

Attachment F: Starting Strength Certificate Program Plan

Clause 5.1.3.1.1 Certificate Program Handbook: Organizational Structure and Administration

Clause 5.2.4.1 Certificate Program Handbook: Communications

Clause 5.2.4.2 Certificate Program Handbook: Communications, see page 13, paragraphs 4.5 and 4.6

Clause 5.4.4.1 Certificate Program Handbook: Records and Document Control Systems, see page 6, paragraph 1.8, pages 16-17, section 5

Clause 5.5.1 Certificate Program Handbook: Complaints and Appeals, see pages 14-15, paragraphs 4.9, 4.10, and 4.11

Clause 6.2.3 Certificate Program Handbook: Analysis, Design, Development, Implementation and Evaluation, see page 9, paragraph 2.3

Clause 7.1.2.2 Certificate Program handbook: Requirements for the Certificate Issuance and Use: see pages 13-14, paragraphs 4.6, 4.7, and 4.8



Starting Strength

Certificate
Program
Participant
Handbook

Starting Strength Certificate Program Participant Handbook

THIS DOCUMENT AND THE INFORMATION IN IT ARE PROVIDED IN CONFIDENCE, FOR THE SOLE PURPOSE OF EDUCATION AS IT PERTAINS TO THE STARTING STRENGTH CERTIFICATE PROGRAM AND RELATED LEARNING EVENTS AND MAY NOT BE DISCLOSED TO ANY THIRD PARTY OR USED FOR ANY OTHER PURPOSE WITHOUT THE EXPRESS WRITTEN PERMISSION OF THE AASGAARD COMPANY.

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Starting Strength

Certificate
Program
Participant
Handbook

Table of Contents

1. Overview	3
2. Eligibility Requirements	8
3. The Test	9
4. Results Process	10
5. Participant Privacy and Status Verification	15
6. Preparing For the Course and Test	16
7. Forms	27

Starting Strength

Certificate
Program
Participant
Handbook

1 Overview

1.1 About The Aasgaard Company

The Aasgaard Company publishes and distributes [books](#) and other [media](#) that promote the application of science to training and conditioning. The Aasgaard Company also provides training [seminars](#) and educational symposia for athletes and strength and conditioning professionals. Our philosophy is based on a recognition of the superiority of free weight and barbell training systems. Our aim is to maximize the effectiveness of exercise through the use of classic methods of training and quality equipment. The Aasgaard Company is committed to quality products, prompt service, and making you and your athletes stronger.

1.2 Mission

The mission of The Aasgaard Company and Starting Strength Certificate Program is to identify, develop, and support a community of quality strength coaches through dissemination of high quality education, media, and accredited certificate programs.

1.3 Certificate Program Scope

The Starting Strength Seminar certificate program is a 2.5-day course focused on barbell training. The course includes didactic instruction on coaching, biomechanics, kinesiology, anatomy, technique, and programming of the core barbell exercises, i.e. the squat, deadlift, press, bench press, and power clean.

In addition, the Certificate Program includes a rigorous practical portion where participants receive coaching and refine their own coaching technique on the core lifts. Dialogue between the Certificate Program's personnel and learners facilitate improved and more efficient learning of proper coaching technique for learners as well as improved understanding of the technical considerations for each lift.

Starting Strength

Certificate
Program
Participant
Handbook

1.4 Certificate Program Purpose

The purpose of the Starting Strength Certificate Program is to provide students with an education on the principles, technique, and coaching of the barbell lifts. The course is structured such that the participants improve their own performance of the lifts as well as their coaching and programming of others.

Successful completion of the Starting Strength Certificate Program and its written examination denotes the learner possesses a basic understanding of the material presented in the seminar. Specific learning objectives and outcomes are described in the following section.

