

# Citius, Altius, Fortius: beneficial effects of resistance training for young athletes

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Designed by  
@YLMSSportScience



**1.** Resistance training programme that is purposely designed to enhance neuromuscular fitness and function (eg, agility, balance, coordination, reaction time and speed) is the foundation of athletic development for all aspiring young athletes

**2.** Stronger young athletes will be better prepared to learn complex movements, master sport tactics and withstand the demands of long-term sports training and competition

**3.** A developmental approach to physical conditioning can enhance the health of youth and data indicate that young athletes who engage in multifaceted strength and conditioning programmes are more resistant to sports-related injuries

**4.** Education and instruction on proper resistance training techniques and procedures should start early in life and utilise age-related strategies to enhance learning, optimise outcomes and stimulate an ongoing interest in this type of training



Participation in a youth resistance training programmes needs to be an ongoing commitment because training-induced gains in strength and power are impermanent and tend to regress towards untrained control group values during the detraining period

**6.** Traditional fears regarding the effects of resistance training on the immature skeleton have been replaced by scientific evidence that indicates childhood and adolescence may be the opportune time for the bone remodelling process to respond to the tensile and compressive forces associated with resistance training

