



NESTA MMA Conditioning Coach Course

This comprehensive program provides the scientific foundation and practical knowledge to successfully train mixed martial artists. You'll develop expertise as a conditioning coach who educates athletes on physical preparation to become better "Mixed" Martial Artists through nine specialized modules.

Scientific Foundation

Master anatomy, physiology, and biomechanics to understand how the human body functions and adapts to training

Practical Application

Learn the assess-design-instruct model to create customized programs for each athlete's unique needs

Injury Prevention

Develop strategies to minimize injury risk while maximizing performance benefits through proper programming

Your Role as an MMA Conditioning Coach

Your primary responsibility is helping athletes reach their goals efficiently, effectively, and safely. This involves preventing injuries while maximizing performance through proper assessment and customized program design.

The training principles you'll apply to MMA athletes are fundamentally the same as those used for any other sport or general health and fitness - but the application requires specialized knowledge of mixed martial arts demands.



Meet Your Instructors



Chuck Liddell "The Iceman"

UFC Hall of Famer and Pride veteran, Chuck "The Iceman" Liddell is someone who embodies tradition and cutting-edge scientific training. We are excited and honored to announce our exclusive partnership with Chuck.

He has worked directly and extensively with our educational team to develop numerous detailed training videos, which are now part of your curriculum. Not only will you learn Chuck's favorite and most effective drills and sequences, but you will learn his specific coaching techniques you can use with your clients/students. The MMACA is the only place to access this exclusive training.

You will gain full access to these exclusive Chuck Liddell videos, and the entire MMA Conditioning Coach system once you register.



Scott Gaines, MS, Ph.D.

Director and VP of the MMACA and NESTA

Dr. Scott Gaines has over 25 years of experience in the fitness industry. He is the Senior Vice President of the National Exercise and Sports Trainers Association (NESTA) as well as a professor of Anatomy & Physiology and Biology at Concordia University, Irvine. Scott oversees the development of NESTA's continuing education programs for fitness professionals and is the author and contributor to many of them. He is a national speaker on fitness in areas such as biomechanics and cardiovascular program design.

Scott's education includes a Doctor of Philosophy from Curtin University, a Master's Degree in Human Movement with an emphasis in Corrective Exercise from A. T. Still University, and a Bachelor's Degree in Biological Sciences from the University of California, Irvine. He is also a 4th-degree black belt and Certified Master Instructor (Sa-Bom) in the traditional Korean art of Tang Soo Do.

The Assess-Design-Instruct Model



Assess

Perform thorough health and fitness history, conduct physical and fitness assessments to establish baseline (Point A), and identify athlete goals (Point B)

- Current health and fitness level evaluation
- Goal identification (recreational to professional)
- Re-assessments every 4-8 weeks



Design

Create customized programs with proper progression and regression elements based on fundamental sciences

- Anatomy-based program structure
- Exercise physiology principles
- Nutrition integration



Instruct

Teach proper technique using biomechanics and scientifically proven training principles

- Proper exercise technique
- Movement modifications
- Form and function improvement

Maximizing Athlete Performance

Performance maximization focuses on achieving **mechanical and physiological efficiency**. This requires understanding the basic sciences related to human body structure (anatomy) and function (physiology and biomechanics).

Common Injury Prevention Sites

Design well-balanced strength programs targeting areas prone to joint locks and combat stress

- Ankle, knee, and hip joints
- Spine and core stability
- Shoulder, elbow, and wrist protection

Foundation Building Priorities

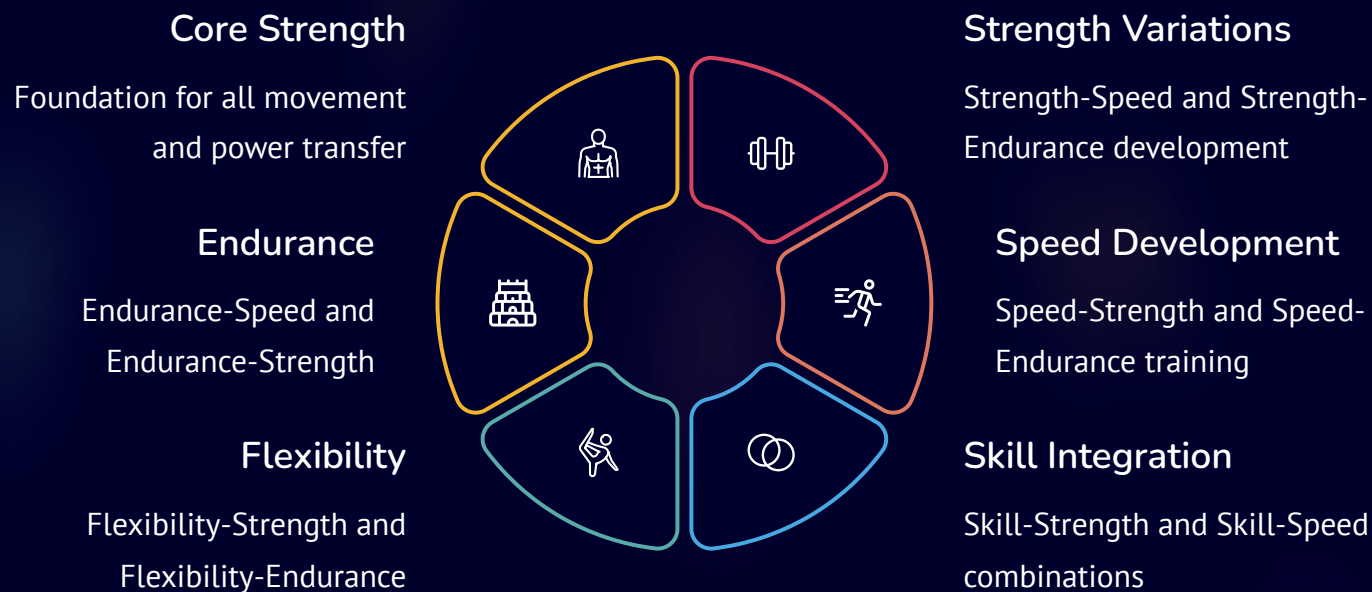
Establish a strong base before developing sport-specific skills

- Motor control development
- Structural integrity
- Basic strength and muscular hypertrophy

Training Components & Progression Model

Key Components of MMA Training

Mixed martial artists require development across multiple strength and conditioning components to be successful in their varied combat demands.



Four-Level Progression Model