1.5 Certificate Program Learning Outcomes

After successfully completing The Starting Strength Certificate Program, the learner shall have, at a minimum, a basic understanding of:

- a) The terminology used in describing human movement and exercise;
- b) The anatomy, biomechanical, and kinesiology components and considerations for each of the core barbell lifts;
- c) The rationale for the model technique for each of the core barbell lifts;
- d) The correct teaching and coaching methods for each of the core barbell lifts;
- e) The physiological responses to training as they pertain to programming the core barbell lifts.

1.6 Certificate Program Test

The Aasgaard Company and the Oversight Group are together responsible for test development, policies determining eligibility, and administering access to the certificate program test.

The exam is based solely on material presented in the seminar, which can also be found in the recommend reading as well as research-based strength and conditioning, exercise science, and anatomy concepts. The exam has been developed by subject matter experts who design and administer Starting Strength learning events.

Starting Strength

The test is comprised of 40 items selected from a question bank, 5 of which are not scored. It is a paper-based exam distributed to the eligible seminar attendees following the completion of the required seminar portions.

The exam is open notes, open book, etc. and the participants will have one hour to complete and officially submit the exam.

The subject matter experts who design and administer the Starting Strength Seminars have determined the passing score for the test, i.e. the cut-point, to be 75%, which represents the minimum knowledge of the intended learning outcomes that Starting Strength Seminar Certificate holders should possess.

Seminar participants may opt out of taking the test. They will be awarded a Certificate of Attendance.

1.8 Identity and Test Security

Participants must present a government issued ID, i.e. driver's license, military ID, etc., to verify the participant's identity against the submitted information during registration.

Individuals taking the Starting Strength Certificate test shall acknowledge their understanding of the following through their online registration:

- Individuals verify that they have read and agree to all policies and procedures in this Participant Handbook. These include, but are not limited to:
 - Security policies,
 - Invalidation policy for falsification of identity,
 - Course policies,
 - Participant confidentiality,
 - Certificate designation and use,
 - Special test accommodations policy,
 - Test handling policy,
 - Test administration conditions,
 - The dispute, complaint, and appeals policy
- The examinations and the questions contained therein are the exclusive property of The Aasgaard Company and are protected by federal copyright law. No part of the examination may be copied, reproduced, or disseminated in part or whole by any means.

Starting Strength

Certificate
Program
Participant
Handbook

1.9 Instructor Qualifications

All Starting Strength Seminar coaches have passed the certificate program exam, have earned the Starting Strength Coaching Certificate, and have interned as a coach at another Starting Strength Seminar. Each coach has been reviewed, developed, and has demonstrated their competency with the Starting Strength teaching models and coaching methods.

Starting Strength Seminar staff positions are competitive and continued development, training, and evaluation continue through each coach's time on staff. All of our coaches have additional professional fitness or strength and conditioning credentials and have previous experience in the fitness industry. For qualifications of a specific Starting Strength Seminar coach, please contact the coach directly.

1.10 Program Updates

Any changes to the Starting Strength Certificate Program's purpose, scope, eligibility requirements, intended outcomes, etc. will be kept up to date within the Starting Strength Certificate Program Handbook.

1.11 Registration, Cancellation, and Refunds

Fees are collected online at The Aasgaard Company's online store, <http://aasgaardco.com/store/store.php?crn=212>. Registration is secured for the Starting Strength Seminar with either a deposit of at least 1/3 the seminar fee or full payment. Full payment must be received by four weeks from the seminar's date. If payment of full fee has not been completed by that date the reservation will be cancelled and made available to other parties.

Registration and payment require the agreement to the terms below:

Payments are processed as they are received. Order confirmations/order numbers serve as tickets to the event. **Registrations reserved by partial payment must be paid in full by 4 weeks from the seminar date.**

If payment of the full fee has not been completed by this date your reservation at that seminar will be cancelled and made available to other parties. If this occurs, your partial payment tickets are eligible for transfer to other seminars.

Starting Strength

Certificate
Program
Participant
Handbook

If payment is by check or money order, your payment to complete partial reservations must be **received** by the payment deadline. Once payment is received, your receipt serves as ticket to the event.

Registrations made within the 4 weeks preceding the event can be made via full payment only.

