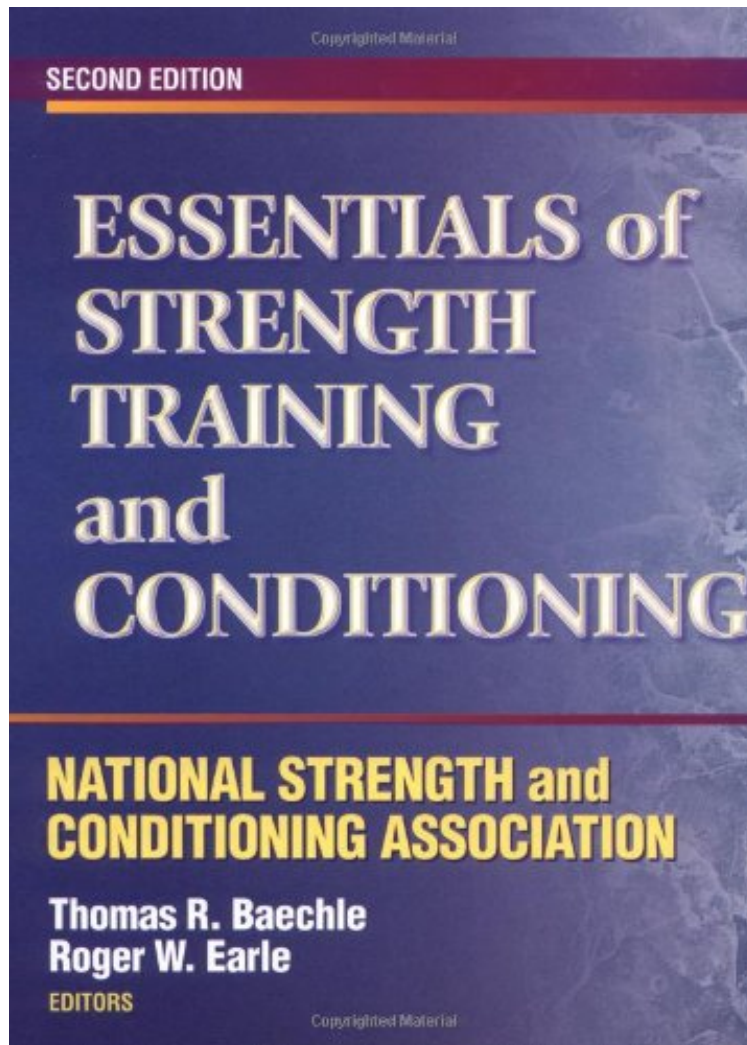


Essentials of Strength Training and Conditioning

*NSCA -National Strength Conditioning Association
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#795690 in Books 2000-07-27Original language:EnglishPDF # 1 1.53 x 8.76 x 11.36l, 5.30 #File Name:
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NSCA -National Strength Conditioning Association : Essentials of Strength Training and Conditioning before purchasing it in order to gage whether or not it would be worth my time, and all praised Essentials of Strength Training and Conditioning:

3 of 3 people found the following review helpful. Useful Knowledge for Strength, Conditioning, and Lifelong HealthBy thattherepaulUsed to train prospective strength and conditioning coaches for the NSCA CSCS exam, this book can also help anyone build a strong foundation of knowledge about how exercise improves the human body. Not just an exercise physiology text, this book includes gems like the classic Stone and Bryant periodized model of weight training (the three-phase progression from high-volume hypertrophy training to high-load strength training); the demystification of big lifts like the clean and press, the power pull, or the snatch; how heavy power training selectively

thickens Type II muscle fibers; sports psychology and metabolic training; how the lower body is often undertrained; a more intelligent way to use progress strength training with DAPRE; and an unparalleled discussion on plyometrics. This book anchors its thought-provoking and definitive discussion with relevant references, helpfully cited in context so you can clearly see for yourself the scientific evidence upon which this book--and much current knowledge in exercise science--is based. The treasures of this book must be extracted at the cost of dry science-speak writing (nouny, overuse of the verb "to be," and heavy reliance on the passive voice): as I read along, I found that selectively underlining and briefly restating key ideas in the margins of this text kept my attention. Not only personal trainers in training but consumers tired of glib books lacking citation of scientific evidence would find this book extremely useful, and certainly more accurate than many consumer fitness books currently on the market. 0 of 0 people found the following review helpful. Quality and quantity
By Timothy Bowman
I just received this new edition in the mail and I am thoroughly enjoying it. Very detailed, yet pretty easy to read. I would recommend this book to anyone that is training athletes or is interested in strength training (for any reason). This book is a great resource of knowledge even for people with advanced knowledge in strength training. 0 of 0 people found the following review helpful.
AWWWWWFFFFUULLLLL !!
By Little big man
Actually less than ZERO I am not a happy customer this book is taking almost a month to get to me , no way will I deal with this company again this is complete GARBAGE !!

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*DHuman 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. Jaynie B. Schram, MPH, MS, PT, SCS, ATC, CSCS *DAmerican 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