



NASM Essentials Of Sports Performance Training: First Edition Revised

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This text, based on the National Academy of Sports Medicine™ (NASM) proprietary Optimum Performance Training (OPT™) model, teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively. Readers will learn NASM's systematic approach to program design with sports performance program guidelines and variables; protocols for building stabilization, strength, and power programs; innovative approaches to speed, agility and quickness drills, and more! This is the main study tool for NASM's Performance Enhancement Specialist (PES). - Illustrations visually bring key concepts to life. - Updated tables summarize additional information not included in the body of the text - Anatomical images clearly identify important structures of the nervous, musculoskeletal, and cardiorespiratory systems - Time Out and Key Term sidebars highlight important principles and concepts - End-of-chapter summaries provide quick hitting chapter highlights - Exercise photos show proper execution and progression

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