Payments received are not refundable. They will be applied to the seminar selected, or in the event of your cancellation, a subsequent seminar. Transfers from the original seminar to another can be made before the partial payment deadline, 4 weeks before the seminar begins. After that time, transfers may be made for emergency cases at the discretion of The Aasgaard Company.

Instead of requesting a transfer, the owner of a seminar ticket may choose to sell it to another party. Please notify customerservice@asgaardco.com of the transferred ownership and provide the name, email and phone contact information of the receiving party.

If you do not transfer and fail to attend the event, your ticket is expired and no refund is due.

To transfer a registration, contact customerservice@asgaardco.com.

By clicking "I Agree" at the checkout prompt you acknowledge that:

- You will be charged the cost of the event as you finish the checkout process
- You agree to the [Terms and Conditions](#) of the Site
- This event ticket is non-refundable

1.12 Americans With Disabilities Act

Reasonable accommodations for testing or seminar participation shall be provided at no cost to participants with special medical/learning needs who submit, with their registration, a written explanation of their needs to customerservice@asgaardco.com, along with appropriate medical documentation.

The Aasgaard Company will not reimburse costs associated with obtaining this documentation. All forms and requests should be scanned and submitted via email to customerservice@asgaardco.com.

The Aasgaard Company may submit information regarding the stated disability and requested accommodation to its own expert advisors and reserves the right to provide only those reasonable accommodations as required by law.

Participants with disabilities covered by The Americans with Disabilities Act (ADA) must complete the Special Participation Accommodations Request form and have an appropriate

Starting Strength

licensed health care professional complete the Documentation of Disability-Related Needs by Qualified Provider form in order for their accommodations request to be processed.

All Documentation must be submitted at least 4 weeks in advance of the scheduled seminar date.

2 Eligibility Requirements

2.1 Eligibility

Participants are eligible for the Starting Strength Seminar Certificate must be 18 years of age and must complete, attend, and participate in all didactic and practical sessions of the seminar.

2.2 Statement of Non Discrimination

The Aasgaard Company and its learning events, Starting Strength Seminars, do not discriminate on participant eligibility for the Seminar Certificate regardless of race, color, national origin, sexual preference or orientation, disability, or age.

2.3 Program Requisites

Earning the Starting Strength Seminar Certificate requires successful completion of the following:

- 100% attendance for the entire two-and-a-half day course including:
 - 100% attendance at all lectures
 - 100% attendance at all platform sessions
 - Passing the Starting Strength Certificate exam

Attendance records for all lecture and platform portions of the seminar are recorded by seminar staff and reviewed at the conclusion of the seminar. Participants with 100% attendance will be qualified to receive the Certificate of Attendance and will be eligible for the written exam.

Starting Strength

Certificate
Program
Participant
Handbook

3 The Test

3.1 Eligibility

Participants are eligible for the Starting Strength Seminar Certificate test must be 18 years of age and must complete, attend, and participate in all didactic and practical sessions of the seminar.

3.2 Administration

Starting Strength Seminar Certificate tests are conducted immediately following the completion of the seminar course. The exams are distributed to all seminar participants who meet all eligibility requirements and do not elect to opt-out.

Participants given the exams will have 60 minutes from distribution to complete and submit the exam for scoring. The exam is open-book and open notes.

3.3 Test Handling

The Aasgaard Company will take all available precautions to ensure the secure handling of completed tests and results. In extreme cases where tests become lost or results unavailable before conferring a passing or failing score, the participant will be required to undergo retesting but will not be charged any additional fees. Participants will be responsible for their own access-associated expenses, if applicable, for such a retest.

3.4 Test Rules

The following rules are agreed to by the participant upon initiating the examination:

- No copying, writing, photocopying, photographing, or otherwise recording or transmitting of testing materials, including but not limited to test questions, answers, layout, or content, is allowed.
- No assisting or soliciting assistance from other participants or those responsible for delivering the seminar material or test.

