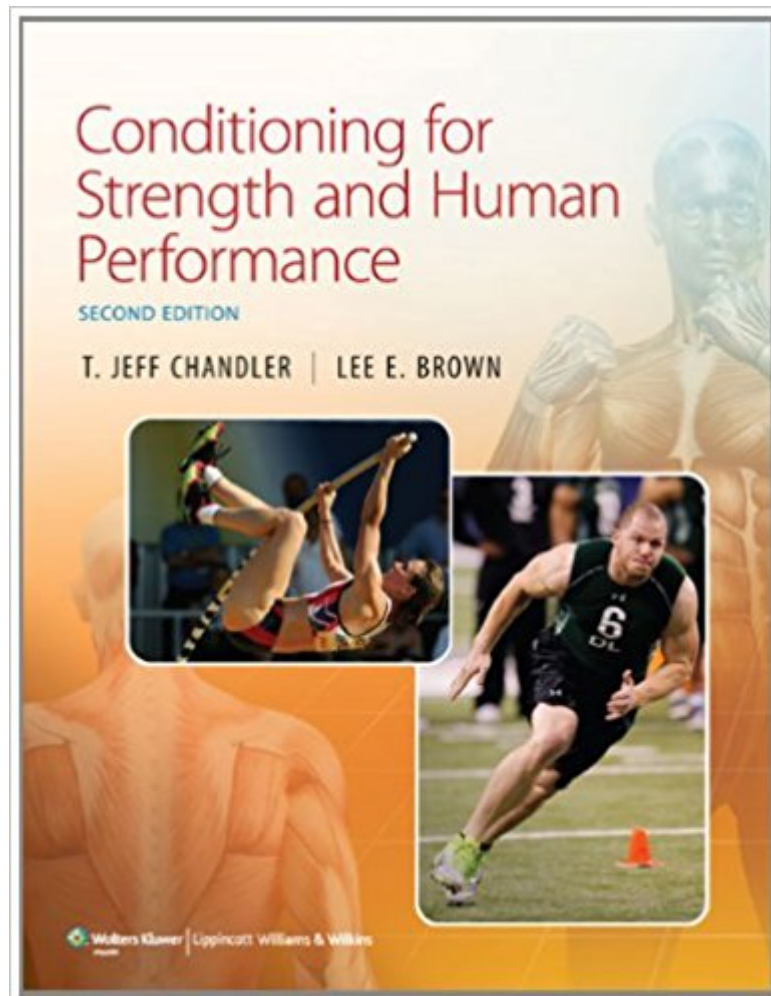




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Conditioning For Strength And Human Performance



Synopsis

Conditioning for Strength and Human Performance is a clearly written text on strength and conditioning filled with special features that engage you in multiple decision-making and hands-on training activities. Everything you need to train athletes for maximum performance and prepare yourself for certification is included. You'll start with a strong foundation in the basic science underlying strength and conditioning training. Next, you'll see how science is put into practice with detailed instructions on testing, assessment, exercise technique, and program development. You'll also learn injury prevention and rehabilitation. Additional resources accompany the text for instructors and students, including video lab assignments, case studies, and more.

Book Information

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Average Customer Review: 4.2 out of 5 stars 10 customer reviews

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Customer Reviews

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!

Great book. Great for trainers and students.

Great book for a Master's student or anyone prepping to take the CSCS examination.

Great

Great shape

The book looked very interesting. It was for my son's summer school class. Unfortunately, the class was cancelled so we had to return it. The company Bargain Books was great to work with on the return and did not have any problems with the return. If I need another book, Bargain Books is where I will look first.

This book is an excellent choice for students wishing to advance their knoweledge on everything from basic science to nutrition, testing, resistance training, and aerobic conditioning for the improvement of human performance. The book also provides clear identification of various adaptations in response to exercise, as well as a section on special topics such as ergogenic aids and special populations. A variety of color pictures demonstrating graphs, charts, and exercise demonstrations are also included, as well as a cd-rom to supplement. Overall, this book is a great tool for those wishing to understand the latest findings from research. For those wishing to advance their knowledge in the fields of exercise science and strength and conditioning, this book is a must-have for your library!

I recently finished reading this book and it has been extremely helpful in my studies. I am a college graduate who is seeking to become CSCS certified as well as advancing my current knowledge. This book has helped in many ways. The max out questions engaged my thinking while the CD that came with the text helped me retain the main concepts. Best of all, it is based on scientific research and not popular hearsay. Many chapters cite well over 100 scholarly research articles in their discussion on the given topic. I highly recommend this text to those who want a comprehensive strength and conditioning resource that is based on science.

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