

Position Statement

STRENGTH TRAINING FOR THE FEMALE ATHLETES

It is the position of the National Strength and Conditioning Association that:

It appears that proper strength and conditioning exercise programs may increase athletic performance, improve physiological function and reduce the risk of injuries. These effects are as beneficial to female athletes as they are to males. The question that has to be addressed is whether female athletes require different training modalities, programs or personnel than those required by male athletes.

Due to similar physiological responses, it appears that males and females should train for strength in the same basic way, employing similar methodologies, programs and types of exercises. Coaches should assess the needs of each athlete, male or female, individually, and train that athlete accordingly. Coaches should keep in mind that there may be more differences between individuals of the same gender than between males and females. Still, there may be psychological and /or physiological considerations that should be taken into account in training female athletes.