Starting Strength

Certificate
Program
Participant
Handbook

3.5 Violating Test Rules

If a participant is caught violating testing rules, the participant will forfeit his or her opportunity to earn the Starting Strength Seminar certificate. However, he or she will still receive a Certificate of Attendance provided all eligibility requirements are met.

Receipt, possession, or transmission of Starting Strength test materials, either before the test, or in the future, including, but not limited to: test questions in any form, test answers in any form, etc. is a breach of The Aasgaard Company policy and is strictly forbidden.

The Aasgaard Company reserves the right to take whatever measures it deems necessary to protect the integrity of its tests. This could include, but not necessarily be limited to, exclusion from earning current and/or future certificates from The Aasgaard Company, and suit for recovery of damages.

4 Results Process

4.1 Score Reporting

The Aasgaard Company and its personnel are solely responsible for the decision of issuing certificates.

Test results will be distributed the week following the seminar.

Certificates will be created and distributed with test results, which can be downloaded and printed for participant records. Test results shall be retained by The Aasgaard Company as a hard-copy permanent record of the results. Additional copies of certificates may be requested and provided for those who have passed the examination for a \$10 processing and generation fee. All deliveries are made electronically.

If an individual wants an additional copy of their certificate, or needs a replacement, requests can be made to customerservice@asgaardco.com.

Starting Strength

Certificate
Program
Participant
Handbook

4.2 Passing

Participants who pass the Starting Strength Seminar Certificate test will be awarded a Starting Strength Seminar Certificate, a sample of which is displayed below:



4.3 Failing

Participants who opt-out or did not successfully pass the Certificate test will receive a Certificate of Attendance, which documents attendance at 100% of the Starting Strength Seminar lectures, platform sessions and is distributed at the conclusion of each seminar. Late registering parties (later than the Tuesday before the seminar) will have the Certificate of Attendance mailed to their address record.

Participants who do not pass the test will be notified of their results the week following the seminar.

4.5 Designation and Meaning

The issuance of a Starting Strength Seminar Certificate confirms the participant has met all program requisites including passing the test.

"Earning the Starting Strength Seminar Certificate demonstrates exposure to theoretical and practical barbell training. Certificates are to be used in a professional manner, i.e. as proof of attendance and educational exposure to the methods taught.

Starting Strength

Certificate
Program
Participant
Handbook

However, the certificate is not to be used as a professional license, stand-alone credential, or proof of qualification in any related or unrelated field. Certificates of Attendance and Seminar Certificates are non-transferrable.

4.6 Authorized Use of the Certificate

A participant who has been awarded the Starting Strength Seminar Certificate may list the qualification on stationery, websites, business cards, and other materials as follows:

Your name, Starting Strength Seminar Certificate

The Starting Strength Seminar Certificate designation does not allow for the use of either The Aasgaard Company or Starting Strength name, slogans, artwork, photos, or content from the Starting Strength or The Aasgaard Company Website in any other business or promotional manner. Certificate earners may state they have completed the Starting Strength Seminar Certificate program, but shall not imply or claim they are certified, registered, or licensed, nor shall they use any other titles or acronyms, titles, or designations to signify attainment of the certificate other than those identified in this Handbook. Additionally, obtaining the Starting Strength Seminar Certificate is not the same as the Starting Strength Coach designation, for which there are additional requirements.

4.7 Certificate Expiration

The information presented in the Starting Strength Seminar has been distilled down from decades of practical experience in teaching the movements and in addition, the precise method taught has been verified through analysis of human kinesiology and biomechanics that are specific to each lift and human anatomy. This information can be considered timeless, as the basic barbell exercises along with the biomechanics and physics pertaining to the movements do not change. However, teaching methods and analysis will occasionally change existing teachings. For that purpose, a certificate is considered valid for a period of **three years** from the date of issue.

After the expiration of the Starting Strength Seminar Certificate, a learner may choose to attend another learning event to receive a new and valid Starting Strength Seminar Certificate if all eligibility requirements are met.

