knowledge	Relates physiological responses to individual levels of training.	Identifies proper/healthy nutrition requirements for performance (dependent on goal, bodyweight, sex, and activity level).	Identifies appropriate load intensities and volumes to improve performance (based on individual goal).
Performance Enhancement	Male: Squat 1.5xBW, Bench BW, Deadlift 1.5xBW, Female: Squat BW, Bench 0.5xBW, Deadlift BW	Male: Squat 2xBW, Bench 1.25xBW, Deadlift 2xBW Female: Squat 1.25xBW, Bench 0.75xBW, Deadlift 1.5xBW	Male: Squat 2.25xBW, Bench 1.5xBW, Deadlift 2.5xBW, Female: Squat 1.75xBW, Bench BW, Deadlift 2xBW

Standard 4 Exhibits responsible personal and social behavior that respects self and others.

	Level 1	Level 2	Level 3
Personal Responsibility	Employs effective self-management skills during training.	Accepts differences between personal characteristics and ideal performance.	Identifies personal weak points and best way to improve them.
Rules and etiquette	Exhibits proper etiquette, respect for others, and respect for equipment.	Exhibits proper etiquette, respect for others, and respect for equipment.	Examines moral and ethical conduct in improving performance (ex- performance enhancing drugs)
Working with others	Uses communication skills to work with others in a time efficient manner during training.	Uses communication skills to "cue" lifter during movements.	Assumes a leadership role during group training activity.
Safety	Applies best practices for participating safely in strength and conditioning training (ex - proper spotting technique, proper equipment set up).	Identifies deficiencies in movement patterns that can cause joint health issues over long term.	Identifies and employs best practices during max testing phase of training.