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### Description

Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance.

The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With Web Resource*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation.

The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features:

• Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use.

• Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and speed in changes of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry.

• A new chapter with instructions and photos presents techniques for exercises using alternative modes and

# Essentials Of Strength Training And Conditioning 4th Edition With Web Resource

**M Carnoy**



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