

# CERTIFICATION STUDY GUIDE



# WIN WITH BFS

BIGGER FASTER STRONGER

**BFS**

# INTRODUCTION

Welcome to BFS,

BFS believes a good coach must have a good theoretical knowledge of training. This has lead to the development of our study materials to help you understand the basic concepts of the BFS Program. The following two pages will introduce you to all of the items in your Certification Package.

I also strongly recommend that you purchase the BFS Safety and Liability Package if you haven't done so already. I encourage you to utilize your subscription and keep up with current developments in your profession and to enjoy the inspirational stories published every issue.

Thank you for taking this important step in achieving your coaching goals and becoming a part of BFS.

S



Dr. Greg Shepard  
Founder/CEO, Bigger Faster Stronger, Inc.



## SAFETY PACKAGE

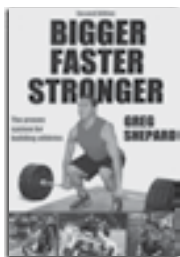
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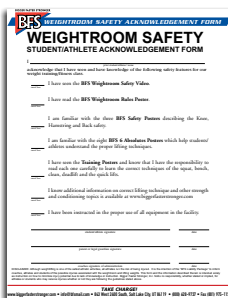
# INTRODUCTION

## INCLUDED STUDY MATERIALS



### BFS TOTAL PROGRAM BOOK

The Authoritative Guide to the BFS Total Program  
Find all the information you need to implement the Total Program.



### STUDENT ACKNOWLEDGMENT FORM

By having every student and athlete sign this form you can demonstrate that you have instructed them on proper weight room safety.



### THE SECRET TO SUCCESS DISC

Interactive look at all the areas that make up the BFS Total Program  
Be sure to check your disc label for a valuable promotion code to help you start your BFS Program



### SAFETY AND LIABILITY MANUAL

A must for all programs, this manual can help you understand the issues surrounding weight room safety.



### RECORD CARD SAMPLE

*Chart your success*

**Constant Improvement:** At the core of the BFS program is the “BFS Set/Rep System”. Being able to simply and accurately chart improvement is among the prime motivators for athletes. Use these cards designed specifically for the BFS Program and your athletes could be breaking personal records every week!



### READINESS RECORD CARD SAMPLE

*Help young athletes emerge in a safe program emphasizing proper technique over heavy lifting*

**Begin to Win:** As Coaches we at BFS know that bringing in new athletes can be one of the biggest challenges. The BFS Readiness Record Card lets new athletes quickly chart each milestone in technique needed to move on to the complete BFS Program.



### BFS MAGAZINE SUBSCRIPTION & ARCHIVES

*Archives online at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)*

**Knowledge Base:** Take advantage of BFS's 30+ years of articles pertaining to training, safety, motivation and more. Over 1,600 articles currently available with more added with each publication of the magazine.

# INTRODUCTION

## HOW TO USE THE BFS STUDY GUIDE

The BFS Study Guide uses a multimedia learning approach for maximum understanding of the BFS Program.



### BFS STUDY GUIDE

The BFS Study Guide is designed to correspond to the format of the BFS Total Program Book, outlining the major points in each chapter. In the Study Guide you will be given a summary of the material covered, learning objectives, a list of key terms used, a pre-test, and references for supplementary material for more detailed information on the topics covered.

When you've completed each chapter in the Study Guide, check your pre-test responses with the specific sections in the BFS Total Program Book and review the material.

### BFS TOTAL PROGRAM BOOK

Our standard textbook for the past 25 years, this classic publication covers the history of the BFS Program and provides an excellent overview of the program. The BFS Total Program book, called simply Bigger Faster Stronger, is professionally designed and well illustrated with more than 300 photos. It covers the following topics:

<b>The Total Program</b>	<b>Strength Exercises</b>	<b>Flexibility</b>
<b>Speed and Agility</b>	<b>Program Administration</b>	<b>Plyometrics</b>

### BFS ARCHIVES

#### ONLINE AT [WWW.BIGGERFASTERSTRONGER.COM](http://WWW.BIGGERFASTERSTRONGER.COM)

Access Supplementary materials referenced in the BFS Study guide online here. You can always access over 1,500 articles on everything from training to motivation here.

## ADDITIONAL ITEMS NEEDED

### SET REP LOG BOOKS

Record keeping is key to continued success in the weight room, so it's important to have training logs for your athletes. BFS Set Rep Log Books provide areas for an individual athlete to record his or her progress and the personal records achieved while using the BFS Program.

### TOTAL PROGRAM DVDS

The complete BFS Total Program is presented on two DVDs, as taught and demonstrated by Dr. Greg Shepard. This 2 ½ hour presentation is divided into three sections. The first two sections cover beginning and intermediate aspects of the BFS Program, the third section covers advanced aspects of the program.

### BE AN ELEVEN GUIDEBOOK FOR SUCCESS

One important aspect of the BFS Program is character education. *The Be An Eleven Guidebook for Success* helps all teens, especially those involved with athletics, not only cope with but also thrive in today's world. It gives teens who want to be great—and those who want to be leaders—a better chance to do so.

### BFS SAFETY PACKAGE

We also recommend that you purchase the BFS Safety Package. The BFS Safety Package will show you how to help prevent weight room injuries and give you the tools to help you, and the organizations you represent, avoid and win lawsuits.

