



NSCA's Essentials of Personal Training

NSCA -National Strength & Conditioning Association

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NSCA's Essentials of Personal Training is the ideal authoritative 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.

The book includes more than 250 photographs and contributions from leading personal training experts who provide the scientific principles, concepts, and theories of personal training as well as practical applications for health and fitness.

Experts in anatomy, exercise physiology, and biomechanics and other exercise scientists work with respected personal trainers, physical therapists, and sport psychologists to provide in-depth coverage of the knowledge, skills, and abilities required of personal trainers. Special coverage is given to exercise technique, including teaching approaches involving free-weight and machine exercises, cardiovascular activities, flexibility, and speed training. A special feature of this text is the manner in which the program designs are offered for the typically healthy client as well as for those clients presenting unique challenges to the personal trainer.

NSCA's Essentials of Personal Training supplies comprehensive information on proper stretching, resistance training, aerobic endurance training, and plyometrics techniques. Additionally, the text covers critical information about the business aspects of personal training, including facility and equipment maintenance and legal issues that many trainers face.

The following are some of the text's features:

- More than 250 full-color photographs that clearly illustrate and accurately explain proper stretching, resistance training, aerobic endurance training, and plyometrics techniques
- Student study tools—including chapter objectives, key points, sidebars with practical applications, chapter questions, and a comprehensive glossary—that help readers prepare for the NSCA-CPT® exam
- Targeted expert information that will give readers the expertise to deal with clients who have special exercise needs, such as pregnant women, older adults, athletes, and overweight clients
- Scientific and applied information geared toward personal training client consultation and evaluation, exercise technique, program design, and safety and legal issues

NSCA's Essentials of Personal Training is the most comprehensive reference available for personal trainers and other fitness professionals. As an exam preparation tool, it is unmatched in its scope and relevance to 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.

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