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Guaranteed Success with High Marks

ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

Contains everything you need to know to book, prepare for and sit the health, safety and environment test for operatives and specialists. Includes questions and answers for tests taken from April 2012.

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Includes Practice Test Questions Secrets of the CSCS Exam helps you ace the Certified Strength and Conditioning Specialist Exam, without weeks and months of endless studying. Our comprehensive Secrets of the CSCS Exam study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. Secrets of the CSCS Exam includes: The 5 Secret Keys to CSCS Exam Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; A comprehensive review including: CSCS Content, CSCS Testing Cost, Exercise Terminology, BMI, Males vs. Females, Respiratory Review, MET Review, Circulatory System, Course of Circulation, The Heart, Cardiovascular Conditions, Rating of Perceived Exertion Scale, Major Hormones, Nutrition Review, LDH vs. HDL, Anorexia vs. Bulimia, Ergogenic Aids, Axial Skeleton, Appendicular Skeleton, Muscular System, Contraction, Types of Muscle

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Test Prep Books' CSCS Test Prep: Certified Strength and Conditioning Specialist Study Guide with Practice Questions for the NSCA CSCS Exam [4th Edition Book] Made by Test Prep Books experts for test takers trying to achieve a great score on the CSCS certification exam. This comprehensive study guide includes: Quick Overview Find out what's inside this guide! Test-Taking Strategies Learn the best tips to help overcome your exam! Introduction Get a thorough breakdown of what the test is and what's on it! Exercise Sciences Sport

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Psychology Nutrition Exercise Technique Program Design Organization and Administration Testing, Ongoing Monitoring, and Data Evaluation Practice Questions Practice makes perfect! Detailed Answer Explanations Figure out where you went wrong and how to improve! Disclaimer: *CSCS(R) and Certified Strength and Conditioning Specialist(R) are registered trademarks of the National Strength and Conditioning Association. Neither this publication nor the publisher have any affiliation with, or any recognition, sponsorship, or endorsement by, the NSCA. Studying can be hard. We get it. That's why we created this guide with these great features and benefits: Comprehensive Review: Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the test. Practice Test Questions: We want to give you the best practice you can find. That's why the Test Prep Books practice questions are as close as you can get to the actual CSCS test. Answer Explanations: Every single problem is followed by an answer explanation. We know it's frustrating to miss a question and not understand why. The answer explanations will help you learn from your mistakes. That way, you can avoid missing it again in the future. Test-Taking Strategies: A test taker has to understand the material that is being covered and be familiar with the latest test taking strategies. These strategies are necessary to properly use the time

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provided. They also help test takers complete the test without making any errors. Test Prep Books has provided the top test-taking tips. Customer Service: We love taking care of our test takers. We make sure that you interact with a real human being when you email your comments or concerns. Anyone planning to take this exam should take advantage of this Test Prep Books study guide. Purchase it today to receive access to: CSCS review materials CSCS practice exam questions Test-taking strategies

When it comes to the NSCA Personal Trainer Certification Exam, you want to be prepared, and you will be with our book designed to making studying fun and easy! You don't want to waste time - and money! - taking your NSCA CPT exam twice...or more. You want to accelerate your education, not miss opportunities for starting your future career! Every year, thousands of people think that they are ready for the NSCA CPT, but realize too late when they get their score back that they were not ready at all. They weren't incapable, and they certainly did their best, but they simply weren't studying the right way. There are a variety of methods to prepare for the NSCA CPT...and they get a variety of results. Trivium Test Prep's NSCA CPT Study Guide provides the information, secrets, and confidence needed to get you the score you need the first time around. Losing points on the NSCA CPT can cost you precious time, money, and effort that you

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shouldn't have to spend. What is in the book? In our NSCA CPT study guide, you get the most comprehensive review of all tested concepts. The subjects are easy to understand, and have fully-explained example questions to ensure that you master the material. Best of all, we show you how this information will be applied on the real exam; NSCA CPT practice questions are included so that you can know, without a doubt, that you are prepared. Our study guide is streamlined and concept-driven not filled with excess junk, silly attempts at humor, or confusing filler so you get better results through more effective study time. Why spend days or even weeks reading through meaningless junk, trying to sort out the helpful information from the fluff? We give you everything you need to know in a concise, comprehensive, and effective package. Why trust Trivium Test Prep? Our NSCA CPT study materials are created by industry and educational experts. Other study guides simply tell you what is on the test, not how that material is applied or, more importantly, HOW TO STUDY FOR IT. Trivium study guides are different. Our dedicated professionals know how people think and learn, and have created the NSCA CPT study guide based on what research has shown to be the fastest, easiest, and most effective way to prepare for the exam. Unlike other study guides that are stamped out in a generic fashion, our NSCA CPT study guide is specifically tailored for your exact needs. We refuse to pad a study

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guide as a means to convince people there is more information; this is a devious trick used to make you think you are getting more, when really it's all just wasting your time.