## PRE TEST: Chapter 1 - A Unified Approach to Training

**Summary:** A unified approach to strength and conditioning is the best way to train large groups of athletes, especially multi-sport athletes at and below the high school level

### LEARNING OBJECTIVES

- Define the concept of unification
- Explain why multi-sport athletes perform better with a unification program
- Learn 20 benefits to having elementary-school-age athletes involved in a unification program such as BFS
- Understand why a unified program might be better for a college sports program
- Be able to list basic equipment needed for a unified program
- Be able to discuss the benefits and limitations of computerized workouts versus logbooks in a unified program

### KEY TERMS

Unification  
Multi-Sport Athlete  
Off-Season  
In-Season  
Computer Workouts

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 1: Chapter 1, "Introduction"

#### **BFS ONLINE ARCHIVES:**

- ▷ ["2007 BFS High School of the Year," 2007](#)
- ▷ ["Two for the Price of One at Weyauwega-Fremont High," 2006](#)
- ▷ ["The Evolution of the BFS Revolution," 2003](#)
- ▷ ["Focusing on Success at Southern Oregon University," 2002](#)
- ▷ ["Why Women Need BFS," 2000](#)
- ▷ ["Year-Round Unification Program," 1999](#)
- ▷ ["Why BFS Schools Win," 2001](#)
- ▷ ["The BFS Total Program," 2000](#)



**PRE TEST: Chapter 1 - A Unified Approach to Training**

1. Define the concept of unification as it relates to athletic programs.

---

2. Name several components of a total conditioning program for athletes.

---

3. How does a unification program prevent territorial struggles between coaches and athletes?

---

4. What school athletic programs can use a unified program?

Select one:

- A) College
- B) High School
- C) Junior High School
- D) All the above

5. Name five benefits Coach Bob Giesey gave for encouraging elementary-school-age athletes to get involved in a weight training program such as BFS:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6. Name one reason a college might find a unification program of value.

---

7. When training beginning and/or female athletes, what type of equipment is of particular value in teaching Olympic lifts?

---

8. List two advantages that a computerized workout program has over a training logbook.

---



## PRE TEST: Chapter 2 - BFS Rotational Set - Rep System

**Summary:** Variety is one of the most important principles to ensure continual progress in strength training. Changes in reps, sets, exercises and intensity can provide such variety in workout programs.

### LEARNING OBJECTIVES

- Learn the importance of variety in strength training
- Learn a practical format for organizing sets and reps in a long-term workout plan
- Describe Hans Selye Stress Syndrome and how it relates to strength training
- Be able to list seven practical ways to motivate athletes to continue training
- Explain several drawbacks of periodization models
- Outline a basic program varying sets and reps
- Be able to write warm-up sets for weight training exercises

### KEY TERMS

Hans Selye Stress Syndrome

Periodization

Set-Rep Rotational System

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 1: Chapter 2, “The Off-Season Outline”

Disc 2: Chapter 4, “The BFS Set-Rep System”

#### **BFS ONLINE ARCHIVES:**

▷ [“The Truth about Periodization,” 2008](#)

▷ [“How Good is Good? Bring Relevance to Achievements,” 2001](#)

▷ [“Sets and Reps,” 2000](#)

▷ [“The BFS Set-Rep System,” 1999](#)

Training logs enable athletes to keep track of their progress on a daily basis.



**PRE TEST: Chapter 2 - BFS Rotational Set - Rep System**

9. Many workout programs fail because their exercise prescriptions are so monotonous that the body adapts to them: True or False?

---

10. Which of the following phases are not included in Hans Selye's Stress Syndrome: Shock, Countershock, Stage of Resistance, Progression, Stage of Exhaustion?

---

11. Using charts for motivation is one way to prolong the stage of resistance. Name two more ways.

---

12. List two reasons that a periodization program may be impractical for most high school athletic programs.

1) \_\_\_\_\_

2) \_\_\_\_\_

13. What two core lifts in the BFS Program should not be performed for more than 5 reps?

---



## PRE TEST: Chapter 3 - BFS In-Season Training

**Summary:** To help athletes fulfill their physical potential and perform at their best during the sport season, an aggressive strength training program must be performed during the season.

### LEARNING OBJECTIVES

- Learn the importance of strength training in-season
- Be able to list five basic ingredients of a sound in-season program
- Learn how a multi-sport athlete should sequence off-season and in-season workouts in a year-round program

### KEY TERMS

In-Season Training

Volume

Intensity

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 2: Chapter 5, “The In-Season Program”

#### **BFS ONLINE ARCHIVES:**

▷ “Break Over 10 Records Every Day All Year Long,” 2001

The box squat enables athletes to maintain their lower body strength



**PRE TEST: Chapter 3 - BFS In-Season Training**

14. According to a research study published in Medicine and Science in Sports, how long could a subject retain strength if they reduced volume by two-thirds but kept intensity high? Select one:

- 3 weeks,
- 5 weeks,
- 15 weeks.

