

Second Edition

NSCA's ESSENTIALS of PERSONAL TRAINING

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



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CONDITIONING ASSOCIATION

Nscas Essentials Of Personal Training

**Terry J. Housh, Dona J. Housh, Glen
Oliver Johnson**



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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

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teacher sport coach or administrator Strategies ,2005 *Canadian Journal of Applied Physiology* ,2004 **Focus on Fitness** Tim Winslow,Kristine Noel Clark,North Carolina State University Staff,2009-12-15 **NSCA's Essentials of Personal Training 2nd Edition** ,2004 *Fit & Well* Thomas Davin Fahey,Paul M. Insel,Walton T. Roth,2007 **The British National Bibliography** Arthur James Wells,2009 *The Body is Made to Move* Christina Hedblom,2009 **The Writers Directory** ,2013 **Program Design for Personal Trainers** Douglas Brooks,1998 Have you ever been frustrated by a client who didn't seem to progress off a plateau Are you uncertain how to train clients with special needs Does it seem like you're giving the same exercise routine in the same order to every client And having trouble retaining those clients With 11 years experience training clients and a masters degree in exercise physiology Douglas Brooks can help In his own practice he learned how to build the bridge between science and the needs of each client from older adult to athlete and in this book he shares that knowledge with you You'll learn the science behind the programming How to completely customize a program for each new client Case studies client examples and charts throughout the text help you apply the information immediately Have a quick question Use the Quick Index and Key Points to find the answer Whether you're just starting out or an experienced trainer *Program Design for Personal Trainers* is a valuable addition to your library from back cover

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