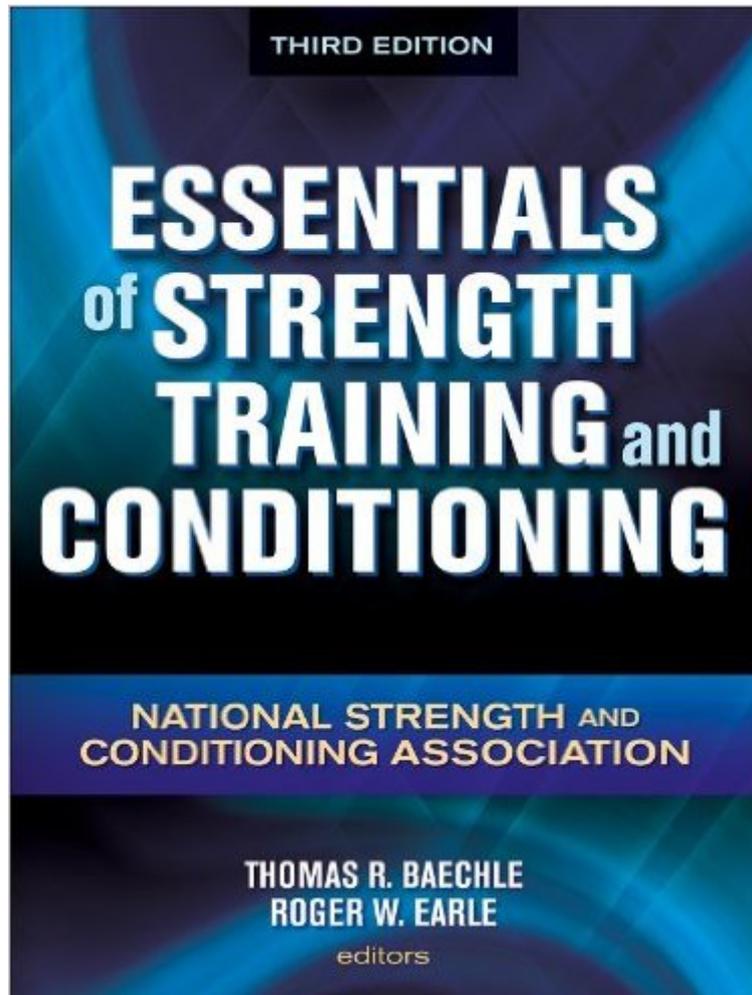


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# Essentials Of Strength Training And Conditioning - 3rd Edition



## Synopsis

Now in its third edition, *Essentials of Strength Training and Conditioning* is the most comprehensive reference available for strength and conditioning professionals. In this text, 30 expert contributors explore the scientific principles, concepts, and theories of strength training and conditioning as well as their applications to athletic performance. *Essentials of Strength Training and Conditioning* is the most-preferred preparation text for the Certified Strength and Conditioning Specialist (CSCS) exam. The research-based approach, extensive exercise technique section, and unbeatable accuracy of *Essentials of Strength Training and Conditioning* make it the text readers have come to rely on for CSCS exam preparation. The third edition presents the most current strength training and conditioning research and applications in a logical format designed for increased retention of key concepts. The text is organized into five sections. The first three sections provide a theoretical framework for application in section 4, the program design portion of the book. The final section offers practical strategies for administration and management of strength and conditioning facilities. Section 1 (chapters 1 through 10) presents key topics and current research in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sport nutrition, and sport psychology and discusses applications for the design of safe and effective strength and conditioning programs. Section 2 (chapters 11 and 12) discusses testing and evaluation, including the principles of test selection and administration as well as the scoring and interpretation of results. Section 3 (chapters 13 and 14) provides techniques for warm-up, stretching, and resistance training exercises. For each exercise, accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training exercises. This section also includes a set of eight new dynamic stretching exercises. Section 4 examines the design of strength training and conditioning programs. The information is divided into three parts: anaerobic exercise prescription (chapters 15 through 17), aerobic endurance exercise prescription (chapter 18), and periodization and rehabilitation (chapters 19 and 20). Step-by-step guidelines for designing resistance, plyometric, speed, agility, and aerobic endurance training programs are shared. Section 4 also includes detailed descriptions of how principles of program design and periodization can be applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals. Section 5 (chapters 21 and 22) addresses organization and administration concerns of the strength training and conditioning facility manager, including facility design, scheduling, policies and procedures, maintenance, and risk management. Chapter objectives, key points, key terms, and self-study questions provide a structure to help readers organize and conceptualize the information. Unique

