

Second Edition

# NSCA's ESSENTIALS of PERSONAL TRAINING

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

**editors**



**NSCA®**  
NATIONAL STRENGTH AND  
CONDITIONING ASSOCIATION



**Hardcover**

# Nscas Essentials Of Personal Training 2nd Edition

**Arthur James Wells**



## **Nscas Essentials Of Personal Training 2nd Edition:**

*NSCA's Essentials of Personal Training* NSCA -National Strength & Conditioning Association,2011-10-27 Comprehensive and research based the second edition of NSCA s Essentials of Personal Training is the resource to rely on for personal training information and guidance With state of the art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence NSCA s Essentials of Personal Training Second Edition is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association s Certified Personal Trainer NSCA CPT exam This essential reference was developed by the NSCA to present the knowledge skills and abilities required for personal trainers With contributions from leading authorities in the field the text will assist both current and future personal trainers in applying the most current research to the needs of their clients A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines including the application of nutrition principles for clients with metabolic concerns The latest guidelines on client assessment from prominent organizations such as the American Heart Association AHA and Centers for Disease Control and Prevention CDC keep personal trainers up to speed on the latest assessment protocols New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions low back pain ankle sprains and hip arthroscopy New guidelines for determining resistance training loads will assist those whose clientele includes athletes A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness A new instructor guide and image bank aid instructors in teaching the material to students NSCA s Essentials of Personal Training Second Edition focuses on the complex process of designing safe 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 palsyIn 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

**NSCA's Essentials of Personal Training** Brad J. Schoenfeld, NSCA -National Strength & Conditioning Association, Ronald L. Snarr, 2021-12-22 NSCA s Essentials of Personal Training Third Edition With HKPropel Access is the definitive resource for personal trainers health and fitness instructors and other fitness professionals It is also the primary preparation source for those taking the NSCA CPT exam

*NSCA's Essentials of Personal Training* National Strength & Conditioning Association (U.S.), 2004 This book is a 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 It is an essential reference for anyone preparing for or already working in a career as a personal trainer

Back cover **NSCA's Essentials of Training Special Populations** NSCA-National Strength & Conditioning Association, Jacobs, Patrick, 2017 NSCA s Essentials of Training Special Populations is an ideal preparatory guide for those seeking CSPS certification The book is also a practical reference for exercise professionals who work with clients with various conditions and disorders

**NSCA's Essentials of Personal Training** NSCA -National Strength & Conditioning Association, Brad J. Schoenfeld, Ronald L. Snarr, 2021-11-23 Developed by the National Strength and Conditioning Association NSCA NSCA s Essentials of Personal Training Third Edition With HKPropel Access is the definitive reference for personal training professionals and students This comprehensive guide to personal training with contributions from leaders in the field provides the most accurate and reliable information and guidance for current and aspiring professionals Updated to reflect the latest research with clear explanations of supporting scientific evidence this edition will give readers the knowledge skills and abilities KSAs needed by modern personal training professionals New content addresses the latest objectives found on the National Strength and Conditioning Association s Certified Personal Trainer NSCA CPT exam maintaining this text s position as the single best resource for those preparing for the NSCA CPT exam

NSCA s Essentials of Personal Training Third Edition provides guidelines for the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs for clients of all ages and fitness levels With comprehensive coverage of various categories of unique client needs readers will learn how to make specific modifications and adjust exercise programs for each individual client Multiple fitness testing protocols and norms for each component of

