

NSCA's Essentials of Personal Training Text

The *NSCA's Essentials of Personal Training* edited by Roger W. Earle, CSCS,*D; NSCA-CPT,*D and Thomas R. Baechle, CSCS,*D; NSCA-CPT,*D, is the primary preparation source for the NSCA-Certified Personal Trainer® examination, as well as an authoritative resource for all professionals in the personal training field. The book includes contributions from leading renowned researchers, educators and personal training experts who provide the scientific principles, concepts and theories of personal training as well as practical applications to safe and effective training.

Experts in areas such as personal training, exercise science, physical therapy, psychology and sport nutrition contribute their expertise to all areas of exercise technique and program design for the personal trainers in this text. These areas include free-weight and machine resistance training exercises, cardiovascular activities, flexibility and speed training.

In addition, the *NSCA's Essentials of Personal Training* text highlights important information about the business of personal training, including facility and equipment maintenance, business management and legal issues that many personal trainers face.

Features of the text include:

- ⇒ Over 250 full-color photographs that clearly illustrate and accurately explain proper stretching, resistance training, aerobic endurance training and plyometrics techniques;
- ⇒ Student study tools that help readers prepare for the NSCA-CPT® exam, including chapter objectives, key points, sidebars with practical applications, chapter questions and a comprehensive glossary;
- ⇒ Targeted expert information that will give readers the knowledge to work with clients who have special exercise needs, such as pregnant women, older adults, athletes, overweight clients and those with medical conditions and concerns; and
- ⇒ Scientific and applied information geared toward personal training in the areas of client consultation and evaluation, exercise technique, program design and safety and legal issues.
- ⇒ Full-size, 676-page hardcover text
- ⇒ Twenty-five chapters, an appendix, and a glossary (provided by 33 authors)
- ⇒ Testing protocols and norms for assessing clients of all ages
- ⇒ Over 120 questions that can be used to help prepare for the NSCA-CPT® exam
- ⇒ A comprehensive glossary of 320 frequently used terms and concepts

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