15. During in-season training, should an athlete train two times a week or just once per week?

---

16. During the season, is it better to lift in the morning or after practice?

---

17. Should auxiliary exercises be performed during the season?

---

18. In football, should an athlete lift during two-a-day practices?

---

**PRE TEST: Chapter 4 - BFS Readiness Program**

**Summary:** To give athletes a head start, conditioning programs can be implemented in elementary school programs

**LEARNING OBJECTIVES**

- Understand both the benefits and risks of having young athletes lift weights
- Learn the appropriate ages for young athletes, both male and female, to begin lifting weights

**KEY TERMS**

In-Season Training  
Volume  
Intensity

**SUPPLEMENTARY MATERIALS****BFS TOTAL PROGRAM DVD:**

Disc 1: Chapter 2: "Total BFS Off-Season Program"

**BFS ONLINE ARCHIVES:**

- ▷ ["124 Reasons Why Weight Training is Safe for Young Athletes," 2004](#)
- ▷ ["The Future of Youth Gymnastics," 2003](#)
- ▷ ["Youth Weightlifting Pioneer Marty Schnorf," 2003](#)
- ▷ ["Is Weight Training Safe for Kids?" 2002](#)
- ▷ ["Morenci Middle School," 2001](#)
- ▷ ["The BFS Readiness Program," 2001](#)
- ▷ ["Conceive It, Believe It, Achieve It!" \(Whitewater Middle School\), 2000](#)
- ▷ ["Product Review: The Aluma-Lite Bar" 1999](#)
- ▷ ["Lightweight Training Equipment," 1998](#)
- ▷ ["Building Champions" \(American Heritage Academy Elementary\), 2001](#)
- ▷ ["Centennial Junior High School," 2001](#)
- ▷ ["The BFS Readiness Program," 2000](#)
- ▷ ["The Rise of Youth," 2000](#)



Young athletes from American Heritage Elementary School get a head start to athletic excellence with the BFS Readiness Program:

**PRE TEST: Chapter 4 - BFS Readiness Program**

19. What is the grade level at which students in physical education classes most commonly begin the BFS readiness program? Select one:

- 6th grade,
- 7th grade,
- 8th grade.

20. Is premature closing of the epiphysial (growth) plates related primarily to injuries or to hormonal influences?

---

21. According to sport scientist Mel Siff, Ph.D., can running, jumping, striking or catching impose greater forces on the musculoskeletal system than heavy weight training?

---

22. Youngsters who compete in Olympic-style weightlifting competitions have higher bone densities than children who do not lift weights: *True or False?*

23. According to research published in the November/December 2001 issue of the Journal of American Academy of Orthopaedic Surgeons, injuries from bicycling were greater than the number of injuries from weightlifting by what percentage? Select one:

- 50 percent,
- 100 percent,
- 400 percent.

24. If a high school male athlete cannot squat 145 pounds to parallel, what program should he begin with? Select one:

- The BFS Readiness Program,
- The regular BFS Program.

25. How long should a basic plyometric program last in the BFS readiness program? Select one:

- 10 minutes, twice a week;
- 15 minutes, three times a week
- 20 minutes, twice a week

26. What two things must happen before progressing to heavier weights in the BFS readiness program?

---

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## PRE TEST: Chapter 5 - Six Absolutes of Perfect Technique

**Summary:** The Six Absolutes are six training principles that help teach perfect technique in sport and weight training. The Six Absolutes are as follows:

1) Use an athletic or jump stance, 2) Be tall, 3) Spread the chest, 4) Align the toes, 5) Align the knees, and 6) Keep your eyes on target.

### LEARNING OBJECTIVES

- Develop a common terminology when teaching weight training and sport skills
- Be able to define the Six Absolutes
- Be able to give examples of the Six Absolutes in sport techniques and weight training exercises

### KEY TERMS

Bodybuilding Stance  
Power-Lifting Stance  
Athletic Stance

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 1: Chapter 3, "The Six Absolutes"

Disc 2: Advanced Training, "Advanced Six Absolutes"

#### **BFS ONLINE ARCHIVES:**

▷ ["A Closer Look at the Six Absolutes," 2006](#)

▷ ["The Clean and Jerk" 2005](#)

▷ ["Be Tall" 2002](#)

▷ ["Knees Aligned" 2002](#)

▷ ["Spread the Chest" 2002](#)

▷ ["Toes Aligned" 2002](#)

▷ ["Eyes on Target" 2001](#)

Dr. Greg Shepard coaching the Six Absolutes in the box squat



**PRE TEST: Chapter 5 - Six Absolutes of Perfect Technique**

27. What aesthetic benefits can be derived from applying the concept of “being tall”?

---

28. “Spreading the chest” and what other concept go hand in hand? Select one:

- Assume a neutral spine position,
- Lock in the lower back,
- Stabilize the trunk.

29. In the BFS hip-flexor stretch, what does “toes aligned” mean? Select one:

- The toes should point straight ahead,
- The toes should point slightly out.

30. The eyes always be slightly above horizontal in weight training exercises such as the squat and the power clean weights:  
***True or False?***

## PRE TEST: Chapter 6 - Squat and Squat Variations

**Summary:** The parallel squat is the foundation for athletic excellence and will balance the development between the hamstrings and quadriceps. The upper thigh must be parallel to the ground at the bottom of the squat to optimally develop leg and hip strength for speed and power.