fitness including 10 new tests are all presented along with instructions that are detailed yet easy to follow Over 200 full color photos and accompanying instructions clearly describe and visually show proper technique for exercises and drills including stretching plyometrics and stability ball exercises There are new sections on suspension training manual resistance training and common types of resistance training equipment Plus 27 online videos delivered through HKPropel demonstrate exercise technique in action preparing readers to instruct clients through safe exercise performance Students will also be able to complete chapter quizzes assigned by instructors through HKPropel Study questions at the end of each chapter written in the same style and format as those found on the NSCA CPT exam facilitate learning of chapter content and fully prepare candidates for exam day Practicing professionals and aspiring professionals alike will benefit from a new appendix of advice on building a successful career as a personal trainer NSCA's Essentials of Personal Training Third Edition remains the most comprehensive resource available for personal training preparation and professional development Unmatched in scope this essential text continues to be a definitive reference for current and future personal trainers exercise instructors fitness facility and wellness center managers and other fitness professionals Note A code for accessing HKPropel is not included with this ebook but may be purchased separately NSCA's Essentials of Personal Training Jared W. Coburn, Moh H. Malek, National Strength & Conditioning Association (U.S.), 2012 NSCA's Essentials of Personal Training Second Edition is the authoritative text for personal trainers health and fitness instructors and other fitness professionals as well as the primary preparation source for those taking the NSCA CPT exam Assessments for Sport and Athletic Performance Fukuda, David H., 2019 Many scientific sport assessment resources are difficult to understand can be time consuming to implement and provide data that are difficult to analyze Assessments for Sport and Athletic Performance effectively solves those problems in this practical user friendly guide to performance based evaluation A perfect resource for coaches and fitness professionals Assessments for Sport and Athletic Performance is a streamlined guide through the process of identifying appropriate tests for individuals or teams making use of common low cost equipment to administer the tests interpreting data adjusting training programs based on the results and continually monitoring the training **Personal Fitness Training** Joe Cannon, 2014-11-10 Most personal training textbooks are TOO expensive TOO long TOO complicated and they cover stuff that you will NEVER need to know in the real world Joe Cannon MS CSCS NSCA CPT has been a self employed personal trainer for over a decade and teaches personal training too He teaches the science so you can understand it Personal Fitness Training Beyond The Basics 2nd edition is a personal training textbook that communicates not only the exercise science that you need to know but ALSO how to apply that science to training clients This book contains the essential information that Joe himself has needed to know when he works with clients The idea is that If Joe needed to know this information YOU DO TOO This book focuses on what you need to know and leaves out what you don't need to know That way you learn EXACTLY what you need to be the best personal trainer possible This book also covers important information

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## **Table of Contents Nscas Essentials Of Personal Training 2nd Edition**

1. Understanding the eBook Nscas Essentials Of Personal Training 2nd Edition
  - The Rise of Digital Reading Nscas Essentials Of Personal Training 2nd Edition
  - Advantages of eBooks Over Traditional Books
2. Identifying Nscas Essentials Of Personal Training 2nd Edition
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nscas Essentials Of Personal Training 2nd Edition
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nscas Essentials Of Personal Training 2nd Edition
  - Personalized Recommendations
  - Nscas Essentials Of Personal Training 2nd Edition User Reviews and Ratings
  - Nscas Essentials Of Personal Training 2nd Edition and Bestseller Lists



5. Accessing Nscas Essentials Of Personal Training 2nd Edition Free and Paid eBooks
  - Nscas Essentials Of Personal Training 2nd Edition Public Domain eBooks
  - Nscas Essentials Of Personal Training 2nd Edition eBook Subscription Services
  - Nscas Essentials Of Personal Training 2nd Edition Budget-Friendly Options
6. Navigating Nscas Essentials Of Personal Training 2nd Edition eBook Formats
  - ePub, PDF, MOBI, and More
  - Nscas Essentials Of Personal Training 2nd Edition Compatibility with Devices
  - Nscas Essentials Of Personal Training 2nd Edition Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nscas Essentials Of Personal Training 2nd Edition
  - Highlighting and Note-Taking Nscas Essentials Of Personal Training 2nd Edition
  - Interactive Elements Nscas Essentials Of Personal Training 2nd Edition
8. Staying Engaged with Nscas Essentials Of Personal Training 2nd Edition
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nscas Essentials Of Personal Training 2nd Edition
9. Balancing eBooks and Physical Books Nscas Essentials Of Personal Training 2nd Edition
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nscas Essentials Of Personal Training 2nd Edition
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Nscas Essentials Of Personal Training 2nd Edition
  - Setting Reading Goals Nscas Essentials Of Personal Training 2nd Edition
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nscas Essentials Of Personal Training 2nd Edition
  - Fact-Checking eBook Content of Nscas Essentials Of Personal Training 2nd Edition
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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