

**Essentials of Strength Training and Conditioning (second edition)**  
**Reprint Corrections<sup>†</sup>**

Chapter #	Study Qu #	Page #	Edit
1	1	603	change key to C
	2	12	add "during muscle action?" to end of question
3	1	56	change C to "axial"
4	4	72	change A to "aids in the attachment of muscle to bone"
	5	72	change A to "decreased cartilage thickness"
6	1	603	change key to D
	5	114	change stem to "Which of the following hormone levels is higher in women than in men at rest?"
8	4	168	change "unlikely" to "least likely" in stem
10	4	207	add "most" before "important" in stem
13	1	270	change A to "normal body weight"
	4	270	change C to "decreased exercise outside..." change D to "having snacks available at practice"
15	2	308	change "B" to "The buttocks raise off the floor."
17	4	388	change "D" to: "step up RIGHT FOOT, step up LEFT FOOT, step down RIGHT FOOT, step down LEFT FOOT"
18	4	425	in all 4 options, change "leg extension" to "leg curl"
	6	425	insert "to" between "potential" and "increase" (i.e., "...greatest potential to increase muscular...")
20	1	491	change stem to "...greater than 6 s is referred to as ..."
25	5	585	change "C" to "II, III, and IV only"
26	5	595	change "II" to "misplaced bumper plates" change "III" to "chalk buildup"

Chapter #	AK Qu #	Page #	Edit
2	2	23	delete hyphen between "resistance" and "trains" in line 5 of question; change the second sentence to "The athlete wants to improve, but she is concerned that if she resistance trains, her arms "will get too big.""
13	1	608	change "calorie" to "caloric" in line 3
15	1	608	switch "40-yd sprint" and "1RM squat" in line 1
16	2	342	change "basketball" to "baseball" in line 1
19	1 & 2	470	change the italicized colons (to be NOT italicized) at end of the paragraphs
	2	609	delete the parentheses at the end of the paragraph
24	1	565	Insert the following as the question (currently, the answer is shown): "The assistant strength and conditioning coach for a small college works with athletes of all sports. With only two lifting platforms and four squat racks, space is limited and training sessions are chaotic. Morning and early afternoon hours are the low activity times of the day; at 3 P.M., student athletes fill the room beyond capacity making individualized instruction and room supervision difficult. What steps should the assistant strength and conditioning coach take to properly address these concerns?"

Chapter #	Figure #	Page #	Edit
4	3.4	29	change "Biiceps" to "Biceps"
8	8.8	167	switch the % fat pictograms in row 5 for "trained (resistance)" and "detrained" and note that the 3 circles are pie graphs (and should be the same size), not depictions of muscle fiber diameters
			change year in reference to 1997; see reference #35, p623

(Figure edits, continued)

Chapter #	Figure #	Page #	Edit
19	Jump and Reach, column 2, second "Note"	443	change "or vertical movement" to "or lateral movement"
20	20.1	473	the colors "blue" and "black" should be switched in the figure's legend. In other words, "Untrained" is supposed to be a solid blue line (in the legend), and "Explosive-ballistic trained" is supposed to be a dashed black line (in the legend)
23	23.1	532	the area after "Single-leg hip sled" -- change to "Less than 90° left knee flexion, begin without resistance, progress only after consultation with athletic training staff" and the area under "Contraindications" -- change "leg extension machine" to "leg extension exercise"
	23.3	538	delete parentheses around "Moment of injury" and continue black line up right side of figure; make green/blue line the same color as "Total tissue healing"