### LEARNING OBJECTIVES

- Understand why the squat is such an effective exercise
- Learn how to teach the parallel squat
- Understand the value of several squat variations and how to teach them
- Learn the effects of squats on the knees and the controversy surrounding this topic
- Be able to recognize and correct two of the most common mistakes in squatting technique
- Learn proper spotting techniques for the squat and squat variations
- Understand the value of squat devices such as the Sting Ray and lifting chains

### KEY TERMS

Anterior Cruciate Ligament  
Vastus Medialis  
Sticking Point  
Lifting Chains

### SUPPLEMENTARY MATERIALS

#### BFS TOTAL PROGRAM DVD:

- Disc 1: Chapter 4, "The Box Squat"  
Disc 1: Chapter 5, "The Front Squat"  
Disc 1: Chapter 6: "Other Squat Variations"  
Disc 1: Chapter 7, "The Parallel Squat"

#### BFS ONLINE ARCHIVES:

- ▷ ["A Closer Look at the Parallel Squat" 2008](#)
- ▷ ["The Low Box Squat" 2003](#)
- ▷ ["Spotting the Squat" 2002](#)
- ▷ ["He Can't Squat, ... Flexibility," 2001](#)
- ▷ ["Knee Safety" 2001](#)
- ▷ ["Let's Talk Box Squat" 2001](#)
- ▷ ["Ouch! Shoulders and Squatting" 2001](#)
- ▷ ["Box Squat? The First Thing We Do!" 1999](#)
- ▷ ["Box Squat Advantages" 1998](#)
- ▷ ["True Parallel" 1998](#)
- ▷ ["Box Squat Warning" 2001](#)
- ▷ ["The Green Bay Box Squat" 1997](#)

Dr. Greg Shepard points out the difference between bad form (left photo) and perfect form (right photo) in the box squat.





**PRE TEST: Chapter 6 - Squat and Squat Variations**

31. The parallel squat builds the foundation for great speed, regardless of the size of the athlete:

*True or False?*

32. Achieving at least a parallel depth in the squat makes the lower-body muscles stronger and bigger, especially the quadriceps and hamstrings. Name three other benefits to going parallel.

---

33. Not having the knees aligned in the squat often places harmful stress on which ligament of the knee?

---

34. What is one advantage during the squat in holding the barbell with the thumbs around the bar?

---

35. In addition to helping the athlete when they cannot complete a lift, what is another function of spotters?

---

36. Athletes should limit the amount of weight they box squat to no more than 200 pounds above their best parallel squat:

*True or False?*

37. What lower-body muscle does the front squat place extra emphasis on?

---

38. When using lifting chains, generally you should add about 25 percent at the finish position of the lift:

*True or False?*

## PRE TEST: Chapter 7 - Power Clean and Quick Lifts

**Summary:** The power clean is of vital importance. It develops explosiveness. When done correctly, every muscle will be fired in proper sequence, executing a maximum summation of force. It is essential for optimum levels of jumping, throwing, hitting, and sprinting starts.

### LEARNING OBJECTIVES

- Understand why quick lifts such as the power clean are vital exercises for athletes
- Understand the relationship between jumping ability and the power clean
- Learn how to teach the power clean
- Understand the benefits of several quick lift variations and how to teach them

### KEY TERMS

Quick Lifts

Rotary Hip Movement

Multijoint Movement

Explosive Jump Phase

Hang Clean

Power Snatch

Hang Power Snatch

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 1: Chapter 10, "The Power Clean"

Disc 2: Advanced Training, "Advanced Power Cleans"

#### **BFS ONLINE ARCHIVES:**

▷ ["A Closer Look at the Power Clean" 2008](#)

▷ ["Jim Schmitz's Weightlifting Legacy" 2002](#)

▷ ["Born to Lift, Casey Burgener" 1999](#)

▷ ["Just Jump to Clean" 1998](#)

▷ ["A Few Words with America's Strongest Man" 2003](#)

▷ ["Three Power Clean Drills" 2000](#)

▷ ["Michael Butler" 1999](#)



The Power Clean develops explosiveness and jumping power.

**PRE TEST: Chapter 7 - Power Clean and Quick Lifts**

39. What is the most popular quick lift?

40. \_\_\_\_\_  
The rotary hip movement simulates what action in athletics?

41. \_\_\_\_\_  
When does the prestretch occur during a power clean or power snatch?

42. \_\_\_\_\_  
What foot stance is used when pulling the barbell off the floor in the power clean?

43. \_\_\_\_\_  
What foot stance is used when racking the barbell in the power clean?

44. \_\_\_\_\_  
What is meant by the “hang” position when referring to the power clean or power snatch?

\_\_\_\_\_

## PRE TEST: Chapter 8 - Hex Bar Deadlift and Deadlift Variations

**Summary:** The deadlift and the Hex bar deadlift develop the lower back, trunk, hips, glutes, hamstrings and quadriceps. The deadlift is performed with a standard barbell. The Hex bar deadlift is performed with a hexagonal-shaped barbell with handgrips placed on the sides that allow the athlete to perform exercises from inside the encompassing bar. This unique design makes it easier to maintain perfect form when performing the deadlift exercise.

### LEARNING OBJECTIVES

- Understand why the deadlift or Hex bar deadlift should be a core exercise in a total conditioning program for athletes
- Learn the advantages of a Hex bar deadlift, and why the Hex bar was designed as it was
- Learn how to perform the deadlift and the Hex bar deadlift
- Learn how to spot a conventional deadlift
- Learn the benefits of the two forms of straight-leg deadlifts and how to perform them

### KEY TERMS

Hex Barbell

Power Line

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 1: Chapter 11, “The Hex Bar”

#### **BFS ONLINE ARCHIVES:**

- “A Closer Look at the Straight-Leg Deadlift” 2008
- “The BFS Straight-Leg Deadlift” 2002
- “The Hex Bar” 1998
- “Mega Hex, Hex, Hi-Hex – Which One for My Program?” 2001
- “The Straight-Leg Deadlift” 2000

The straight-leg dead lift can also be performed with a Hex Bar



**PRE TEST: Chapter 8 - Hex Bar Deadlift and Deadlift Variations**

45. What is a power line in regard to deadlift performance?

---

46. What muscles does a deadlift strengthen?

---

47. What are the advantages of a Hex bar deadlift over a straight-bar deadlift?

---

48. What is the advantage of performing a straight-leg deadlift on a platform?

---

49. Generally, how much weight should a junior high school boy or girl use in a straight-leg deadlift? Select one:

- 45 pounds,
- 85 pounds,
- at least 100 pounds.