application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals. *Essentials of Strength Training and Conditioning* also offers new lecture preparation materials. A product specific Web site includes new student lab activities that instructors can assign to students. Students can visit this Web site to print the forms and charts for completing lab activities, or they can complete the activities electronically and email their results to the instructor. The instructor guide provides a course description and schedule, chapter objectives and outlines, chapter-specific Web sites and additional resources, definitions of primary key terms, application questions with recommended answers, and links to the lab activities. The presentation package and image bank, delivered in Microsoft PowerPoint, offers instructors a presentation package containing over 1,000 slides to help augment lectures and class discussions. In addition to outlines and key points, the resource also contains over 450 figures, tables, and photos from the textbook, which can be used as an image bank by instructors who need to customize their own presentations. Easy-to-follow instructions help guide instructors on how to reuse the images within their own PowerPoint templates. These tools can be downloaded online and are free to instructors who adopt the text for use in their courses. *Essentials of Strength Training and Conditioning, Third Edition*, provides the latest and most comprehensive information on the structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design, and organization and administration of facilities. Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine-tune their practice.

## **Book Information**

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## Customer Reviews

I've changed things up quite a bit and have added a few other certifications since I first started training, but after all these years I still find myself referring back to what I learned from my NSCA certification. For anyone looking to get a solid base of knowledge about strength training and how it effects the body, this book/cert should be your first stop. It is not too overly technical which is what I like best about it. Its by no means easy to read (mine is full of notes and marks from highlighters) but it is easier to grasp than other certifications such as NASM and ASCM. If I were to give one piece of criticism, it would be the lack of education concerning the business and selling side of personal training. When I first started at my gym, I struggled for almost a year because I wasn't prepared that I'd have to be selling as well as training :-0I never did sales before in my entire life and was very hesitant (and scared!) to be forced to sell personal training sessions in my club. I actually almost quit at one point from feeling so frustrated because I wanted to train clients, but could not "sell" anyone a pt package. That was almost ten years ago, and currently I am the head trainer at my gym- training 40+ hours a week, and I have a waiting list of members wanting to work with me. If you are new to the industry and plan on working in a health club, I implore you to read *The Personal Training Sales Education Textbook: A simple and effective sales system designed specifically for the personal trainer in the health club. (Volume 1)*.

This book is jam packed with information; it is a textbook, after all. I love to read about exercise--I am one of those people who is always redesigning my own fitness program trying to find the "best" plan (as though one best routine truly exists). I purchased this book to augment my collection of fitness books because I was looking for a more scientific, thorough manual written by experts. While the book does provide in-depth scientific detail, it lacks specific advice. I know this sounds strange, but the well-presented theory is not translated into specific workout routines or recommendations. The book does follow three case-study athletes, but the recommendations are mostly examples to clarify a point rather than provide specific recommendations. I have read that the National Strength and Conditioning Association (NSCA, the publisher of this book), as well as other credentialing organizations (American College of Sports Medicine) leave out the specific routine recommendations so that there professional staff can apply a wide range of creativity as a personal trainer/coach while still being within the accepted guidelines. After reading this book, I believe this is

true. On an unrelated note, I am disappointed that, after years of free monthly newsletters from NSCA (the Tactical Strength and Conditioning Bulletin and their other free monthly email journals) have become paid options from NSCA. If you are looking for a manual with specific routines with specific goals, this book is not it. If you are interested in all of the scientific detail and love to read about exercise or you are trying to earn your CSCS cert, this book is for you. The book is full of "why" and not much "how."

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