

Second Edition

NSCA's ESSENTIALS of PERSONAL TRAINING

**Jared W. Coburn
Moh H. Malek**
editors



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CONDITIONING ASSOCIATION

Nscas Essential Of Personal Training

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NSCA's Essentials of Personal Training NSCA -National Strength & Conditioning Association,2011-10-27 Comprehensive and research based the second edition of NSCA s Essentials of Personal Training is the resource to rely on for personal training information and guidance With state of the art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence NSCA s Essentials of Personal Training Second Edition is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association s Certified Personal Trainer NSCA CPT exam This essential reference was developed by the NSCA to present the knowledge skills and abilities required for personal trainers With contributions from leading authorities in the field the text will assist both current and future personal trainers in applying the most current research to the needs of their clients A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines including the application of nutrition principles for clients with metabolic concerns The latest guidelines on client assessment from prominent organizations such as the American Heart Association AHA and Centers for Disease Control and Prevention CDC keep personal trainers up to speed on the latest assessment protocols New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions low back pain ankle sprains and hip arthroscopy New guidelines for determining resistance training loads will assist those whose clientele includes athletes A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness A new instructor guide and image bank aid instructors in teaching the material to students NSCA s Essentials of Personal Training Second Edition focuses on the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs Featuring over 200 full color photos with accompanying technique instructions this resource offers readers a step by step approach to designing exercise programs with special attention to the application of principles based on age fitness level and health status Using comprehensive guidelines and sample clients portrayed in the text readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client s individual needs Personal trainers will appreciate the book s presentation of detailed exercise programming guidelines for specific populations Modifications and contraindications to exercise are given for prepubescent youth older adults and athletes as well as for clients who are overweight or obese or have eating disorders diabetes heart disease hypertension hyperlipidemia spinal cord injury multiple sclerosis and cerebral palsyIn addition the book provides clear easy to understand guidelines for initial client consultation and health appraisal For those preparing for the NSCA CPT exam this second edition features new and revised study

questions at the end of each chapter These questions are written in the same style and format as those found on the NSCA CPT exam to fully prepare candidates for exam day For efficient self study answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text Chapter objectives and key points provide a framework for study and review of important information while sidebars throughout the text present practical explanations and applications of scientific concepts and theory The second edition of NSCA's *Essentials of Personal Training* is the most comprehensive resource available for current and future personal trainers exercise instructors fitness facility and wellness center managers and other fitness professionals Unmatched in scope this text remains the leading source for personal training preparation and professional development NSCA's Essentials of Personal Training National Strength & Conditioning Association (U.S.),2004 This book is a resource for personal trainers health and fitness instructors exercise scientists and other fitness professionals as well as the primary preparation source for the NSCA Certified Personal Trainer examination It is an essential reference for anyone preparing for or already working in a career as a personal trainer Back cover

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This book delves into Nscas Essential Of Personal Training. Nscas Essential Of Personal Training is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nscas Essential Of Personal Training, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Nscas Essential Of Personal Training
 - Chapter 2: Essential Elements of Nscas Essential Of Personal Training
 - Chapter 3: Nscas Essential Of Personal Training in Everyday Life
 - Chapter 4: Nscas Essential Of Personal Training in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Nscas Essential Of Personal Training. The first chapter will explore what Nscas Essential Of Personal Training is, why Nscas Essential Of Personal Training is vital, and how to effectively learn about Nscas Essential Of Personal Training.
3. In chapter 2, the author will delve into the foundational concepts of Nscas Essential Of Personal Training. This chapter will elucidate the essential principles that must be understood to grasp Nscas Essential Of Personal Training in its entirety.
4. In chapter 3, this book will examine the practical applications of Nscas Essential Of Personal Training in daily life. The third chapter will showcase real-world examples of how Nscas Essential Of Personal Training can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Nscas Essential Of Personal Training in specific contexts. This chapter will explore how Nscas Essential Of Personal Training is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Nscas Essential Of Personal Training. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Nscas Essential Of Personal Training.

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