50. What is the hand position of the spotter on a spotted deadlift?

---

## PRE TEST: Chapter 9 - Bench Press and Bench Press Variation

**Summary:** The bench press and its many variations are great exercises for developing overall strength in the upper body, especially the chest, shoulders and triceps. The bench press is especially important for women, as they carry proportionately less muscle mass in their upper bodies than men and this gap in strength often compromises their ability to play sports at a high level.

### LEARNING OBJECTIVES

- Learn which muscles the bench press emphasizes
- Understand how variations in grip and bench angle affect the results of the bench press
- Understand why the bench press is the most dangerous exercise in the weight room
- Learn the advantages of the towel bench press and how to perform it
- Learn the advantages of using lifting chains with the bench press and how to use them

### KEY TERMS

C Curve

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 1: Chapter 8, “The Bench Press”

Disc 1: Chapter 9, “The Towel Bench”

#### **BFS ONLINE ARCHIVES:**

▷ [“A Closer Look at the Unilateral Power Press” 2008](#)

▷ [“The Towel Bench” 1998](#)

▷ [“Spotting the Bench Press” 2003](#)

▷ [“The Towel Bench” 1999](#)

The spotters and a power rack ensure maximum safety with the bench press



**PRE TEST: Chapter 9 - Bench Press and Bench Press Variation**

51. What are three of the major muscle groups that a bench press works?

---

52. Why is the bench press especially important for female athletes?

---

53. What are the BFS standards for women? Select one series:  
100, 200 and 300;  
100, 120 and 140;  
100, 150, 200 and 250 pounds.

54. How can the position of the eyes help you determine if the body is properly positioned on a bench press?

---

55. Should there be an arch in the lower back when performing the bench press?

---

56. What muscles does a close grip emphasize in a bench press?

---

57. What bench angle is generally used to perform an incline bench press?

---

58. The bench press with chains be used as a substitute for the towel bench press: ***True or False?***



**PRE TEST: Chapter 10 - Auxiliary Lifts**

**Summary:** Auxiliary lifts are performed after the BFS core lifts to emphasize specific muscle groups. There are two types of auxiliary lifts: standard and advanced. Standard auxiliary lifts are relatively safe, easy to perform and require less coaching than advanced auxiliary lifts.

**LEARNING OBJECTIVES**

- Understand the purpose of auxiliary lifts
- Recognize how several auxiliary exercises can help prevent injuries
- Be able to distinguish between standard and advanced auxiliary lifts
- Learn where auxiliary lifts should be placed in a program and how much they should be emphasized in regard to reps and sets
- Learn the performance of several standard and advanced auxiliary lifts
- Learn the value, performance and teaching sequence of power balance drills

**KEY TERMS**

Standard Auxiliary Lift  
Advanced Auxiliary Lift  
Power Balance Drills

**SUPPLEMENTARY MATERIALS****BFS TOTAL PROGRAM DVD:**

Disc 1: Chapter 12, “Auxiliary Exercises”;  
Disc 2: Advanced Training, “Advanced Auxiliary Lifts”

**BFS ONLINE ARCHIVES:**

- ▷ [“Run Faster, Jump Higher ... Reverse Hyper” 2008](#)
- ▷ [“Preventing Injuries with the Glute-Ham” 2002](#)
- ▷ [“New BFS Total Program Concept” 2003](#)
- ▷ [“Glute-Ham Power” 2002](#)
- ▷ [“Discover the Glute-Ham Advantage” 1997](#)

Many auxiliary lifts, such as lunges, can be performed with dumbbells



**PRE TEST: Chapter 10 - Auxiliary Lifts**

59. How many sets are usually performed for auxiliary exercises?

Select one:

- 2 sets,
- 3 sets,
- 4 or more sets.

60. How many auxiliary lifts should usually be performed each week? Select one: five or fewer exercises, seven exercises, eight exercises.

---

61. What are the negative effects of placing too much emphasis on auxiliary exercises?

---

62. Selection of auxiliary lifts depends on choosing those that will help you win or prevent specific injuries: *True or False?*

63. What are two sports that would benefit most from the athlete performing a neck exercise as an auxiliary lift?

---

## PRE TEST: Chapter 11 - Agility and the BFS Dot Drill

**Summary:** To train harder and prevent muscle pulls, athletes need to warm up before sprinting, stretching or lifting heavy weights. The BFS Dot Drill not only helps an athlete warm up quickly but also develops agility.

