

## Nasm Essentials Of Sports Performance Training First

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NASM Essentials of Sports Performance Training, Second Edition, offers the most comprehensive resource for sports performance professionals. Utilizing NASM's proprietary Optimum Performance Training® (OPT®) model, this textbook offers a systematic approach for designing training programs that help athletes at all levels reach their goals.

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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).

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Preparing for the NASM Essentials of Sports Performance Training INTRODUCTION: Welcome to the National Academy of Sports Medicine's Performance Enhancement Specialist home-study course. At NASM, our mission is to help athletes accomplish all of their sports performance goals. We aim to give Sport Performance Professionals an integrated approach to

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The Optimum Performance Training Model (OPT), developed by NASM, breaks these phases up into subphases that emphasize corrective exercise, stabilization endurance, strength (further broken up into strength endurance, hypertrophy, and maximal strength), power (focusing on high force and high velocity with complex training schemes, followed by maximal power training for athletes who require such adaptations) 3.

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Specializing in sports performance training with NASM will help enhance not only your clients' performance but also your earning potential. With NASM's Performance Enhancement Specialization (NASM-PES), you'll learn how to provide cutting-edge strength and conditioning training for your clients.

Performance Enhancement Specialist | NASM  
NASM ESSENTIALS OF SPORTS - PERFORMANCE TRAINING MISSION. To help athletes accomplish their sports performance goals.

ESSENTIALS OF SPORTS PERFORMANCE TRAINING  
NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury.

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Behind every top athlete, there's a great trainer. Get your NASM Performance Enhancement Specialization and get the opportunity to train the best.

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This First Edition, 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.

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"This text teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively. You will learn NASM's systematic approach to program design with sports performance program guidelines and variables; protocols for building stabilization, strength, and power programs; and innovative approaches to speed, agility and quickness drills"--Provided by publisher.

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Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

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NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

"Since 1983, AFAA has pioneered and set the fundamental movement standards in the fitness industry. With more than 350,000 certifications issued in 73 countries, AFAA-trained instructors have motivated millions of people toward healthier and happier lives. Through this course, you will acquire the knowledge and practical skills needed to inspire positive life changes as a group fitness instructor. Whether your clients are interested in dance, resistance training, yoga, mat pilates, indoor cycling or cardio, you'll be prepared with the foundation needed to lead any group with confidence. This textbook includes all the latest science on human movement and exercise, plus over 30 years of insights straight from the experts. The easy-to-read format supports a multi-layered learning experience with a focus on real-life application" --

NASM Study Guide: NASM Personal Training Book & Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM-CPT Exam, this comprehensive study guide includes -Quick Overview -Test-Taking Strategies -Introduction -Basic and Applied Sciences and Nutritional Concepts -Assessment -Program Design -Exercise Technique and Training Instruction -Client Relations and Behavioral Coaching -Professional Development and Responsibility -Practice Questions -Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM-CPT Exam. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test-taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the NASM-CPT Exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

"NASM Essentials of Personal Fitness Training, Seventh Edition, teaches the foundations of exercise science, fitness assessments, nutrition, and how to grow a personal training business. Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certification and specializations. This text continues to lead the way by providing the most comprehensive resource for aspiring personal trainers, health and fitness professionals and enthusiasts. Through NASM's proprietary Optimum Performance Training (OPT(TM)) model, this text teaches a systematic approach for designing exercise programs that can help anyone reach their fitness goals. 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)"--