**APPENDIX 1. Survey “Practices of Strength and Conditioning Coaches”**

* Refers to questions with multiple choice answers
* Refers to questions with single choice answers

Other: Was provided for a number of questions in order for participants to provide specific answers, if their practices are different to the pre-determined answers, or if they wished to further elaborate on their answers.

A) Background Information

Q1. Which country are you currently based?

Q2. Which sport(s) do you currently coach?

Q3. Gender?

Q4. Age?

Q5. Number of years’ experience as a strength and conditioning coach?

Q6. Which level of athlete do you currently coach?

* Professional
* University / College
* High School / Senior School
* Youth
* Other

Q7. What is your highest level of education?

* Bachelor’s Degree
* Master’s degree
* PhD
* Other

Q8. Was your degree in a sports science related field? If not, please write your degree below.

* Yes
* No
* Other

Q9. What professional strength and conditioning qualification(s) do you hold?

* Australian Strength and Conditioning Association (ASCA)
* National Strength and Conditioning Association (NSCA)
* Strength and Conditioning Coach Certified (CSCCA)
* United Kingdom Strength and Conditioning Association (UKSCA)
* None
* Other

Q10. Have you completed an S&C internship? Any duration is acceptable.

* Yes (Before certification)
* Yes (During certification)
* Yes (After certification)
* No

B) Muscular Strength and Power Development

Q11. Off-Season: How many strength training sessions do you deliver on average per athlete/team, each week?

Q12. Off-Season: What is your average length per strength training session?

* 0-15 minutes
* 15-30 minutes
* 30-45 minutes
* 45-60 minutes
* 60-75 minutes
* 75-90 minutes
* 90+ minutes
* Other

Q13. Off-Season: What is your typical set range for each exercise in strength training sessions?

* 1-2
* 3-4
* 5-6
* 7-8
* 9-10
* 10+
* Other

Q14. Off-Season: What is your typical repetition range for each exercise in strength training sessions?

* 1-3
* 4-6
* 7-9
* 10-12
* 13-15
* 15+
* Other

Q15. In-Season: How many strength training sessions do you deliver on average per athlete/team, each week?

Q16. In-Season: What is your average length per strength training session?

* 0-15 minutes
* 15-30 minutes
* 30-45 minutes
* 45-60 minutes
* 60-75 minutes
* 75-90 minutes
* 90+ minutes
* Other

Q17. In-Season: What is your typical set range for each exercise in strength training sessions?

* 1-2
* 3-4
* 5-6
* 7-8
* 9-10
* 10+
* Other

Q18. In-Season: What is your typical repetition range for each exercise in strength training sessions?

* 1-3
* 4-6
* 7-9
* 10-12
* 13-15
* 15+
* Other

Q19. How do you determine set loads?

* Repetition maximum
* Predicted repetition maximum
* Trial and error
* Train to failure
* Subjective / Guess
* Athlete determined
* Ratings of Perceived Exertion (RPE)
* Velocity (e.g., accelerometer)
* Do not determine
* Other

Q20. Do you periodise training?

* Yes
* No
* Other

Q21. How much recovery time do you prescribe between strength and conditioning training, sports training and competition?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Same Day | 24 hr | 36 hr | 48 hr | > 48 hr |
| Recovery time between speed development and sports training session |  |  |  |  |  |
| Recovery time between strength / power development and sports training session |  |  |  |  |  |
| Recovery time between speed development and competition |  |  |  |  |  |
| Recovery time between strength / power development and competition |  |  |  |  |  |

Q22. Which Olympic Weightlifting exercises or derivatives do you use in your training programmes?

* Clean
* Jerk
* Snatch
* Power clean
* Power snatch
* Power jerk
* Hang clean
* Hang snatch
* Clean high pull
* Snatch high pull
* Jump shrugs
* Do not use
* Other

Q23. Which methods of resistance do you commonly use within your training programmes?

* Concentric
* Eccentric
* Isometric
* Machine
* Variable (e.g., bands, chains)
* Isoinertial (e.g., flywheel)
* Other

C) Speed Development

Q24. Which methods do you commonly use for speed development?

* Speed running
* Form running
* Resisted running
* Overspeed running
* Plyometrics
* Olympic Weightlifting
* Strength training
* Sport specific movements
* Circuit training
* Interval training
* Do not use
* Other

Plyometrics

Q25. What are the main reason(s) you use plyometrics for in your programme?

* Total body training
* Lower body power
* Upper body power
* Speed development
* Improve jumping ability
* Do not use
* Other

Q26. What stages of the year do you use plyometrics?

* All year round
* Pre-season
* In-season
* Off-season
* Training camp
* Do not use
* Other

Q27. When do you predominantly integrate plyometrics?

* Separate days
* Before weights
* After weights
* Complex training
* Do not use
* Other

Q28. Which plyometric exercises do you commonly integrate into programmes?

* Bounding
* Box drills
* Depth jumps
* Jumps in place
* Multiple hops / lunges
* Standing jumps
* Upper body plyometric
* Do not use
* Other

E) Flexibility Development

Q29. When are athletes encouraged or required to perform flexibility exercises in your programme?

* After practice
* Before practice
* During practice
* Independently / On their own
* Before workout
* During workout
* After workout
* Do not use

Q30. What are the most common forms of flexibility training that you use?

|  |  |  |  |
| --- | --- | --- | --- |
|  | Never | Sometimes | Commonly |
| Ballistic |  |  |  |
| Dynamic |  |  |  |
| Active |  |  |  |
| Passive |  |  |  |
| Static |  |  |  |
| Isometric |  |  |  |
| PNF |  |  |  |

Q31. What is your average length per flexibility session?

* 0-5 minutes
* 5-10 minutes
* 10-15 minutes
* 15-20 minutes
* 20+ minutes
* Do not perform
* Other

Q32. What is the average duration athletes are encouraged to hold a static stretch?

* 0-5 seconds
* 5-10 seconds
* 10-15 seconds
* 15-20 seconds
* 20+ seconds
* Do not perform
* Other

F) Physical Testing

Q33. When do you physically test athletes?

* All year round
* Pre-season
* In-season
* Off-season
* Training camp
* Do not test
* Other

Q34. Which of the following physical tests do you use with your athletes? You may write specifically which tests in 'other'.

* Body composition
* Muscular strength
* Cardiovascular endurance
* Anaerobic capacity
* Speed
* Muscular power
* Agility
* Flexibility
* Acceleration
* Muscular endurance
* Anthropometry
* Other

G) Technology Use

Q35. Do you use technology-based equipment in your training programmes? (e.g. GPS, Speed Gates, Electronic Jump Mat). You may elaborate specifically which tests in 'other'.

* Yes
* No
* Other

Q36. How do you monitor an athlete's well-being?

* Mobile phone or tablet application
* Verbal questionnaire
* Written questionnaire
* Do not monitor
* Other

H) Programming and Additional Comments

Q37. Do you feel there is anything unique about your programme?

Q38 Given unlimited time and resources, is there anything you would change in your programme?

Q39. What do you feel will be a future trend in strength and conditioning?

Q40. Additional Comments