

## Athlete's Succeed With The Help Of A Personal Trainer

Sports are big business - profitable for athletes and individuals who prepare athletes for competition. Professional and amateur athletes at all levels - from grade school teams to the National Football League - need assistance of expert personal trainers who can make them excel at their sports. Until recently, most people believed that power athletes were born not made. That's changed. Modern training techniques can make anyone faster, stronger and more powerful. A Certified Specialist in Sports Conditioning through International Sports Science Association can provide powerful tools needed to prepare athletes for professional, college, school, or recreational sports. Through this internationally recognized certification the Sports Specialist has mastered the basic science and exercise programming techniques behind training athletes for competition. This detailed certification course covers the major bones and muscle of the skeletal and muscular anatomy and how this relates to sport performance. This information is of vital importance in determining the muscles involved in specific sports and exercises to develop them. For example, a baseball pitcher must have strong arms, shoulders & back muscles to throw the ball but he must also possess balance and strong legs and lower body as well as core strength in order to pitch at peak performance. Having knowledge about the basic methods of measuring speed, endurance, power, strength, and flexibility is essential for this certification. This includes popular tests used by the NFL and other professional teams for measuring sports specific physical fitness. Improving skill is the best way to develop power for sport. They show proven techniques for using video to build skill systematically. Via this certification one learns scientifically proven methods for building endurance, strength, flexibility, speed, power and agility. These techniques are incredibly effective techniques to help athletes perform to their full potentials. These methods can make even people with modest talents far better than they ever thought possible. To pass this certification one has to design programs for major athletes involved in such sports as football, basketball, soccer, track and field, baseball and softball, bodybuilding, weight lifting, and golf. The program designs were very specific and included periodized training according to season and needed performance. In other words it is very specific, right down to seasonal training per sport. An army runs on its stomach and so do athletes. No personal trainer's knowledge is complete without thorough knowledge of sports nutrition, supplements, and drugs. The material studied is unbiased as well as scientifically accurate information about these vital topics. Please note that personal trainers are not equipped with the knowledge and certification to provide true nutritional advice. Only registered, licensed dietitians are credible sources of this information. However a Certified Personal Trainer has a wide array of resources that we rely on for this aspect of training. Motivating athletes is a difficult and complex task for trainers and coaches. This is my specialty because I possess a Bachelor of Science degree in Psychology. I am always studying some sort of psychological aspect of sports, fitness and lifestyle. Understanding psychological characteristics of champions and basic psychological techniques to help athletes keep training and withstand the pressures of competitive athletics is imperative as a trainer of athletes. Imaging is tool used by successful athletes. Imaging will help the athlete practice and focus on their sport when they are not on the field. You often see young athletes practice imaging when they play the sport on a pretend level. True athletes never stop this pretending (aka imaging)! Pain and injury are, unfortunately, part of playing competitive sports. As a personal trainer of athletes we often design programs that help rehabilitate injuries while building or re-building fitness. We help athletes develop fitness systematically without injury. And our work can even help prevent injury! This is extremely important in working with youth athletes as I have to come to know by working with my young sons. Hiring a trainer for your young athlete can be one of the best things you can do because the work the trainer does with the athlete helps them improve performance on the field and strengthens the child so he/she is less likely to injure them self in the sport. Who would not want injury prevention for their child? And as an added bonus the child is guaranteed\* to be more powerful athlete which can lead to significant gains later in life and a stronger athlete - period!! now have a wonderful opportunity to significantly impact the lives and careers of the people I work with because I am a Certified Specialist in Sports Conditioning. I treasure this opportunity and do my best to provide meaningful service and impart important knowledge about exercise, fitness and training. With my help and guidance, combined with a passion for excellence, I hope to inspire those I guide to higher levels of achievement. Thanks to my certification with International Sports Science Association, I hope to help my clients, family and friends to aspire athletic dreams every day! It is a Win-Win situation!!! God Bless! Kathie Ingram Owen Richmond, TX Athlete's Succeed with the Help of a Personal Trainer\* Results on a consistent program with Kathie are guaranteed!

## About the Author

Free online health and fitness calculator. Includes blood pressure, body mass, heart rate, ideal weight, and percent body fat calculators.

Source: <http://www.productsherbal.com>