

Second Edition

NSCA's ESSENTIALS of PERSONAL TRAINING

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



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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 palsy In 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

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Strategies ,2005 **Canadian Journal of Applied Physiology** ,2004 **Focus on Fitness** Tim Winslow,Kristine Noel Clark,North Carolina State University Staff,2009-12-15 *The Body is Made to Move* Christina Hedblom,2009 The British National Bibliography Arthur James Wells,2009

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