### LEARNING OBJECTIVES

- Understand the importance of a proper warm-up before sprinting, stretching or lifting heavy weights
- Learn how to design a Dot Drill station and how to perform the Dot Drill workout
- Learn Dot Drill standards for both male and female athletes

### KEY TERMS

Aerobic Exercise

Dot Drill

Dot Drill Pad

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 2: Chapter 2, “The BFS Dot Drill”

#### **BFS ONLINE ARCHIVES:**

- ▷ [“A Closer Look at the BFS Dot Drill,” 2008](#)
- ▷ [“A Fun Challenge \(Agility Drills\),” 2000](#)

The Dot Drill can be performed in a group setting



**PRE TEST: Chapter 11 - Agility and the BFS Dot Drill**

64. Why should an athlete warm up?

---

65. What is the advantage of performing a Dot Drill warm-up versus a simple aerobic exercise such as jogging?

---

66. What is the proper sequence of a Dot Drill workout?

---

67. The first goal in Dot Drill training is to commit to performing the drills six times a week. What is the second goal?

---

## PRE TEST: Chapter 12: Five Phase Plyometric Program

**Summary:** Plyometrics can be an excellent training method to increase speed, jumping ability and explosiveness. Box jumps are an excellent way to incorporate plyometrics into a training program and can be performed as part of the BFS Readiness Program.

### LEARNING OBJECTIVES

- Understand the value of plyometrics in helping athletes fulfill their physical potential
- Learn the best way to design a plyometric jump box
- Learn the five phases of the BFS plyometric program
- Learn how to measure progress in a plyometric program

### KEY TERMS

Plyometrics  
Vertical Jump  
Box Jumping  
Bounding

### SUPPLEMENTARY MATERIALS

#### **BFS TOTAL PROGRAM DVD:**

Disc 2: Chapter 7, “The Plyometric Program”

#### **BFS ONLINE ARCHIVES:**

- ▷ “A Closer Look at Box Jumping” 2008
- ▷ “Lateral Plyometrics” 2003
- ▷ “Plyometric Box Jumping, What You Must Know” 2001
- ▷ “The Medicine Ball Prescription” 2001
- ▷ “Plyometric Box Jumping” 2000
- ▷ “Shock It to Me with Plyometrics” 1998

When setting up plyo boxes, the last box should be the highest



**PRE TEST: Chapter 12: Five Phase Plyometric Program**

68. Best results in increasing vertical jump performance come from combining squatting and plyometrics, rather than performing each type of training by itself: *True or False?*

69. What is the major drawback to performing box jumps on an open plyometric box versus on a solid box?

---

70. In a box jumping workout using five boxes, which box should be the highest? Select one:

- first box,
- second box,
- fifth box.

71. Name two types of plyometric bounding drills.

1) \_\_\_\_\_

2) \_\_\_\_\_

**PRE TEST: Chapter 13: Speed Training**

**Summary:** Speed workouts should be performed twice a week, year-round, and athletes should be frequently tested. Sprint training takes 10 minutes and consists of 5 minutes of technique work and 5 minutes of fast sprinting. Significant improvements in sprinting form can be attained by following the BFS eight-point sprint technique system.

**LEARNING OBJECTIVES**

- Learn how to incorporate sprint training into a weekly conditioning program
- Understand the importance of video analysis in sprint training
- Learn 10 ways to improve speed
- Understand the importance of a good start in sprinting and the position of the hands, feet and head for a good sprint start
- Learn the eight points of good sprinting

**KEY TERMS**

Video Analysis

Modified BFS Track Stance



Speed is the key in many sports,  
especially football

**SUPPLEMENTARY MATERIALS****BFS TOTAL PROGRAM DVD:**

Disc 2: Chapter 6, "The Speed Program"

**BFS ONLINE ARCHIVES:**

- ▷ ["Speed Skating with the Stars" 2006](#)
- ▷ ["Get Really Fast, Part 3" 2004](#)
- ▷ ["Get Really Fast" 2003](#)
- ▷ ["The World's Fastest Teenager" 2003](#)
- ▷ ["LSU Tigers, On the Fast Track with Denis Saver" 2002](#)
- ▷ ["Michelle Freeman, The Woman Who Ran Too Fast" 2002](#)
- ▷ ["Angela Williams, Fast Track to Fame" 2001](#)
- ▷ ["Resistance is Not Futile – Speed Parachutes" 2001](#)
- ▷ ["Speed Kills" \(Featuring Eugene Robinson\)" 2000](#)
- ▷ ["The Need for Speed" 2000](#)
- ▷ ["Devine Leg Power" 1999](#)
- ▷ ["Measuring Success, Just Jump or Run" 1999](#)
- ▷ ["Tiffany Lot, 55 Meter Hurdles World Record Holder" 1999](#)
- ▷ ["From Slow to Fast, From a 5.7 forty to a 4.6" 1998](#)
- ▷ ["The Start" 1998](#)
- ▷ ["Thirteen, The Need for Speed" 1996](#)



**PRE TEST: Chapter 13: Speed Training**

72. During the off-season, generally the best days to perform sprint training are Tuesday and Thursday: *True or False?*

73. When athletes are tested on either a 40-yard or 20-yard sprint, how many timed sprints should they perform? Select one:

- one timed sprint,
- two timed sprints,
- three timed sprints.

74. What is the value of video analysis in sprint training?

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75. BFS offers 10 ways to improve speed; one way is to perform plyometrics twice per week. Name four more ways.

1) 

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2) 

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3) 

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4) 

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76. Where should your feet be in the modified BFS track stance?