4.8 Certificate Invalidation

A Starting Strength Seminar Certificate will be invalidated only if the person it is conferred upon is found to have not fulfilled the program's requirements, including but not limited to falsification or forgery of personal information.

The Seminar Certificate shall be invalidated by issuing a formal written notice of Certificate invalidation to the individual by mail.

4.9 Appeals Policy

An appeal is a formal request, via the appeal document, to The Aasgaard Company that a seminar participant submits in order to receive consideration for accommodations for a test that's already been scored. Logical reasons for special accommodations must be provided by the participant for any and all considerations.

Submission of an Appeal

An appeal must be submitted via email no later than 5 business days from the date of the participant receiving their exam grade notification. All appeal forms shall be submitted to the email address cic@asgaardco.com with the word "Appeal" in the subject line of the email.

Appeals must use the designated form and include all information included in this form, which are:

- Name
- Email
- Seminar Date
- Seminar Location
- Reason For Appeal
- Remedy Desired

Application for submitting an appeal appears in the forms section of this Handbook.

Starting Strength

4.10 Appeals Process

The Appeal Board shall review submitted appeals within 7 business days of receipt. The response will be sent to the participant generating the appeal via email.

The Appeal Board shall consist of:

- Starting Strength Staff from seminar the appeal was generated
- The Aasgaard Company Personnel
- The Aasgaard Company legal counsel

The individuals comprising the Appeal Board must be impartial and have no conflict of interest with the appeal. Where Conflict of interest arises, it shall be disclosed and the Appeals Board member shall recuse him or herself from the appeal. Another neutral board member must then be appointed by The Aasgaard Company personnel to the Appeal Board.

The Appeal Board shall meet via teleconference, in person, or other means within 30 days of receipt of the appeal. All determinations regarding the appeal shall be made by simple majority vote of the Appeals Board.

Notice of the Appeals Board determination shall be provided to the participant filing the appeal within 7 business days of the determination. The Appeal Board's decision shall be final.

4.11 Complaints

A complaint is a formal submission, via email (cic@asgaardco.com) and using the complaint document, to The Aasgaard Company that a participant expresses issues, problems, or other service-related dissatisfaction. Complaints must be communicated independently of the standard feedback form.

Complaints will be reviewed by the Starting Strength Seminar staff and The Aasgaard Company Seminar Coordinator or submitted to the appropriate person(s) for review. All complaints will be handled in an unbiased and timely manner.

4.12 Participant Feedback

Participants will have the opportunity to fill out a survey and provide written feedback on all aspects of the course using the Course Feedback form provided in the course syllabus.

Starting Strength

Additionally, participants will be able to provide feedback about test using the online survey and prompt immediately following the completion of the online examination.

All participants can contact cic@asgaardco.com at any time with additional course or test feedback.

5 Participant Privacy and Status Verification

5.1 Participant Privacy

The Aasgaard Company and Starting Strength Seminar staff shall protect the privacy of all seminar participants and hold in confidence and secure manner all information obtained in the course of the Starting Strength Seminar Certificate Program at all levels of organization. Except as required by The Aasgaard Company's internal policies and procedures, information about a particular individual is considered confidential and shall not be disclosed or shared to a third party by The Aasgaard Company or Starting Strength Seminar personnel without prior written consent of the individual. Where the law requires information to be disclosed to a third party, the individual in question shall be notified before the information is provided.

To aid in participant status verification, The Aasgaard Company will respond to requests for verification of an individual's successful completion of the Seminar Certificate Program via email with only an indication of if the party in question currently holds the Starting Strength Seminar Certificate **and** the party in question agrees to release this information. No scores, passing/failing designations, or any other information shall be released except where required by law.

The Aasgaard Company may develop, distribute, and otherwise publish data regarding the exams with the caveat that the identities of individuals shall not be discernible or otherwise recognizable.

