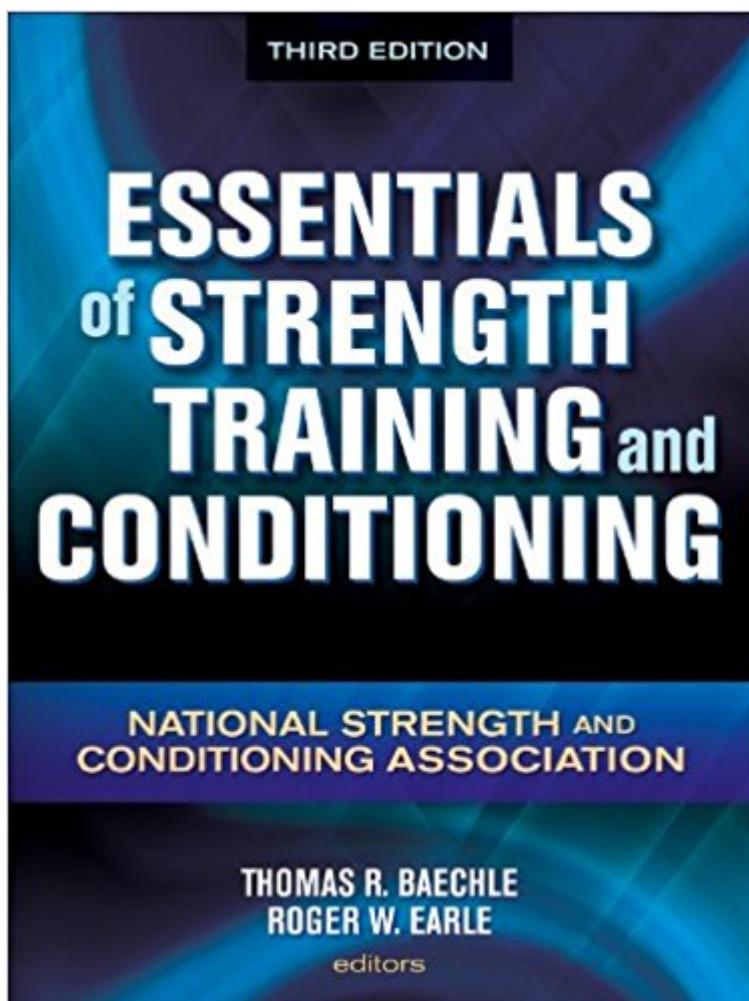


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Essentials Of Strength Training And Conditioning - 3rd Edition



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.

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Customer Reviews

Thomas R. Baechle, EdD, CSCS,*D, NSCA-CPT,*D, is chair of the exercise science and athletic training department at Creighton University in Omaha, Nebraska. In his career covering more than 35 years as a fitness professional and academician, Baechle has earned numerous certifications and awards, taught at various universities, held a variety of professional and civic offices, and volunteered for many national and international associations and organizations related to fitness and personal health. Baechle is widely published and lectures frequently. His recent honors include receiving the Outstanding Writing Achievement Award from Human Kinetics in 2007, Merit for Excellence in Education and Development of Professional Standards from the International Fitness Institute in 2006, the Distinguished Faculty Service Award from Creighton University in 2002, and the Lifetime Achievement Award from the NSCA in 1998. Baechle makes his home with his wife, Susan, in Omaha. Roger W. Earle, MA, CSCS,*D, NSCA-CPT,*D, earned his master's degree from the University of Nebraska at Omaha in exercise science. He is the associate executive director for National Strength and Conditioning Association (NSCA) Certification, where he is responsible for developing the Certified Strength and Conditioning Specialist (CSCS) and the NSCA-Certified Personal Trainer (NSCA-CPT) certification exams. Previously Earle served as the head strength and conditioning coach and a faculty member of the exercise science and athletic training department at Creighton University in Omaha. Earle has over 20 years of experience as a personal fitness trainer for people of all age and fitness levels, and he frequently gives lectures at national and international conferences about designing personalized exercise and training programs. He coauthored the first and second editions of *Fitness Weight Training* and coedited both the NSCA's *Essentials of Personal Training* and the first and second editions of *Essentials of Strength Training and Conditioning*. Earle enjoys spending time with his wife, Tonya, and their four daughters at their home in Glendale, Arizona.

This book is used to prepare those interested in getting the Certified Strength and Conditioning Specialist (CSCS) certification after college. After four years as an undergraduate for Exercise Science, I can say this book provides a very good but brief overview of Exercise Science and Sport Science, only scratching the surface to a very big area of study, with a great deal more to learn. Many topics are covered, but I've seen them covered better in other textbooks and lectures. If you're

in an Exercise Science or Health promotion major, this will mostly be a review. For those not in the major, this book may appear to be a different language and you will most likely end up googling and finding definitions and more in depth explanations on wikipedia to fully understand certain concepts and terms, which should be encourage as it makes understanding and applying what you learn easier. Don't rent this book. I highly recommend buying if you're interested in strength and conditioning, coaching, or receiving the CSCS cert. If you're in the major listed above, you've seen this book on your professor's shelf for a reason. It's a damn good reference. EDIT: I've passed the most recent CSCS exam (july update edition) with only this book. However, I did see the exam prep after taking the exam, and the questions are VERY similar to the exam questions you will see when taking the CSCS.

This book has everything and anything anyone even remotely related to strength and conditioning would need. The detail of everything is more than a coach would need to know, unless that coach is a teacher as well as a coach. It's good for everyone trying to improve athletic performance.

Great advancement book, for anybody's that works in the health and fitness industry. Would suggest this book (and certification course) to anyone whom has actually worked in the industry first to get a more hands on grasp of how anatomy and exercise work in cohesion. Great study material will be used constantly when you start as a trainer/strength coach in this industry.

This text book is a great introduction into resistance training and conditioning. It has a heavy science background, but is very useful. Some important information regarding facility and program design too. Great text, highly recommended. Nothing is perfect, neither is this, but a good start. Also a necessity to study for CSCS exam.

If you are taking the CSCS read this book front to back and take the quizzes at the end of each section. If you do so you will pass in one shot... at least I did (my major was exercise physiology though). Really this book has good information, but won't teach you real world skills you need as a coach. It does it's job to teach you the info.

Exactly as described.

Sometimes new editions don't change that much but you may want to get the next edition as the

exercise section has doubled. This has all the fundamental information though. Fantastic text.

After reading this book I was able to pass NSCA's test for the CSCS! I didn't need all the study materials because everything is in this book! I studied hard and it was a success!

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