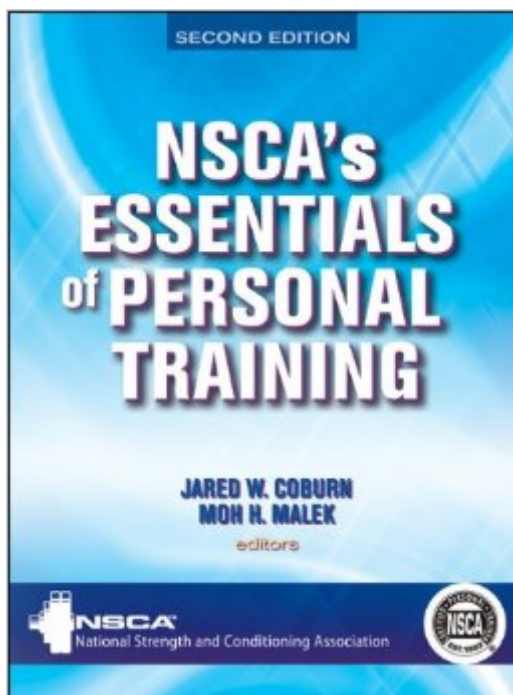


The book was found

NSCA'S Essentials Of Personal Training - 2nd Edition



Synopsis

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 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. v

Book Information

Hardcover: 696 pages

Publisher: Human Kinetics; 2 edition (October 27, 2011)

Language: English

ISBN-10: 0736084150

ISBN-13: 978-0736084154

Product Dimensions: 1.5 x 8.8 x 11 inches

Shipping Weight: 4.8 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (67 customer reviews)

Best Sellers Rank: #42,733 in Books (See Top 100 in Books) #22 in [Books > Medical Books > Medicine > Sports Medicine](#) #51 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Education & Training](#) #77 in [Books > Medical Books > Medicine > Reference > Education & Training](#)

Customer Reviews

This is pretty much the only book I've been reading for the past couple of months as I prepared for the NSCA's personal trainer exam. I am fairly sure I passed the exam, and I doubt I could have passed without the help of this book and NSCA's exercise techniques DVD which is sold separately. [Update - I DID pass the exam! :-)] This 674 text is packed full of information and can not be

breezed through Harriet Klausner style. For the most part, I like the book, both as a study guide for the NSCA-PT exam and as a reference for someone in the fitness industry. Each chapter is written by one or more experts on that area of fitness or nutrition. Since the table of contents is not provided on the product page, I've listed the contents at the end. Most of the content is fairly well written, although it could use some tightening up in spots, or additional clarification in others. Being a visual learner, I appreciate the multitude of illustrations, drawings, and tables, and I can't think of any I didn't find helpful. For example, they don't just tell you what partner-assisted and partner-resisted towing are, they provide photographs of them. They don't just tell you what the barbell grips are, they provide illustrations of four grips. Tables are not just in black and white, but alternate rows have tan or light blue backgrounds, making it easier to read. Information in the tables is detailed, for example table 9.1, Coronary Artery Disease Risk Factor Thresholds from ACSM. Through no fault of the publishers, some of the information in this table is already outdated, as the latest data for hypercholesterolemia uses LDLs at >100 mg/dL (instead of >130 mg/dL) and the low HDLs is considered

[Download to continue reading...](#)

NSCA'S Essentials of Personal Training - 2nd Edition Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) NSCA's Guide to Program Design (Science of Strength and Conditioning) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy

training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Modern Essentials Bundle - Modern Essentials *7th Edition* a Contemporary Guide to the Therapeutic Use of Essential Oils, an Intro to Modern Essentials, Reference Card, and Aroma Designs Bookmark NASM Essentials Of Personal Fitness Training: Fourth Edition Revised Prepper Essentials: Prepper Essentials What Every Survivalist Needs To Know When Building The Ultimate SHTF Stockpile (Survival Handbook, DIY, Emergency ... Essentials Books, Emergency Prepared) Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes CAT TRAINING FOR HUMANS: OBEY THE CAT RULES OR THERE WILL BE TROUBLE: CAT CARE CAT FOOD CAT BEHAVIOUR CAT RULES CAT TRAINING EXPLAINED FOR HUMANS (IT IS ... FOOD CAT LOVER CAT TRAINING SERIES Book 1) Dog Training: Ultimate Puppy Training for Happy, Obedient Dogs: Stop Bad Behaviors, use Positive Reinforcement, and Develop Obedience (23 Impressive Dog ... Raising A Puppy, Potty Training)

[Dmca](#)