

Essentials of Strength Training and Conditioning Second Edition

Edited by Dr. Thomas R. Baechle, CSCS,*D; NSCA-CPT,*D and Mr. Roger W. Earle, CSCS,*D, NSCA-CPT,*D, the second edition of *Essentials of Strength Training and Conditioning* contains everything you will need to achieve your personal goals and professional objectives. If you are preparing for the Certified Strength and Conditioning Specialist® (CSCS®) examination, this book is your primary preparation resource, containing the most up-to-date, comprehensive information you will need. Those preparing to take the NSCA-Certified Personal Trainer® (NSCA-CPT®) examination will also find this text to be a valuable resource.

Students, coaches, strength and conditioning specialists, personal trainers, athletic trainers and other sport science professionals will find state-of-the-art, comprehensive information on the exercise sciences and the theoretical foundation for strength and conditioning, testing and evaluation, exercise technique, program design and facility management in this text.

The subject matter for this edition is based on the writing and research of strength and conditioning professionals and researchers throughout the world. Each of the book's 26 chapters provide a precise overview of essential aspects through chapter objectives, key points, application boxes, key terms and study questions requiring practical application of fundamental concepts. In addition, each of the chapters represents a content area assessed in the Certified Strength and Conditioning Specialist (CSCS®) examination.

Written by 28 exercise science professionals, NSCA's *Essentials of Strength Training and Conditioning*, Second Edition, has everything you need to develop a thorough understanding of the rationales and techniques for designing safe and effective training programs.

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