5.2 Certificate Verification and Privacy

Third-party or otherwise outside request sent to cic@asgaardco.com for verification of an individual's successful completion of the Seminar Certificate program shall be responded to via email with only an indication of if the party in question currently holds the Starting Strength Seminar Certificate. No scores or passing/failing designations shall be released.

Starting Strength

Certificate
Program
Participant
Handbook

Seminar Participants and Seminar Certificate holders may contact cic@asgaardco.com at any time for verification of their own status, term of validity, or to obtain a duplicate/replacement certificate, or to update his or her contact info. The Seminar Coordinator shall address such requests.

6 Preparing For the Course and Test

6.1 Learning Objectives

This is a detailed content outline by lecture and platform topic that specifies the learning objectives for each aspect of the course. This outline can be used as a study tool for the Starting Strength Seminar

Certificate Test, where participants can attempt to answer each objective.

- **Coaching**
 - o Define coaching
 - o Define a cue, its characteristics, and outcomes
 - o Describe the different types of cues
 - o Explain the principles behind using certain types of cues and how this changes during the course of coaching
- **Strength**
 - o Define Strength
 - o Describe the relationship between strength and other athletic attributes
- **Basic Terminology**
 - o Define muscle origin and insertion
 - o Define a tendon, ligament, and joint
 - o Define a sarcomere, myofibril, muscle fiber, and motor unit
 - o Define medial, lateral, anterior, posterior, superior, inferior, proximal, and distal in anatomic terms

Starting Strength

Certificate
Program
Participant
Handbook

- o Define flexion, extension, supination, pronation, adduction, abduction, internal/medial, and external/lateral rotation in anatomical and kinesiology terms
 - o Define a muscle action
 - o Define a stretch reflex and the components that contribute to it
- **Forces**
 - o Define force
 - o Define compression, tension, and torque as they pertain to barbell training
 - o Define moment arm and force as they pertain to barbell training and human force production
 - o Describe the moment model of barbell training
 - Characteristics of the model for each exercise
 - Anatomical considerations
 - Force production and development
 - Range of motion considerations
 - Coaching considerations pertaining to the model
- **Movements**
 - o **The Squat**
 - Identify/articulate the model of the squat
 - Spine anatomy and movement
 - Bar path
 - Foot placement and movement
 - Thigh and foot relationship
 - Squat depth
 - Active Hip
 - Anatomy
 - Force production
 - How this applies to the model

Starting Strength

Certificate
Program
Participant
Handbook

- Teaching Method for the Squat
 - Unweighted
 - Articulate the teaching method of the unweighted squat
 - Barbell
 - Define the position of the bar on the back
 - Identify/articulate the grip and all anatomical considerations
 - Articulate the coaching methods for the barbell squat
- **The Deadlift**
 - Identify/articulate the model of the deadlift
 - Bar placement
 - Feet and shoulder positioning
 - Spine anatomy
 - Arm position
 - Describe the anatomical rationale for this position
 - Teaching method of the deadlift
 - Identify/articulate the following steps for teaching the deadlift:
 - Stance
 - Grip
 - Shins
 - Chest up
 - Pull
- **The Press**
 - Identify/articulate the model of the Press
 - Identify/articulate the following at the **start** of the press:
 - Joint positions of the trunk and legs
 - Bar placement
 - Relationship to the foot

Starting Strength

Certificate
Program
Participant
Handbook

- Elbow position
- Forearm position
- Identify/Articulate the following at the **top/finish** of the press:
 - Joint positions of the trunk, legs, and upper limbs
 - Scapular position
 - Define/describe active shoulder
 - Describe the anatomical rationale for this
 - Bar position
 - Relative to the shoulder, foot, head, etc.
- Teaching method of the press
 - Identify/articulate the following steps for teaching the press:
 - Position
 - Grip position
 - Stance
 - Eye position
 - Elbow and forearm position
 - Identify/articulate where the bar is going
 - Describe the active shoulder cue (type, performance of, etc.)
 - Identify/articulate how to get the bar there
 - Describe the hip movement
 - Describe the bar path
 - Describe the trunk movement
- **The Power Clean**
 - Identify/Articulate the model of The Power Clean
 - Describe the bar path
 - Force and power production considerations
 - Bar placement

