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Nasm Essentials of Corrective Exercise Training - First Edition Revised

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personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with a variety of conditions, such as obesity, heart disease, diabetes, eating disorders, and cerebral palsy. In addition, the book provides clear, easy-to-understand guidelines for initial client consultation and assessment, as well as comprehensive exercise prescription guidelines for a variety of conditions. 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 date on the latest research and recommendations for safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs.

Exercising for Performance: A Step-by-Step Approach to Designing Exercise Programs with Special Attention to the Application of Principles Based on Current Research. This comprehensive guide to designing effective exercise programs emphasizes the importance of using current research to inform practice and decision-making. It includes step-by-step instructions, recommendations for exercises and training methods, and practical examples to help readers develop personalized exercise programs. Updated content and exercises ensure that readers are up-to-date with the latest research and evidence-based practices.

This revised edition contains the latest research, best-practice techniques, and cutting-edge programs for the resistance trainer. Updated topic areas include corrective exercise, hot topics in resistance training, resistance training for diabetes, integrative medicine, and the newest resistance training exercises.

Introduction to Sports Biomechanics - Roger Bartlett - 2002-04-12

Introduction to Sports Biomechanics has been revised and updated to introduce the student to the critical concepts of sports biomechanics. This new edition includes a variety of new features to help students master the material more efficiently. The new edition offers enhanced introductory material, improved coverage of basic concepts, and a greater emphasis on biomedical aspects of the subject. Part One covers the anatomy and mechanical foundations of biomechanics and Part Two concentrates on specific areas of sports biomechanics. The new edition features numerous examples and exercises to help students master the material.
NSCA's Guide to Program Design - NSCA - National Strength & Conditioning Association - 2011-12-05

NSCA's Guide to Program Design offers the most current information, guidance, and protocols from respected scientists and practitioners with expertise in strength and conditioning programs. Developed by the National Strength and Conditioning Association (NSCA), this text offers strength and conditioning professionals with evidence-based information and applications. Sharing the latest in research, NSCA’s Guide to Program Design helps bridge the gap between scientist and practitioner by providing coaches and other strength and conditioning professionals with protocols for sequencing training in a safe, sport-specific manner. The text offers 20 tables that are sample procedures for sequencing training in a safe, sport-specific manner. It begins by examining the athlete needs assessment process as well as performance testing considerations and selection. Next, performance-related information on both dynamic warm-up and static stretching is discussed and dynamic warm-up protocols and exercises are presented. Then it revisits an in-depth-by-chapter look at program design for resistance, power, and explosive training, and explosive training, and explosive training. The final two chapters help you put it all together with a discussion of training integration, periodization, and implementation. In addition, a sample annual training plan illustrates how to integrate the key fitness components into a comprehensive training program. As a bonus, each chapter contains a list of key references offering start points for continued study and professional enrichment. NSCA’s Guide to Program Design progresses sequentially through the program design process. It begins by examining the athlete needs assessment process as well as performance testing considerations and selection. 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avoid the lure of fads, unfounded myths, and misinformation. You will learn these strategies: • Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health. • Optimize your weight and increase strength, flexibility, aerobics, and functional fitness. • Improve health and manage conditions such as diabetes, cardiovascular disease, cancer, depression, osteoporosis, arthritis, pregnancy, and Alzheimer’s disease through exercise and nutrition. • Monitor, evaluate, and tailor your exercise program for optimal results. Featuring step-by-step instructions and full-color photos for the most effective exercises, sample workouts, practical advice, age-specific physical activity and dietary guidelines, and strategies for increasing exercise and health with major health benefits of lifestyle, ACSM’s Complete Guide to Fitness & Health is a resource that belongs in every fitness enthusiast’s library.

Assessment and Treatment of Muscle Imbalance - Phillip Page - 2010
Assessment and Treatment of Muscle Imbalance: The Janda Approach describes postural techniques, neuromuscular control, and functional activities in order to alleviate chronic musculoskeletal pain and promote greater functionality. Developed by Vladimir Janda, respected neurologist and physiotherapist, the Janda approach presents a unique perspective to rehabilitation. In contrast to a more traditional structural view, the Janda approach is functional—emphasizing the importance of the sensorimotor system in controlling movement and chronic musculoskeletal pain. Janda Approach describes the mechanics of the musculoskeletal system in order to help practitioners assess and treat muscle imbalances. The Janda Approach focuses on the neurological aspects of muscle imbalance that are common causes of pain and dysfunction in sports and occupational activities. By distilling the scientific works of Vladimir Janda into a practical, systematic approach, this unique resource will assist healthcare providers in treating patients with musculoskeletal complaints as well as exercise professionals in developing appropriate exercise prescription and training programs.

Assessment and Treatment of Muscle Imbalance - Phillip Page - 2010
A rare collection of photographs depicts young Jacqueline Bouvier as a child and young adult, revealing her in candid poses at dog shows, horse riding competitions, and other activities.

ACSM’s Resources for the Exercise Physiologist - Benjamin Gordon - 2007-07-12
An essential resource for any fitness professional, ACSM’s Resources for the Exercise Physiology, 3rd Edition, is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice. This updated edition is fully aligned with the eighth edition of ACSM’s Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology. Published by the American College of Sports Medicine, this practical and comprehensive textbook can be used around the world by the Janda Approach domain. A clear introduction to understanding exercise, physical activity, and pre-exercise screening opens the book, followed by thorough coverage of assessment and programming for health and fitness activities, including guidelines for special populations, counseling and behavioral strategies for encouraging exercise, legal, management and professional issues relevant to practice.

ACSM’s Resources for the Exercise Physiologist - Benjamin Gordon - 2007-07-12
A proven program used by today’s top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

Stretch to Win-2nd Edition - Frederick, Ann - 2015-07-31
This proven program used by today’s top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

Sculpting Her Body Perfect - Brad Schoenfeld - 2008
Combines the most recent guidelines for exercise physiology, fitness expert Schoenfeld updates his sculpting program tailored to the unique training needs and goals of women. This third edition includes a 60-minute DVD.

Sculpting Her Body Perfect - Brad Schoenfeld - 2008
One of the most sought after personal trainers in the United States, fitness expert Schoenfeld updates his sculpting program tailored to the unique training needs and goals of women. This third edition includes a 60-minute DVD.

Personal Trainer Pocketbook - Jonathan Goodman - 2015-01-28
Do You Have These Questions About Personal Training? - Jonathan Goodman - 2015-01-28
Do You Have These Questions About Personal Training? - Jonathan Goodman - 2015-01-28
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