

Professional Health & Performance Resource Guide

Curated resources in Strength & Conditioning, Sports Psychology, and Performance Optimization

The following resources have been carefully selected to support athletes, fitness enthusiasts, coaches, and professionals seeking evidence-based information on training, mental performance, and overall wellness. Whether you are a competitive athlete, weekend warrior, or someone beginning your fitness journey, these resources offer trusted guidance from leading experts and institutions in the field.

Strength & Conditioning

Professional Organizations & Journals

NSCA — National Strength and Conditioning Association — [nsca.com](https://www.nasca.com)

The gold standard organization for strength and conditioning professionals. Access research journals, position statements, continuing education, and the Journal of Strength and Conditioning Research.

ACSM — American College of Sports Medicine — [acsm.org](https://www.acsm.org)

Evidence-based exercise guidelines, position stands, and the leading peer-reviewed journal Medicine & Science in Sports & Exercise. Ideal for practitioners and serious athletes alike.

NATA — National Athletic Trainers' Association — [nata.org](https://www.nata.org)

Resources on injury prevention, rehabilitation, and athletic performance from certified athletic training professionals.

Research & Databases

PubMed / NCBI — pubmed.ncbi.nlm.nih.gov

Free access to thousands of peer-reviewed sports science and exercise studies. The most comprehensive database for academic research on training and human performance.

ResearchGate — [researchgate.net](https://www.researchgate.net)

Access full-text research papers and connect with sports scientists worldwide. Excellent for finding cutting-edge studies on training methodology.

ExRx.net — [exrx.net](https://www.exrx.net)

A practical, comprehensive exercise database with program design information, fitness standards, and movement tutorials for coaches and athletes.

Sports Psychology & Performance Anxiety

Professional Organizations

AASP — Association for Applied Sport Psychology — [appliedsportpsych.org](https://www.appliedsportpsych.org)

The leading professional organization for sport and performance psychology. Find certified mental performance consultants (CMPCs) and access evidence-based resources on anxiety, motivation, and mental toughness.

APA Division 47 — Sport, Exercise & Performance Psychology — [apadivisions.org/division-47](https://www.apadivisions.org/division-47)

Resources from the American Psychological Association's sport psychology branch, including research, practitioner tools, and public education materials.

Journals & Publications

Journal of Sport & Exercise Psychology — humankinetics.com

Peer-reviewed research on performance anxiety, motivation, self-confidence, visualization, arousal regulation, and other key mental performance topics.

The Sport Psychologist Journal — humankinetics.com

Practitioner-focused journal bridging research and applied sport psychology. Covers mental skills training, performance consulting, and athlete mental health.

Mental Skills & Tools

Motivational Interviewing Resources — motivationalinterviewing.org

Techniques and resources for coaches and practitioners to support behavior change, goal-setting, and overcoming mental barriers in clients and athletes.

Types of Training & Program Design

NSCA Strength & Conditioning Journal — nsca.com/publications/nsca-journals

Practitioner-focused articles translating research into applied program design. Covers periodization, power development, sports-specific training, and more.

Human Kinetics — humankinetics.com

Publisher of leading textbooks in exercise science, strength training, sports medicine, and sport psychology. A go-to source for in-depth educational content.

ACE — American Council on Exercise — acefitness.org

Accessible, evidence-based resources on training methodologies including HIIT, functional training, flexibility, and general fitness for all populations.

TrainingPeaks Blog — trainingpeaks.com/blog

Applied resources on periodization, training load management, and performance planning. Includes concepts such as Acute Training Load (ATL) and Chronic Training Load (CTL).

Overtraining, Recovery & Athlete Health

ACSM Position Stands on Overtraining — acsm.org/education-resources/trending-topics-resources/position-stands

Authoritative guidelines on recognizing overtraining syndrome, managing training load, and supporting athlete recovery. Free to access on the ACSM website.

The Science of Sport — scienceofsport.com

Well-researched, accessible articles on fatigue science, periodization, and athlete recovery written by sports scientists. Great for both professionals and educated athletes.