Starting Strength

Certificate
Program
Participant
Handbook

- Feet and shoulder positioning
- Spine anatomy
- Arm position
 - Describe the anatomical rationale for this position
- Identify/articulate the teaching method of The Power Clean
 - Identify/articulate the prep for The Power Clean including:
 - The three basic positions (hang, rack, jumping position)
 - Describe the teaching progression of The Power Clean for the first three sets of teaching the movement
 - Identify/articulate the main keys for proper Power Clean technique
 - Starting position
 - Bar path and position relative to the body
 - Bar speed and control
 - Jump
 - Arm flexion/extension concerns
- **The Bench Press**
 - Identify/articulate the teaching method for the bench press including:
 - At the top:
 - Bar position relative to skeletal anatomy at the top
 - Elbow joint anatomy
 - Scapular position
 - Spine anatomy and position
 - Leg drive
 - Eye position
 - Unracking the bar considerations
 - Describe the role of the spotter and his or her position

Starting Strength

Certificate
Program
Participant
Handbook

- At the bottom:
 - Bar position and contact point
 - Forearm position and grip considerations
 - Scapular position
 - Spine anatomy and position
- Describe shoulder impingement as it pertains to the bench press and how to avoid it
- Describe safety precautions for benching with and without a spotter
- **Platform Coaching**
 - Receive hands-on coaching and individual prescription on the barbell exercises, i.e. the squat, deadlift, press, power clean, and bench press.
 - Practice coaching others on the barbell lifts.
 - Exposure to proper coaching fundamentals, cueing, and communications from Starting Strength Staff coaches.
- **Programming**
 - Identify/articulate the goals of exercise programming
 - Identify/articulate characteristics the following levels of training adaptation: and their programming considerations:
 - Novice
 - Intermediate
 - Advanced
 - Identify/articulate the relationship between stress, recovery, adaptation, performance, and training complexity
 - Identify/articulate basic program variables' definition and their effects on programming:
 - Exercises
 - Repetitions
 - The repetition continuum

Starting Strength

Certificate
Program
Participant
Handbook

- Adaptation differences
 - Sets
 - Volume
 - Frequency
- o Identify/articulate the rationale behind The Starting Strength Novice Program
- o Identify/articulate the rationale behind The Texas Method Intermediate Program

6.2 Learning Objectives

The Starting Strength Seminar Certificate Program is a two and one half day course comprised of two segments:

1. Didactic Lectures
2. Platform Coaching and Training

Details regarding each of these components, e.g. the total time of each, are outlined below. The course is a two and one half days course with a total number of 25 hours of content (Friday 5pm-9pm, Saturday 8am-8pm, Sunday 8am-7pm)

Starting Strength

Certificate
Program
Participant
Handbook

1. Didactic Lectures

Component	Hours Allotted (Percent of Course)
Coaching	1.0 (4%)
Basic Terminology	1.5 (6%)
Forces	1.5 (6%)
Squat	3.0 (12%)
Deadlift	2.0 (8%)
Press	0.5 (2%)
Power Clean	0.5 (2%)
Bench Press	1.5 (6%)
Programming	3.0 (12%)
Didactic Lecture Total	14.5 hours (58%)

Starting Strength

Certificate
Program
Participant
Handbook

2. Platform Coaching and Training

Component	Hours Allotted (Percent of Course)
Squat	2.5 (10%)
Deadlift	2.5 (8%)
Press	1.5 (4%)
Power Clean	2.5 (10%)
Bench Press	1.5 (6%)
Didactic Lecture Total	10.5 hours (42%)

6.3 References/Studying Material

The Certificate exam is based on seminar material and proficiency in the material presented is sufficient for passing the Certificate exam. Additional resources for exam material and studying include the following:

- Starting Strength: Basic Barbell Training Rippetoe, 3rd Ed., 2011, The Aasgaard Company, ISBN: 0-978-0-9825227-3-8
- Practical Programming For Strength Training, Rippetoe and Kilgore, 2nd Ed., 2009, The Aasgaard Company, ISBN: 0-9825227-0-3
- Review the sample test questions in section 6.5.