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77. In the eight-point BFS sprint technique system, one technique that enables you to run faster is to point your toes straight ahead. Name three more techniques

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**PRE TEST: Chapter 14 - 1,2,3,4 Flexibility Program****CHAPTER 14: 1,2,3,4 Flexibility Program**

**Summary:** The BFS 1-2-3-4 Flexibility Program goes beyond injury prevention and rehabilitation, as it is designed to improve speed and jumping power. BFS regards stretching as a separate exercise regimen, not as part of a warm-up or cool-down for physical activity. Stretching should be performed daily and requires concentration and adherence to proper technique

**LEARNING OBJECTIVES**

- Understand how stretching can improve speed and jumping power
- Learn how to incorporate stretching into a weekly conditioning program
- Learn nine basic principles of proper stretching
- Learn the proper sequence and performance of 10 stretches designed to work the major muscle groups
- Learn a simple way to measure progress in stretching and what would be considered good standards for both male and female athletes

**KEY TERMS**

Static Stretching,  
Muscle Tension,  
Cool-Down

**SUPPLEMENTARY MATERIALS****BFS TOTAL PROGRAM DVD:**

Disc 2: Chapter 3, “Flexibility Training”

**BFS ONLINE ARCHIVES:**

- “A Closer Look at the BFS Flexibility Program” 2008
- “Flexibility: Is it Part of Your Program?,” 2001
- “Stretching for Speed,” 1998

Many sports such as figure skating, require exceptional levels of flexibility as demonstrated by Kristen Hasselmeier



**PRE TEST: Chapter 14 - 1,2,3,4 Flexibility Program**

78. How is the BFS approach to stretching different from most other stretching programs in regard to its focus?

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79. Stretching should be a part of a warm-up program for sport activities: *True or False?*

80. What is meant by the term “balance” in the BFS 1-2-3-4 Flexibility Program?

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81. What kind of mat is ideal for stretching?

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82. How should an athlete breathe while stretching?

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83. The BFS stretching program is divided into four groups of stretches, the first group consisting of one stretch performed on a bench. What are the other three groups?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

84. What is a simple way to measure progress in a stretching program?

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## PRE TEST: Chapter 15 - Organization, Weight Room Design and Safety

**Summary:** All coaches should be unified on the BFS Program and philosophy and each should contribute and give support to the supervision, maintenance, and financing of the weight room facility. Weight training programs should be handled with the same seriousness as a sports practice, and there are specific steps that must be taken to make the weight room safe.

### LEARNING OBJECTIVES

- Be able to list the basic equipment needed to train multi-sport athletes in groups
- Understand how to manage a weight training session
- Learn what additional equipment can help give physiological and psychological support to athletes
- Understand in greater detail how to include lifting chains in a program
- Understand basic safety guidelines needed to run a successful conditioning program for athletes

### KEY TERMS

Do-It-All Stations  
Core Stations  
Team-Concept Approach  
Powerlifting Belt  
Lifting Belt  
Training Belt  
Knee Wraps  
Wrist Straps  
Wrist Wraps

### SUPPLEMENTARY MATERIALS

#### BFS TOTAL PROGRAM DVD:

Disc 2: Advanced Training, “The BFS Chains”

#### BFS ONLINE ARCHIVES:

- “ABCs of Weight Room Design” 2007
- “A Closer Look at BFS Chains” 2003
- “Bob’s Basement” 2003
- “Dee Olson Discovers the Be An Eleven Fast Track to Success” 2003
- “Inside the Raiders with Strength Coach Tim Adams” 2003
- “The BFS Safety Package” 2003
- “Williams College, The Student Athletes’ Haven” 2003
- “Bars 101” 2002
- “Bigger Faster Stronger Lifting Chains” 2002
- “Back Safety” 2000
- “Belt Me(Lifting Belts)” 2000
- “One Station Does It All” 2000
- “Signs of a Safe Weight Room” 2000
- “Weight Rooms Must Be Safe Rooms” 1999

Three-dimensional models, such as this one, help BFS design weight rooms that are safe, effective and efficient



**PRE TEST: Chapter 15 - Organization, Weight Room Design and Safety**

85. BFS believes you should build your program around six core exercises. Name five of these exercises.

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86. What is one advantage of a do-it-all workout station?

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87. If there is not enough time for an athlete to perform all aspects of a conditioning program during physical education class, athletes can perform some of these outside of class. Name one such activity.

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88. If there is not enough time to perform the 5-4-3-2-1 set-rep sequence, what would be an appropriate alternative? Select one:

- 5-4-3
- 5-3-1
- 3-2-1

89. What is the typical thickness of a training belt?

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90. Name two BFS core exercises that athletes often use wrist straps for.

- 1) 

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- 2) 

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91. What is one practical way to warn athletes about the potential dangers of lifting weights and help reduce the chance of injury?