Sigma Nutrition — sigmanutrition.com

Evidence-based resources on recovery nutrition, sleep, fatigue management, and training adaptation. Their podcast and articles are highly regarded in performance circles.

NSCA Recovery Resources — nsca.com

Research-backed guidelines on sleep optimization, hydration, nutrition timing, and other recovery strategies from the NSCA's performance science division.

Sports Nutrition

Professional Organizations & Governing Bodies

AND — Academy of Nutrition and Dietetics — eatright.org

The largest organization of food and nutrition professionals. Offers evidence-based guidelines, position papers on sports nutrition, and a directory to find registered dietitian nutritionists (RDNs) specializing in sport.

ISSN — International Society of Sports Nutrition — issn.net

The leading scientific organization dedicated to sports nutrition research. Publishes position stands on topics such as protein intake, creatine, pre-workout nutrition, and nutrient timing. Their Journal of the International Society of Sports Nutrition is open access.

SCAN — Sports, Cardiovascular, and Wellness Nutrition — scandpg.org

A dietetic practice group of the AND focused specifically on sports performance nutrition. Excellent for finding credentialed sports dietitians and accessing practitioner-level resources.

Research & Educational Resources

Journal of the International Society of Sports Nutrition (JISSN) — jissn.biomedcentral.com

Open-access, peer-reviewed journal covering macronutrient timing, supplementation, hydration, and performance nutrition. Free to read online.

Examine.com — examine.com

An independent, unbiased resource summarizing scientific research on supplements and nutrition. Highly useful for evaluating common performance supplements such as creatine, caffeine, beta-alanine, and BCAAs.

Sigma Nutrition — sigmanutrition.com

Evidence-based articles, podcasts, and courses on performance nutrition, body composition, and recovery. One of the most respected nutrition science communication platforms available.

PubMed — Sports Nutrition Research — pubmed.ncbi.nlm.nih.gov

Search for peer-reviewed sports nutrition studies using terms such as 'athlete nutrition', 'carbohydrate periodization', 'protein synthesis', or 'hydration performance'.

Practical Nutrition Guidance

USADA Supplement 411 — usada.org/athletes/substances/supplement-411

Trusted resource for athletes on supplement safety, banned substances, and navigating the supplement industry. Essential for competitive athletes subject to drug testing.

AIS — Australian Institute of Sport Sports Supplement Framework — ais.gov.au/nutrition

One of the world's most respected sports nutrition programs. Their supplement classification framework and nutrition fact sheets are widely used by elite sports dietitians globally.

NSCA Nutrition Resources — nsca.com

Practical nutrition content from strength and conditioning professionals, including guidance on fueling for strength, power, and endurance training.

Recommended Podcasts

The following podcasts offer accessible, expert-driven content for athletes, coaches, and fitness professionals:

- **Finding Mastery with Dr. Michael Gervais** — Sport and performance psychology deep-dives with world-class athletes and coaches.
- **NSCA Coaching Podcast** — Conversations with strength and conditioning professionals on applied training science.
- **Sigma Nutrition Radio** — Evidence-based discussions on nutrition, recovery, training adaptation, and performance.
- **The Tim Ferriss Show** — High-performance mindset, habits, and mental strategies from elite athletes and thinkers.

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- **Ben Greenfield Life** — Broad performance topics including biohacking, recovery technology, and training optimization.
- **The Strength Coach Podcast** — Practical strength and conditioning content for coaches working with athletes at all levels.
- **Sigma Nutrition Radio** — In-depth discussions on sports nutrition science, supplementation, and performance fueling with leading researchers and dietitians.
- **The Sports Dietitian Podcast** — Practical sports nutrition conversations for practitioners and athletes, covering fueling strategies, body composition, and recovery nutrition.

Disclaimer: The resources listed above are provided for educational and informational purposes only. They do not constitute medical, psychological, or training advice. Always consult a qualified healthcare professional, licensed psychologist, or certified strength and conditioning specialist before making changes to your training program.
