

# Youth Physical Development Model

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES																						
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	25+		
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD					ADOLESCENCE							ADULTHOOD						
GROWTH RATE	RAPID GROWTH			STeady GROWTH					ADOLESCENT SPURT				DECLINE IN GROWTH RATE									
MATURATIONAL STATUS	YEARS PRE-PHV								PHV				YEARS POST-PHV									
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)								COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)													
PHYSICAL QUALITIES	FMS	FMS		FMS		FMS																
	SSS	SSS		SSS		SSS																
	Mobility	Mobility					Mobility															
	Agility	Agility					Agility							Agility								
	Speed	Speed					Speed							Speed								
	Power	Power					Power							Power								
	Strength	Strength					Strength							Strength								
		Hypertrophy								Hypertrophy				Hypertrophy							Hypertrophy	
Endurance & MC	Endurance & MC					Endurance & MC							Endurance & MC									
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE					MODERATE STRUCTURE				HIGH STRUCTURE				VERY HIGH STRUCTURE					

**Figure 2.** The YPD model for females. Font size refers to importance; light pink boxes refer to preadolescent periods of adaptation, dark pink boxes refer to adolescent periods of adaptation. FMS = fundamental movement skills; MC = metabolic conditioning; PHV = peak height velocity; SSS = sport-specific skills; YPD = youth physical development.

neural, and mechanical factors (1,34). Owing to the neural plasticity associated with the prepubertal years, where development of the neuromuscular system naturally accelerates (21), it is suggested that strength development should be targeted during childhood in addition to after the adolescent spurt. This notion is reinforced by research and meta-analytical reviews that have proven that both prepubertal children and adolescents can achieve training-induced improvements in muscular strength (12,13,40,42-48).

The YPD model shows that the development of muscular strength should be a priority at all stages of development for both males and females (Figures 1

and 2). This notion is based on previous research that has revealed close associations between muscular strength and running speed (114), muscular power (104,116), change of direction speed (78), plyometric ability (71), and endurance (53). Additionally, it has been speculated that muscular strength is indeed critical for successful FMS development (12). Consequently, it is reasonable to suggest that developing levels of muscular strength should be a priority of any athlete development program, as strength would appear to transcend all other fitness components. Although not all these relationships have been validated in pediatric populations, early research

has indicated that muscular strength (in addition to stature) could account for up to 70% of the variability in a range of motor skills including throwing, jumping, and sprinting in 7- to 12-year-old boys (106).

The development of muscular strength should also be viewed as an integral component of youth strength and conditioning programs not only for performance enhancement but also for reducing the risk of sport-related injuries (39). It has been reported that high aerobic fitness and low levels of muscle strength heighten the risk of fracture in children participating in exercise protocols (26), highlighting the importance of strength within an

# Youth Development And Physical Activity

**J Elliott**



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