



Essentials of Strength Training and Conditioning

By NSCA -National Strength & Conditioning Association

Download now

Read Online 

Essentials of Strength Training and Conditioning By NSCA -National Strength & Conditioning Association

In this revised and expanded second edition of *Essentials of Strength Training and Conditioning*, now with over 300 color photographs, leading exercise science professionals explore the scientific principles, concepts, and theories of strength training and conditioning as well as their practical applications to athletic performance.

Students, coaches, strength and conditioning specialists, personal trainers, athletic trainers, and other sport science professionals will find state-of-the-art, comprehensive information on structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design (aerobic and anaerobic) and training facility organization and administration.

Edited by Thomas R. Baechle and Roger W. Earle, *Essentials of Strength Training and Conditioning*, Second Edition, is an excellent text for students preparing for careers in strength training and conditioning. It is the most comprehensive reference available for strength and conditioning professionals and sports medicine specialists. For people preparing to take the Certified Strength and Conditioning Specialist examination, it is the primary preparation resource. Those preparing to take the NSCA Certified Personal Trainer examination will also find it to be a valuable resource. The NSCA Certification Commission, the certifying body of the National Strength and Conditioning Association, has developed this text.

Each of the book's 26 chapters provides an overview of an important aspect of strength and conditioning and includes chapter objectives, application boxes, key points, key terms, study questions, and questions requiring practical application of key concepts.

In **Section 1** of *Essentials of Strength Training and Conditioning, Second Edition*, experts in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sports nutrition, and sport psychology discuss the principles of their respective areas of expertise and how they apply in designing safe, effective strength and conditioning programs.

Section 2 discusses the selection, administration, scoring, and the interpretation of testing results. **Section 3** provides information regarding the correction and execution of stretching, warm-up, and resistance training exercises.

Section 4 applies information from the first three sections to the design of effective strength training and conditioning programs, both aerobic and anaerobic. The three parts of Section 4 address anaerobic exercise prescription, aerobic endurance exercise prescription, and periodization and rehabilitation. The anaerobic prescription section provides guidelines for resistance and plyometric training as well as for speed, agility, and speed endurance programs. Step-by-step guidelines are given for designing strength and conditioning programs, and application boxes illustrate how each variable applies to athletes with different training goals. A unique feature of this edition is the use of scenarios to illustrate how the guidelines presented for each of the program design variables are applied to attain the different training scores.

Section 5 addresses facility design, scheduling, policies and procedures, maintenance, and risk management concerns.

In this revised and expanded second edition of *Essentials of Strength Training and Conditioning*, now with over 300 color photographs, leading exercise science professionals explore the scientific principles, concepts, and theories of strength training and conditioning as well as their practical applications to athletic performance.

Students, coaches, strength and conditioning specialists, personal trainers, athletic trainers, and other sport science professionals will find state-of-the-art, comprehensive information on structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design (aerobic and anaerobic) and training facility organization and administration.

Edited by Thomas R. Baechle and Roger W. Earle, *Essentials of Strength Training and Conditioning*, Second Edition, is an excellent text for students preparing for careers in strength training and conditioning. It is the most comprehensive reference available for strength and conditioning professionals and sports medicine specialists. For people preparing to take the Certified Strength and Conditioning Specialist examination, it is the primary preparation resource. Those preparing to take the NSCA Certified Personal Trainer examination will also find it to be a valuable resource. The NSCA Certification Commission, the certifying body of the National Strength and Conditioning Association, has developed this text.

Each of the book's 26 chapters provides an overview of an important aspect of strength and conditioning and includes chapter objectives, application boxes, key points, key terms, study questions, and questions requiring practical application of key concepts.

In **Section 1** of *Essentials of Strength Training and Conditioning, Second Edition*, experts in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sports nutrition, and sport psychology discuss the principles of their respective areas of expertise and how they apply in designing safe, effective strength and conditioning programs.

Section 2 discusses the selection, administration, scoring, and the interpretation of testing results. **Section 3** provides information regarding the correction and execution of stretching, warm-up, and resistance training exercises.

Section 4 applies information from the first three sections to the design of effective strength training and conditioning programs, both aerobic and anaerobic. The three parts of Section 4 address anaerobic exercise prescription, aerobic endurance exercise prescription, and periodization and rehabilitation. The anaerobic prescription section provides guidelines for resistance and plyometric training as well as for speed, agility, and speed endurance programs. Step-by-step guidelines are given for designing strength and conditioning programs, and application boxes illustrate how each variable applies to athletes with different training goals. A unique feature of this edition is the use of scenarios to illustrate how the guidelines presented for each of the program design variables are applied to attain the different training scores.

Section 5 addresses facility design, scheduling, policies and procedures, maintenance, and risk management concerns.

“The second edition of “Essentials” is outstanding- a must read and reference for anyone in the field of strength and conditioning. No other text compares to this work.”

David Pearson, PhD, CSCS*D
Human Performance Lab, Ball State University
Board of Directors, National Strength and Conditioning Association

“The ‘Essentials’ text reflects the most comprehensive and up-to-date review of Strength and Conditioning information available to the public.”

Anthony A. Abbott, Ed.D., CSCS *D, NSCA-CPT, *D
President, Fitness Institute International
Former Commanding Officer, Apollo Recovery Team

“‘Essential’—The title says it all! This new edition makes an already outstanding book even better. It compliments both the scientific and applied aspects of strength and conditioning and is a must for anyone working in the field, seeking NSCA certifications, or interested in pursuing the strength field as a career.”

Kent Adams, Ph.D.
Strength Physiologist, University of Louisville

“This book is... an absolutely necessary reference for all personal trainers, strength & conditioning coaches, educators, students, and athletes who are serious about knowing the nuts and bolts, and underlying principles, of strength training and conditioning!”

J. Henry Drought, CSCS *D, NSCA-CPT *D
Owner, Personal Trainers Strength & Conditioning Consulting
Board of Directors, National Strength & Conditioning Association

“This book will provide the necessary tools for the novice to build a strong foundation of knowledge on which to build. It is also the perfect reference text for those more experienced in the health and fitness profession.”

Jayne B. Schram, MPH, MS, PT, SCS, ATC, CSCS *D
American Specialty Health, Manager Health Services
Executive Council member and chair for NSCA-CC, 1994-1999

“The first edition of Essentials of Strength Training and Conditioning was touted as the first professional textbook to assist practitioners to develop strength and conditioning programs. Though there are fewer chapters with changes to some chapter titles, the Second Edition provides the reader with better defined chapter content covering more detailed information with current references (i.e. chapter name has greater emphasis on issues confronting the female athlete). The addition of a chapter overview and knowledge application section will assist the reader’s understanding of the material presented. Among strength and conditioning textbooks, Essentials of Strength Training and Conditioning continues to be the leader for this content area across many professional domains.”

Kathleen M. Laquale, Ph.D., LATC, LDN
Professor, Bridgewater State College

Read Essentials of Strength Training and Conditioning By NSCA - National Strength & Conditioning Association for online ebook

Essentials of Strength Training and Conditioning By NSCA -National Strength & Conditioning Association Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Essentials of Strength Training and Conditioning By NSCA -National Strength & Conditioning Association books to read online.

Online Essentials of Strength Training and Conditioning By NSCA -National Strength & Conditioning Association ebook PDF download

Essentials of Strength Training and Conditioning By NSCA -National Strength & Conditioning Association Doc

Essentials of Strength Training and Conditioning By NSCA -National Strength & Conditioning Association MobiPocket

Essentials of Strength Training and Conditioning By NSCA -National Strength & Conditioning Association EPub