ATHT 4000

Strength, Conditioning, and Human Performance

Clinical Proficiencies

Spring 2006

ATHT 4000 STRENGTH, CONDITIONING AND HUMAN PERFORMANCE

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SEMESTER/YEAR \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| # | Name/Description | Observations | Proficiencies |
|  | Obs. 1 | Obs. 2 | Prof  | Comp |
| Static Stretching Competencies |  |  |  |  |
| 1 | Abdominal s |  |  |  |  |
| 2 | Quadriceps |  |  |  |  |
| 3 | Hamstring |  |  |  |  |
| 4 | Iliopsoas |  |  |  |  |
| 5 | Piriformis |  |  |  |  |
| 6 | Gastrocnemius |  |  |  |  |
| 7 | Soleus |  |  |  |  |
| 8 | Posterior Neck |  |  |  |  |
| 9 | Deltiod |  |  |  |  |
| 10 | Triceps |  |  |  |  |
| 11 | Biceps |  |  |  |  |
| 12 | Wrist flexors |  |  |  |  |
| 13 | Wrist extensors |  |  |  |  |
| Lower Body Muscular Training Competencies |  |  |  |  |
| 14 | Power Clean  |  |  |  |  |
| 15 | Squat  |  |  |  |  |
| 16 | Lunge |  |  |  |  |
| 17 | Dead Lift |  |  |  |  |
| 18 | Leg Press |  |  |  |  |
| 19 | Leg Extension |  |  |  |  |
| 20 | Leg Curl |  |  |  |  |
| 21 | Calf Raise |  |  |  |  |
| 22 | Hip Abduction |  |  |  |  |
| 23 | Hip Adduction |  |  |  |  |
| Upper Body Muscular Training Competencies |  |  |  |  |
| 24 | Bench Press |  |  |  |  |
| 25 | Incline Bench Press |  |  |  |  |
| 26 | Dumbbell Incline Bench Press |  |  |  |  |
| 27 | Lat. Pulldown |  |  |  |  |
| 28 | Shoulder Shrug |  |  |  |  |
| 29 | Upper Back (Rowing) |  |  |  |  |
| 30 | Dumbbell Bent-over Row |  |  |  |  |
| 31 | Dumbbell Fly |  |  |  |  |
| 32 | Bicep Curl (bar) |  |  |  |  |
| 33 | Dumbbell Biceps Curl (Neutral position) |  |  |  |  |
| 34 | Dumbbell Biceps Curl (Supinated Position) |  |  |  |  |
|  |  | Observations | Proficiencies |
| Upper Body Muscular Training Competencies | Obs. 1 | Obs. 2 | Prof  | Comp |
| 35 | Dumbbell Triceps Extension |  |  |  |  |
| 36 | Triceps Kick-back |  |  |  |  |
| 37 | Triceps Supine Extension (Nose Breaker) |  |  |  |  |
| 38 | Dumbbell Front Lateral Raise |  |  |  |  |
| 39 | Dumbbell Lateral Raise |  |  |  |  |
| 40 | Wrist Curl |  |  |  |  |
| 41 | Wrist Extension |  |  |  |  |
| Lower Body Plyometric Exercise Competencies |  |  |  |  |
| 42 | Two Foot Ankle Hop |  |  |  |  |
| 43 | Side-to-Side Ankle Hop |  |  |  |  |
| 44 | Single Foot Ankle Hop |  |  |  |  |
| 45 | Standing Long Jump |  |  |  |  |
| 46 | Standing Jump and Reach (Vertical Jump) |  |  |  |  |
| 47 | Barrier Jump |  |  |  |  |
| 48 | 1-2-3 Jump (Power Skip) |  |  |  |  |
| 49 | Side-to Side Jump |  |  |  |  |
| 50 | Single Leg Side-to-Side Jump |  |  |  |  |
| 51 | Side-to-Side Barrier Jump |  |  |  |  |
| 52 | Backwards Barrier Hop |  |  |  |  |
| 53 | Diagonal Hops |  |  |  |  |
| Upper Body Plyometric Exercise Competencies |  |  |  |  |
| 54 | Soccer Throw |  |  |  |  |
| 55 | Chest Pass |  |  |  |  |
| 56 | Step and Soccer Throw |  |  |  |  |
| 57 | Two Arm Put |  |  |  |  |
| 58 | Single Arm Put |  |  |  |  |
| 59 | Single Arm Overhead Throw |  |  |  |  |
| 60 | Single Arm Overhead Bounce Throw |  |  |  |  |
| 61 | Medicine Ball Push-up |  |  |  |  |
| 62 | Medicine Ball Crossover Pus-up |  |  |  |  |
| 63 | Double Arm Drop |  |  |  |  |
| 64 | Double Arm Drop and Press |  |  |  |  |
| 65 | Single Arm Drop |  |  |  |  |
| 66 | Single Arm Catch and Stretch |  |  |  |  |
| 67 | Single Arm Catch, Stretch, and Throw |  |  |  |  |
| Cardiovascular Competencies |  |  |  |  |
| 68 | Bicycle Ergometer |  |  |  |  |
| 69 | Recumbant Bicycle Ergometer |  |  |  |  |
| 70 | Rowing Machine |  |  |  |  |
| 71 | Treadmill |  |  |  |  |
| 72 | Stair Climber |  |  |  |  |
| 73 | Cross Trainer |  |  |  |  |
|  |
|  |  | Observations | Proficiencies |
| Speed, Agility, Quickness Exercises | Obs. 1 | Obs. 2 | Prof  | Comp |
| 74 | Skipping (regular, long, high) |  |  |  |  |
| 75 | Carioca |  |  |  |  |
| 76 | Lean-Fall-Run |  |  |  |  |
| 77 | Seated Arm Action |  |  |  |  |
| 78 | Scramble Out |  |  |  |  |
| 79 | Low Hurdle Runs |  |  |  |  |
| 80 | Bounding |  |  |  |  |
| 81 | Straight Leg Bounding |  |  |  |  |
| 82 | T-drill |  |  |  |  |
| 83 | Edgren (side-step) test/drill |  |  |  |  |
| 84 | Dot drills |  |  |  |  |
| 85 | Ladder drills (various types of steps and sequences) |  |  |  |  |