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## PRE TEST: Chapter 16 - BFS Nutrition Plan

**Summary:** Although nutrition is a complex topic, it's possible to make dramatic improvements in the diets of athletes by teaching them to avoid the Five Lethal Foods. The next step is to have athletes set nutritional goals and use a nutritional ranking system to help them improve their eating habits

### LEARNING OBJECTIVES

- Understand the importance of good nutrition in athletic training
- Learn how to use a nutritional rating chart and set nutrition goals
- Develop a basic understanding of the three macronutrients of food
- Be able to give examples of the Five Lethal Foods and reasons they are harmful

### KEY TERMS

Obesity  
USDA food pyramid  
Five Lethal Foods  
Diet Plan

### SUPPLEMENTARY MATERIALS

#### **BFS ONLINE ARCHIVES:**

- ▷ ["What Athletes Need to Know about Protein" 2008](#)
- ▷ ["Pros Crack Down on Tainted Supplements" 2007](#)
- ▷ ["The BFS Nutrition System, Quick Overview" 2000](#)
- ▷ ["BFS Stops Creatine" 1998](#)
- ▷ ["Carbo Loading – Is It Overrated?" 1998](#)
- ▷ ["Measuring Body Fat" 1998](#)
- ▷ ["The Real Truth About Fat" 1997](#)
- ▷ ["The Real Truth About Fat, Part II" 1998](#)

After just six weeks of training, Ethan Brooks of the Baltimore Ravens decreased his body fat from 15.35 percent to 8.69 percent while gaining muscle.



**PRE TEST: Chapter 16 - BFS Nutrition Plan**

92. Name the Five Lethal Foods.

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93. Which organization recommends adding a multivitamin to your diet.

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94. Does one diet plan work for all students and athletes or can diet plans be customized based on calories:

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95. What percentage of Americans eat fruit at least twice a day?

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96. Is obesity among young people a growing concern?

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97. True or False: Athletes should decide on a supplement program before choosing a diet plan.

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98. What is a simple method to increase diet accountability?

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**PRE TEST: Chapter 17 - Be An 11**

**Summary:** The Be An Eleven program was created to inspire young people to fulfill their potential by inspiring them to set worthy goals, both athletic and personal. It also teaches young people to make positive choices, keep their self-respect, and become team players and role models for others.

**LEARNING OBJECTIVES**

- Understand the origins of the Be An Eleven program and why it was created
- Define the qualities of an Eleven person
- Learn the three rules for success in the Be An Eleven program
- Learn the difference between dream keepers and dream stealers

**KEY TERMS**

dream keepers,  
dream stealers

**SUPPLEMENTARY MATERIALS****BFS ONLINE ARCHIVES:**

- 
- ▷ “BFS Athlete of the Year” 2003
  - ▷ “Being a True Eleven” 2003
  - ▷ “Trading Places, The Ethan Brooks Story” 2003
  - ▷ “How One Football Team Overcame Hazing” 2002
  - ▷ “Kacey McCallister, Unstoppable!” 2002
  - ▷ “One Bad Decision” 2002
  - ▷ “The Dark Side of Hazing” 2002
  - ▷ “Twice the Talent” 2002
  - ▷ “Why Do So Many Athletes Lose Focus?” 2002
  - ▷ “BFS Athlete of the Year, Conrad Ivie” 2001
  - ▷ “Dream the Biggest Dream” 2001

**SUPPLEMENTARY MATERIALS****BFS ONLINE ARCHIVES:**

- 
- ▷ “A True Eleven” (P.J. Brown) 2000
  - ▷ “Be An Eleven Student” 2000
  - ▷ “BFS 2000 Athlete of the Year, Brock Berlin” 2000
  - ▷ “Dream Keepers vs. Dream Stealers” 2000
  - ▷ “Make a State-Championship Effort Today” 2000
  - ▷ “The Most Powerful Motivational Tool,” 2000
  - ▷ “Today I Win! The Kevin Wilson Story” 2000
  - ▷ “Attributes of a Great Coach” 1999
  - ▷ “Find a Way, Jeffrie Banks” 1999
  - ▷ “Tag Bozied, University of San Francisco” 1999
  - ▷ “Combating Drugs, Alcohol, Tobacco, Gangs and Guns” 1998
  - ▷ “David Harvey-Bowen, 1998 BFS Athlete of the Year” 1998
  - ▷ “Drug Testing in our Public Schools” 1998
  - ▷ “They Call Him Mr. Intensity” 1997
  - ▷ “Class and Character” 1996



**PRE TEST: Chapter 17 - Be An 11**

99. What type of goals does the Be An Eleven! program focus on?

Select one: worthy goals, practical goals, simple goals

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100. The Be An Eleven program comes from the fact that during a football game there are no more than 11 players from a single football team allowed on the field: ***True or False?***

101. The people you associate with and the places you go can either help you or hinder you in accomplishing your dreams. In the Be An Eleven program, what is one more category that can be added to this list? Select one:

The products you buy,

The foods you eat,

The things you do.

## PRE TEST: Chapter 18 - Why Steroids Don't Work

### CHAPTER 18: Why Steroids Don't Work

**Summary:** The benefits of steroid use do not outweigh the risks, and many of the world's best athletes have proved repeatedly that they don't have to take steroids to achieve the highest levels of performance.

#### LEARNING OBJECTIVES

- Understand the risks of taking steroids
- Learn 11 reasons why steroids do not work in the long run for athletes involved in mainstream high school and collegiate sports
- Understand that athletes can reach high levels of performance without taking steroids

#### KEY TERMS

diminishing-return theory  
anabolic steroids

#### SUPPLEMENTARY MATERIALS

##### BFS ONLINE ARCHIVES:

- ▷ ["The Shocking Truth About Supplements" 2005](#)
- ▷ ["11 Reasons Why Steroids Don't Work" 2002](#)
- ▷ ["Steroids Don't Work" 2002](#)



Adam Nelson, shown here lifting heavy, was able to become America's best shot-putter without drugs

**PRE TEST: Chapter 18 - Why Steroids Don't Work**

102. What is one possible long-term risk associated with steroid use?

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