

POSITION STATEMENT

Youth Resistance Training

It is the current position of the NSCA that:

1. A properly designed and supervised resistance training program is safe for children.
2. A properly designed and supervised resistance training program can increase the strength of children.
3. A properly designed and supervised resistance training program can help to enhance the motor fitness skills and sports performance of children.
4. A properly designed and supervised resistance training program can help to prevent injuries in youth sports and recreational activities.
5. A properly designed and supervised resistance training program can help to improve the psychosocial well-being of children.
6. A properly designed and supervised resistance training program can enhance the overall health of children.