

# Strength and Conditioning



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# Lecture Objectives

- Introducing S&C
- Needs Analysis
- Programme Design
- Physical Literacy
- Testing



# S&C???

- What is it?
- Who needs it?
- Who gets it?
- Who delivers it?



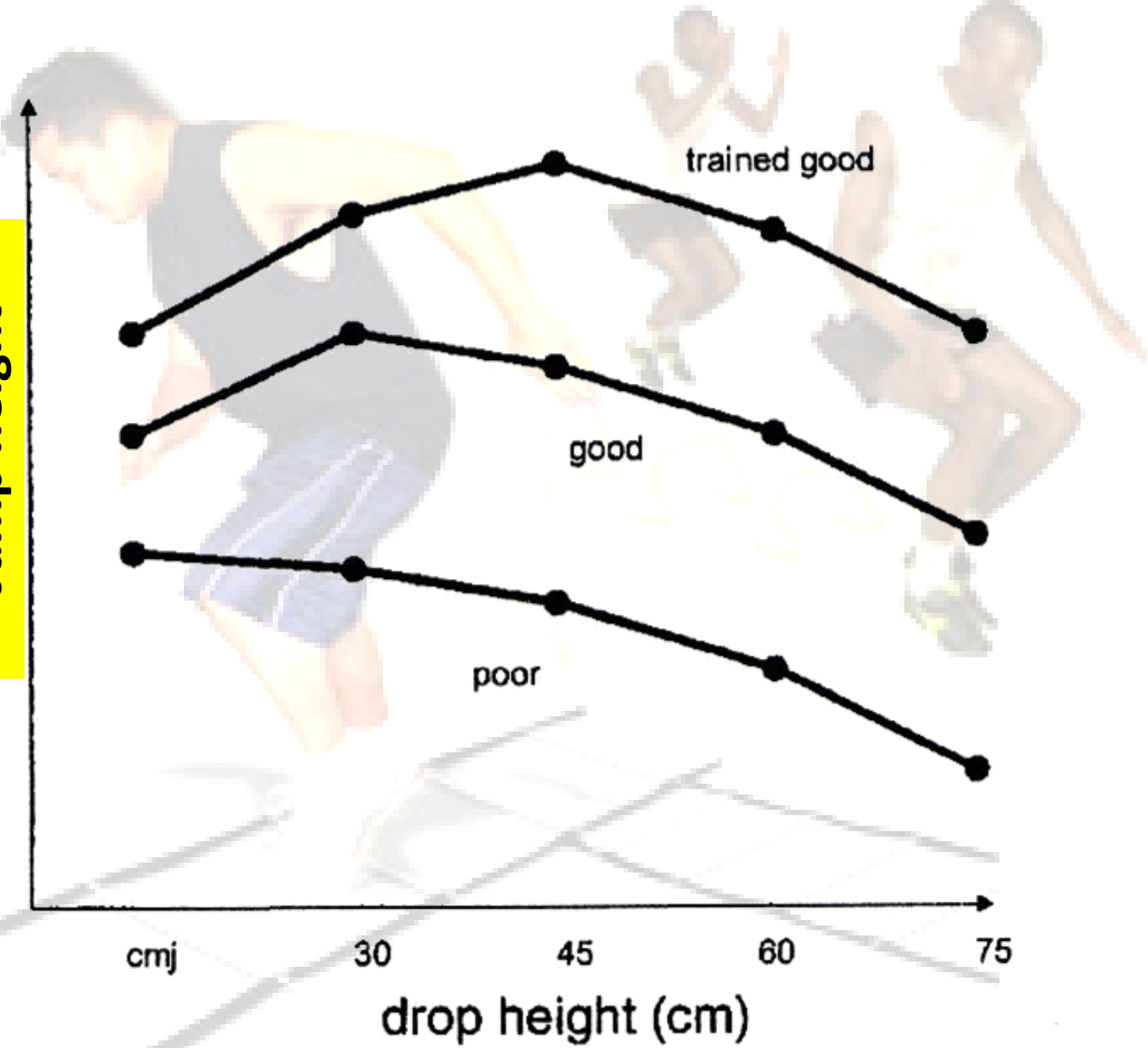
# Needs Analysis

Physical Quality	Low	Medium	High
Jump height			
Flexibility			
Leg strength			
Chest strength			
Grip strength			
Aerobic capacity			

# Why do Fencers Need to be Powerful?



Jump height



cmj

30

45

60

75

drop height (cm)



## Fitness Testing

1. Overhead squat (sample taken throughout week)
2. Fencing lunge (sample taken throughout week)
3. Countermovement jump (including single leg)
4. Squat jump
5. Drop jump
6. 2-4-2 Fencing agility test
7. Physical literacy test (PLT): Pass/Refer only with score out of 20

# Any Q's?

