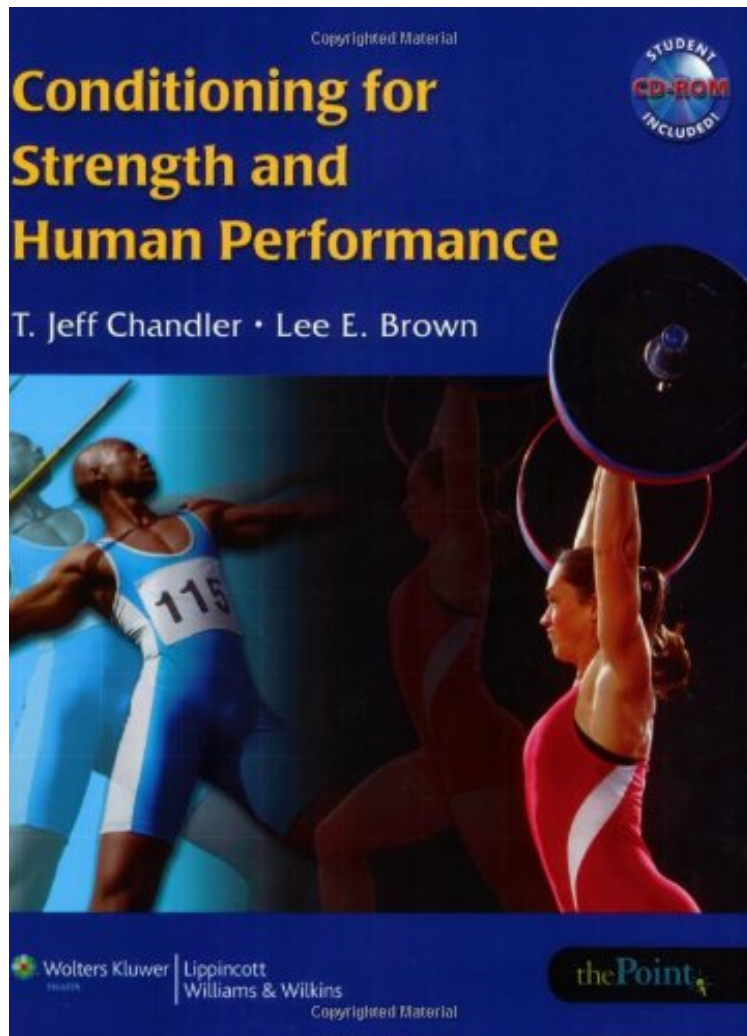


(Free download) Conditioning for Strength and Human Performance

Conditioning for Strength and Human Performance

From Power Systems

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From Power Systems : Conditioning for Strength and Human Performance before purchasing it in order to gauge whether or not it would be worth my time, and all praised Conditioning for Strength and Human Performance:

0 of 0 people found the following review helpful. Watered down version of NSCA text
By Sarah This seems like an easier, watered-down version of the NSCA's textbook for the CSCS. This is a nice introduction to the concepts - it seems to be written at an undergrad level, and then I typically go back and read my CSCS book after. Helpful if you want an overview before diving into the deeper concepts
0 of 0 people found the following review helpful. Five Stars
By Customer Great book. Great for trainers and students.
0 of 0 people found the following review helpful. Five Stars
By sarah mccartney Great book for a Master's student or anyone prepping to take the CSCS examination.

Conditioning for Strength and Human Performance is an entry-level textbook for use in strength and conditioning courses. This textbook bridges the gap between science and practice, and offers step-by-step instruction on resistance training design needs analysis, data analysis, exercise selection and sequence, and program design and periodization. It focuses on the crucial content for comprehension of the subject area and for passing a certification examination.

FEATURES: Student CD-ROM with: Practical Exam with Video Clips to demonstrate exercises followed by a few multiple choice questions to identify exercises and proper form. Lab Assignments offer suggestions for lab activities for practice and further development of skills. Quiz Tool with multiple choice questions to let students evaluate their grasp of the material. Additional Case Examples Sequence Boxes present step-by-step instruction and illustration of exercises and movements students will use in practice. Real World Application Boxes offer real life examples and demonstrate how to apply the material to real world training situations. Renowned contributors offer their knowledge on their specific areas of expertise. Full color illustrations and photographs created specifically for this book enhance concepts and reinforce learning. Maxing Out boxes at the end of each chapter are case-based activities consisting of questions and answers based on real-life scenarios. They contain challenging content that require students to apply what they have read in order to come up with the answer. Q A from the Field is a simulated "ask-the-expert" column where each question comes from the point of view of a professional. Case Examples walk students through the design and implementation of a program. They each contain: Background Recommendations/Consideration Implementation Results