

Exercise and the youth

[Health & Medicine](#)



**ASSIGN
BUSTER**

This idea is supported by the American College of Sports Medicine (ACSM), the American Academy of Pediatrics (AAP), and the National Strength and Conditioning Association (NSCA), which all agree that children may participate in resistance training as long as the program is appropriately designed and supervised (Howley and Franks). The usual concern associated with youth resistance training is that this type of stress may harm the developing musculoskeletal system (Stone, Stone, and Sands). However, current findings indicate that there is actually no evidence of a height decrease in young people who participate in resistance training in controlled environments (Wilmore, Costill, and Kenney).

Thus, there is actually nothing to worry about subjecting young children to weight or resistance training. What is important is that strength and conditioning professionals understand the fundamental principles of normal growth and development in order for them to develop and evaluate safe and effective resistance training programs (Earle and Baechle).