Starting Strength

Certificate
Program
Participant
Handbook

6.4 Test Blueprint

Topic	Number of Items	Percent of Items
Coaching	5	14%
Strength/Terminology	12	35%
Exercise Analysis	13	37%
Programming	5	14%
Totals	35	100%

In addition to the thirty-five items above, each exam will include five unscored items covering two or more of the content domains above, which serve as a testing platform for future exam questions.

6.5 Sample Test Questions

These are test questions similar to those that may appear on the Certificate test although these specific items do not appear on the exam.

Touching a lifter's lower back while telling them to "contract **these** muscles" is an example of:

- a) A visual cue
- b) A tactile cue
- c) An verbal cue
- d) A tactile and verbal cue

In the press, the barbell finishes in the locked out position directly over the:

- a) Heels
- b) Glenohumeral joint
- c) Hips
- d) Ears

Starting Strength

Certificate
Program
Participant
Handbook

When programming for an intermediate lifter, what is the **main** purpose of placing of two sets of squats at 80% on Day 2 of the following program:

Texas Method Model: Weekly Progression, 3 sessions/week

(Reps and sets for each exercise are noted as reps x sets)

Week 1	<u>A 1</u>	<u>B 1</u>	<u>C 1</u>
	Squat 5 x 5	Squat 5 x 2, (80% of A1)	Squat 5PR
	Bench Press 5 x 5	Press 5 x 3	Bench 3PR
	Deadlift 5PR	Glute/Ham 10 x 5	Power Clean 3 x 5
		Chins	

- a) Active recovery
- b) Speed work
- c) Accumulate fatigue
- d) Hypertrophy

Starting Strength

Certificate
Program
Participant
Handbook

7 Forms

Appeal Form

Name: _____

E-mail: _____

Seminar Date: _____

Seminar Location: _____

PLEASE DESCRIBE THE REASON(S) YOU ARE FILING THIS APPEAL:

WHAT SPECIFIC REMEDY DO YOU SEEK IN FILING THIS APPEAL?

Starting Strength

Certificate
Program
Participant
Handbook

Special Participation Accommodations Request

Participant Information:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Special Testing Accommodations:

Test Date and Location (test center) for which you are requesting accommodation:

Address: _____ City: _____ State: _____

I would like to request the following testing accommodation(s):

Circle answers on paper version of written test

Extended testing time

Large print test (please provide point size): _____

Reader

Special seating (if **also** requesting written exam and please describe): _____

Wheelchair-accessible testing site (if **also** requesting paper-version of written exam):

Other special accommodations (please specify): _____

Participant Signature: _____

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Documentation of Disability-Related Needs by Qualified Provider

A licensed health care provider or an educational or testing professional must complete this form. The nature of the disability, identification of the test(s) or procedures used to confirm the diagnosis, a description of past accommodations made for the disability, and the specific testing accommodations requested must be included.

Professional Documentation

I have known _____ since _____ in my capacity as
(name of participant) (date)
a(n) _____
(professional title)

The participant discussed with me the nature of the test being administered. It is my professional opinion, that due to the nature of the participant's disability described below, he or she should be accommodated by providing the special arrangements listed on the Special Participation Accommodation Request Form.

Comments on Disability:

Signature: _____ Title: _____

Organization: _____ License # (if applicable): _____

Phone: _____ Date: _____

Participant Instructions:

Return this form with a copy of the Special Participation Request form to cic@asgaardco.com. All documentation needs to be submitted at least 4 weeks in advance of the scheduled course date.

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Dispute Form

Name: _____

E-mail: _____

Seminar Date: _____

Seminar Location: _____

Chief Dispute or Complaint (please be as thorough as possible):

Additional Comments:

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