

UCAM President's Welcome

On behalf of the UCAM, it is my pleasure to welcome you to the NSCA IV International Conference, to be held in Murcia in June 2014.

The UCAM has committed for sports since our early beginning, giving a major role to the practice, research and teaching. In fact the University offers a wide range of programmes related physical activity and sport, including vocational training, undergraduate and postgraduate studies. Among our students there are many athletes who have chosen UCAM to complete their academic and personal development.

Within this predilection for the sport and a healthy lifestyle, UCAM joined National Strength and Conditioning Association for bringing together some outstanding and worldwide recognised professionals in sports sciences research, training and fitness. All this set in the environment of Murcia, an open and dynamic city with a privileged location in the Mediterranean coast, where the climate, people and culture we hope will make this conference an enriching event and an unforgettable experience.

Welcome to Spain, welcome to UCAM.

D. José Luis Mendoza Pérez

President of the Catholic University of Murcia (UCAM)

Congress Presidents' Welcome

The NSCA's members have a common interest in the broad field of strength and conditioning and include a diverse group of professionals from the sport science, athletic, allied health, and fitness industries. Founded in 1978, a goal of the NSCA is to bridge the gap between science and application in strength and conditioning. The NSCA has an active voice in the communication of news and developments in the field of strength and conditioning to the general public and its members.

The conference will be a gathering of colleagues and friends. We invite you to this scientifically and socially rewarding, memorable and enjoyable experience.

We will see you in Murcia!

Steven J. Fleck & Pedro E. Alcaraz
Congress Presidents

President of the Local Organizing Committee's Welcome

UCAM is well known in the Spanish context as the University of Sport. Let me introduce you some numbers: more than 4000 athletes are studying at the University, 51 of them Olympians (as Mireia Belmonte, David Cal or Teresa Perales, among others); 200 Olympians are granted by UCAM in other Spanish universities. In recent years, we have been an example of college sports. We have won the National College Championships in the course 2013-14 with a new absolute record of medals, no less than 118, (76 golds, 28 silvers and 14 bronzes) more than the double comparing the second university.

But beyond the sports sponsorship, there is a dynamic of students practicing multiple sports and organizing a lot of championships, thanks to the University Sports Service. UCAM is also a reference because of its Faculty of Sport, being a national reference in research and teaching. UCAM has hosted many important scientific events in recent years: two international sports science conferences, an international sport psychology conference, an international congress of athletics and other of racquet sports, seminars, conferences, workshops on Olympic movement, etc. The last big challenge for us is to host the NSCA international conference, the most important academic event for our Faculty this year. More than 500 international specialists will be in Murcia. It will be a great opportunity to share and to get connections between the most relevant American institution in the field of strength and sports conditioning (NSCA) and a Spanish university that can be compared to any other American in their support and love of the sport.

Dr. Antonio Sánchez Pato
President of the Local Organizing Committee