Chapter #	Table #	Page #	Edit
8	8.3	157	-- 7th variable: "pulmonary ventilation" -- "BTPS" should go right after "pulmonary ventilation" or "L/min" NOT after "maximal" -- 8th variable: "breathing rate" -- delete "BTPS" -- 10th variable: "velocity" -- delete entirely (very incorrect) -- 11th variable: "residual volume" -- the numbers should read (from left to right): 1.0, 1.4, and 1.4 -- last variable: "maximal fiber shortening velocity" -- "elite aerobic endurance athletes" column: the value for Type I should be 1.02 and the value for Type II should be 5.77
12	12.3	237	add "21" for the glycemic index of peanuts (bottom, right)
15	15.3	310	Delete extra row space between "NCAA Division I college football" and "defensive tackles"
	15.11	315	the 7 site skin fold equation only lists 6 sites -- the site that is missing from the 7 site test (Jackson et al) is the thigh; need to add it to the first column under "SKF sites"
18	18.8	410	in the 6RM column -- change "158" to "128"
19	19.1	430	in the column 2 ("Action") -- change "...phases I and II" to "...phases I and III"

Chapter #	Location	Text Error	Edit
3	p30, c(olumn) 2, last p(aragraph)	the last paragraph of the second column states that "...most human muscles that rotate the limbs about body joints operate a mechanical advantage."	it should instead read, "...a mechanical disadvantage."
5	p83, c1, p1, L(ine) 10-11	table reference is missing	insert a table reference: "...by the oxidative energy system (table 5.4)"
	p83, c1, p2, L8	table citation incorrect	change "table 5.4" to "table 5.3" OR switch the positions of the 2 tables in column 2 (and--when inserting the table reference--make it read "table 5.3")

(Text edits, continued)

Chapter #	Location	Text Error	Edit
6	p112	the application box says "(60-90 s)" under "To Increase Serum Testosterone Concentrations"	change to "(30-60 s)"
12	p234, c2, p2	three lines under "Carbohydrates" head	remove hyphen from "car-bohydrates"
15	p293	under "Procedure (using a wall and chalk)"  under "Procedure (using a commercial...)"	#2, change "right" to "dominant" in lines 1 and 3 #3, change "right" to "dominant" in line 1 #4, change "right" to "dominant" in line 2  #4, change "right" to "dominant" in line 1 #5, change "right" to "dominant" in line 2
16	p322, c1  p327, key point box  p334	it says a general warm-up increases viscosity of joint fluid  key point box is placed after the wrong section  "Muscles Affected" are incorrect for the "cross arm in front of chest" stretch	edit this sentence so that "decreases" comes right before "viscosity"  move the key point box after (or right before) the paragraphs about "Hold-Relax With Agonist Contraction"  change "latissimus dorsi and teres major" to "posterior deltoid, rhomboids, and mid trapezius"
17	p375, c1, p1  p383, c2	grip discrepancy  a section was misnamed and a section was left out	Delete "(or pronated) grip"; see SQ#3, p388  to what is there now, change "Upward Movement Phase: Dip" to "Upward Movement Phase: Drive" AND insert this text (below) right BEFORE what was just changed:  Upward Movement Phase: Dip Slightly flex the hips and knees keeping the feet flat on the floor. Keep the torso erect and upper arms parallel to the floor.
19	p440, c1, p2	there is a contradiction to an earlier statement in the chapter	change last sentence in paragraph to: "Depth jumps for athletes who weigh over 220 lb (100 kg) should be 18 in. (46 cm) or less."
21	p506, c2, p3	line 3 under "Water Run Training"	change "...a prone..." to "...an upright..."
22	p518, c2, p2	lines 1-2 under "Off-Season"	change to "The off-season is the period between the postseason and 6 weeks..."
INDEX	p649	missing term	add "breathing: 49, 126-127, 152, 345-346"

† It is natural for a book the size of the "Essentials of Strength Training and Conditioning" text to develop minor printing and typographic content errors during the course of chapter development, layout, and design. Human Kinetics Publishers was notified of these errors and has made corrections in later printings of the text. The purpose of this Reprint Corrections list is to provide readers with a summary of edits made to the text after the first publication in July, 2000. Depending upon when you purchased your copy of the text, the edits described in the above tables may or may not have already been made. It is likely that a reprinted text purchased after January 1, 2003 has been fully revised.

To all CSCS® and NSCA-CPT® exam candidates: The CSCS and the NSCA-CPT examinations--even those administered after January 1, 2003--do not include test questions that are based on the part(s) of the book where errors appear in the study questions, applying knowledge questions, figures, table, or text as described in the above tables.