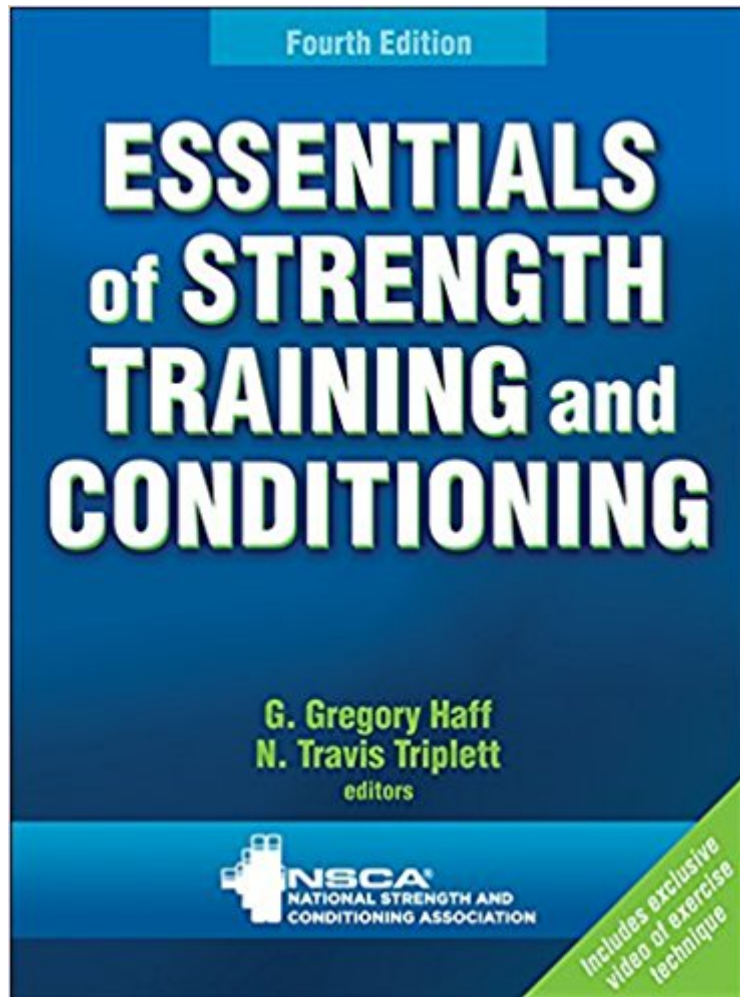


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# Essentials Of Strength Training And Conditioning 4th Edition With Web Resource



## Synopsis

Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With Web Resource*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features:

- Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use.
- Updated research specifically in the areas of high-intensity interval training, overtraining, agility and speed in changes of direction, nutrition for health and performance, and periodization helps readers better understand these popular trends in the industry.
- A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements.
- Ten additional tests of maximum power and strength, aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines.

Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. The web resource provides students with lab activities in fillable form for practice and information retention. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, offers an expanded ancillary package for instructors. Instructors receive access to a 61-video collection, including the 21 videos available in the web resource, plus an additional 40 videos demonstrating resistance training exercises, plyometric exercises, and exercises using alternative modes and nontraditional implements, bringing practical

content to the classroom. Working along with the instructor guide and presentation package, a test package has been added to assist instructors in evaluating students' understanding of key concepts. Essentials of Strength Training and Conditioning, Fourth Edition, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. v

## **Book Information**

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## **Customer Reviews**

Finally, useful, quality information about sports nutrition, supplementation, and the impact of various vitamins and minerals on the body! This is the edition S&C professionals need, as it covers many of the gaps left behind by the 3rd edition's reliance on the USDA Food Pyramid and takes advantage of digital resources for exercise technique.

This book is very dense and I recommend that you purchase a few other things to accompany it first, one being "Science and Practice of Strength Training, Second Edition". That being said, I still very much like this book. Coming from a background as a college athlete at a major division I program, I was exposed to many of the practices mentioned in this text and can appreciate the acknowledgement of the mental side of performance. The authors attempt to spare no details in terms of they covered a lot about the big things in training, periodization, exercise selection and

some basic biology. The one area that left me wanting more was the chapters on periodization. I would have liked to see an example of different approaches, ex. more of a side by side comparison of the linear and nonlinear programming mentioned and why things in the individual programs might be less than optimal. There are however entire books about the subject so I can't complain! If you buy this book, you're more looking for science and being able to break down programs and learn what's working well in them. If you're looking for specific programs for your athletes or sample programs you might want to reconsider. I will say that after I've read through this a couple of times I am more able to recognize that many programs can be constructed very well and this book just lets you know a little more about which ones have more good things than the others. If you ever read another "fitness article" your BS meter will quickly be able to detect quality

The first book that was ordered was damaged. As soon as I was made aware of the situation they replaced it immediately. I love working with NSCA's customer service. They are on top of any complaint and work very hard to make things right. As far as this book, my son loves it. He has correspondence courses and/or textbooks through NASM, ACSM, ACE, ISSA, etc. but likes NSCA the most. Whether you are looking for a correspondence course or just want the book(s), NSCA's are well worth the money. He has gotten so much more information from them than in his other course textbooks so he would definitely recommend NSCA. Although they might be a bit more difficult to understand, in the end, this is the organization that you want to get your certification through and any NSCA book(s) are the ones to order. This particular book is in its 4th edition and comes with Web Resource. Would definitely recommend to anyone in the fitness industry or anyone wanting to further their knowledge in this area.

Very poorly written. It is informative as far as strength and conditioning goes, but very long drawn out and unnecessary speech. Hint: skim all the BS and highlight the information then go back and read it. Hint #2 - the book does not give information about specific sports which will be the majority of questions on the test. Hint #3 - drink lots of coffee

Lots of great info in this book. I have learned a ton from reading it and I hope that it helps me to pass the CSCS exam that is upcoming. Great tool to learn from.

This is an excellent text with comprehensive information written by top authors. The older editions were considered the gold standard. This edition is even better.

Great fourth edition. Packed with excellent color photos and easy-to-read tables and charts.

So much knowledge. But if you want to treat the best, you got to be the best!

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