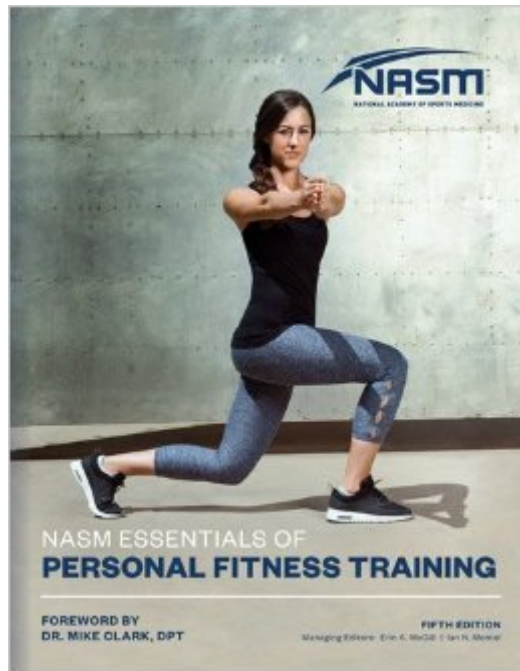


The book was found

NASM Essentials Of Personal Fitness Training (National Academy Of Sports Medicine)



Synopsis

This text is a recommended resource for the NASM Certified Personal Trainer (CPT) certification. The NASM CPT certification is accredited by the National Commission for Certifying Agencies (NCCA). Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certifications and advanced credentials to health and fitness professionals. NASM Essentials of Personal Fitness Training, Fourth Edition Revised, continues to lead the way by providing the most comprehensive resource for aspiring personal trainers and other health and fitness professionals. Based on NASM's proprietary Optimum Performance Training® (OPT®) model, you will learn a systematic approach to program design with exercise program guidelines and variables; protocols for building stabilization, strength, and power programs; guidance on how to build a clientele through professional development; and more! By following the techniques in this book, you will gain the information, insight, and inspiration you need to change the world as a health and fitness professional.

Book Information

Series: National Academy of Sports Medicine

Hardcover: 704 pages

Publisher: Jones & Bartlett Learning; 5 edition (June 22, 2016)

Language: English

ISBN-10: 1284113094

ISBN-13: 978-1284113099

Product Dimensions: 8.6 x 1.3 x 10.9 inches

Shipping Weight: 3.8 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (36 customer reviews)

Best Sellers Rank: #15,187 in Books (See Top 100 in Books) #3 in [Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Professional > Vocational Tests](#) #34 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#) #239 in [Books > Textbooks > Test Prep & Study Guides](#)

Customer Reviews

Hi Everyone. NASM was the first fitness certification that I obtained and at the time I thought it was pretty good. I've been a personal trainer for 5 years and as my knowledge, skill, and awareness in this area has grown -- so too has my disgust with the NASM approach to training. So much so that I did not renew the certification. The basic concepts they cover are generally correct but they simply

leave out too much and focus too much on bullsh... stuff that wastes your time as a trainer and does not give your clients the results they need. I think the founder, Michael Clark, has a physical therapy background and seems to approach physical conditioning from that perspective. There are so many different aspects (i.e., strength and conditioning, exercise technique, anatomy, bio-energetics, coaching/sports psychology, nutrition, flexibility, client relationship/communication, and business skills) to becoming a top notch and successful personal trainer. I'm still learning. The following are the main sources I recommend and use to help you along the path to mastering exercise science and raising the quality of personal trainers in general:

1. NCSF - National Council on Strength and Fitness. Excellent CEU program.
2. NSCA - National Strength and Conditioning Association. The fitness industry "gold standard" that is solid but still needs much improvement.
3. ISSN - Sports Nutrition Society. Their CISSN certification is impressive.
4. Mark Rippetoe - Starting Strength and Practical Programming books. Read them.
5. Pavel Tsatsouline - Breaks hard science down to practical application.
6. Rachel and Alwyn Cosgrove - Exercise Program Design Manual.
7. Joel Jamieson - Ultimate MMA conditioning book.
- 8.

[Download to continue reading...](#)

Flashcard Study System for the NASM Personal Trainer Exam: NASM Test Practice Questions & Review for the National Academy of Sports Medicine Board of Certification Examination (Cards)
Secrets of the NASM Personal Trainer Exam Study Guide: NASM Test Review for the National Academy of Sports Medicine Board of Certification Examination (Mometrix Test Preparation) NASM Essentials Of Personal Fitness Training (National Academy of Sports Medicine) Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Gotham Academy Vol. 1: Welcome to Gotham Academy (The New 52) Careers in Fitness and Personal Training (Careers in the New Economy) African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it National Geographic Guide to National Parks of the United States, 8th Edition (National Geographic Guide to the National Parks of the United States) Athletic Training And Sports Medicine: An Integrated Approach Football: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Sports Illustrated For Kids Year In Sports 2007 (Scholastic Year in Sports) What I'd Teach Your Horse: Training & Re-Training the Basics (Horse Training How-To) (Volume 8) Puppy Training Guide 4th Edition: The Ultimate Handbook to Train

Your Puppy in Obedience, Crate Training, and Potty Training Forward Pass (Lorimer Podium Sports Academy) Extra Income Academy (2 in 1 Training Bundle for 2016): Create a Part-Time Income Source Outside Your Day Job via Fiverr Freelancing & Local Instagram Marketing The Complete Performance Horse: Feeding, Fitness, Lameness, Preventive Medicine Weight Training (Nutrition and Fitness)

[Dmca](#)