Ascencia Test Prep's study guide, *CSCS Practice Test Prep Book: CSCS Exam Prep Review with over 400 Practice Questions for the Certified Strength and Conditioning Test* offers test takers 400 practice questions with answers and explanations for the CSCS exam. Ascencia's CSCS exam practice question book includes realistic test questions on: EXERCISE SCIENCE NUTRITION ASSESSMENT EXERCISE TECHNIQUE PROGRAM DESIGN CLIENT RELATIONS AND COACHING SAFETY AND RISK MANAGEMENT PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY About Ascencia Test Prep With healthcare fields such as nursing, pharmacy, emergency care, and physical therapy becoming the fastest and largest growing industries in the United States, individuals looking to enter the healthcare industry or rise in their field need high quality, reliable resources. Ascencia Test Prep's study guides and test preparation materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested, along with practice questions for each section to enhance understanding. Full practice

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tests at the end of every book accurately reflect the exam, helping test takers determine if they are thoroughly prepared. Additionally, all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day. Ascencia recognizes that healthcare professionals nurture bodies and spirits, and save lives. Ascencia Test Prep's mission is to help healthcare workers grow.

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

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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. You might think this is just another study guide. However, our healthcare test prep isn't like other study guides. Because Ascencia Test Prep's unofficial *CSCS Study Guide 2019-2020: CSCS Test Prep Book and Practice Test Questions for the Certified Strength and Conditioning Specialist Exam offers you real-life examples, graphics, and information, you'll benefit from a quick yet comprehensive review of everything on the exam! Imagine having your test prep materials easily accessible on your phone or tablet! Ascencia Test Prep's CSCS Study Guide 2019-2020 comes with FREE practice questions, digital flash cards, study "cheat" sheets, and 35 test tips, all available online. These convenient materials will give you the edge you need to pass your exam the first time. * CSCS(R) and Certified Strength and Conditioning Specialist(R) are registered trademarks of the National Strength and Conditioning Association. Neither this

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publication nor the publisher have any affiliation with, or any recognition, sponsorship, or endorsement by, the NSCA. Ascencia Test Prep's CSCS Study Guide 2019-2020 is a comprehensive book offering readers a full review of the subject matter covered on the Certified Strength and Conditioning Specialist exam, test tips and strategies, real-world examples, and worked through practice problems. Our book covers: Exercise Science Nutrition Assessment Exercise Technique Program Design Client Relations and Coaching Safety and Risk Management Professional Development and Responsibility ... and also includes a FULL practice test, ensuring that readers will be prepared come test day. About Ascencia Test Prep With healthcare fields such as nursing, pharmacy, emergency care, and physical therapy becoming the fastest and largest growing industries in the United States, individuals looking to enter the healthcare industry or rise in their field need high quality, reliable resources. Ascencia Test Prep's study guides and test preparation materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested, along with practice questions for each section to enhance understanding. Full practice tests at the end of every book accurately reflect the exam, helping test takers determine if they are thoroughly prepared. Additionally,

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all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day. Ascencia recognizes that healthcare professionals nurture bodies and spirits, and save lives. Ascencia Test Prep's mission is to help healthcare workers grow.

A concise study guide that highlights the information required to pass the CSCS Exam to become a certified strength & conditioning coach. The content in this study guide is presented in an easy to read format that helps to comprehend & retain the information. This study guide is organized in the following six performance domains: Scientific Foundations Domain 1: Exercise Science - 74% Domain 2: Nutrition - 26% Recall: 33% / Application: 54% / Analysis: 13% Practical / Applied Domain 1: Exercise Technique - 35% Domain 2: Program Design - 35% Domain 3: Organization & Administration - 12% Domain 4: Testing & Evaluation - 18% Recall: 19% / Application: 49% / Analysis: 32% * Includes required information organized by domain to help comprehend & retain the information. * Includes quick reference pages for Areas of Focus, Required Charts, Formulas & Conversions that are required for exam. * Includes 100 practice questions to further enhance knowledge and to have an idea of what the actual exam will look like. * Includes detailed practice question answers with explanations on how the answers were obtained. * Includes helpful reference

links for additional study resources.

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 HKPropel Access*, 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 change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with

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instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. Essentials of Strength Training and Conditioning, Fourth Edition, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased

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separately.

Presents an introduction to the key project stages from conception through to completion of construction and then beyond to handing over the resulting structures and services for use. This book covers: project promotion, strategy and design; latest forms of contracts for construction; and partnering, alliancing and programme management.

This guide covers quick overview, test-taking strategies, introductions to the CSCS exam, exercise sciences, nutrition, exercise technique, program design organization and administration, practice questions, detailed answer explanations.

Exercise Technique Manual for Resistance Training, Fourth Edition With HKPropel Online Video, explains 100 resistance training exercises with step-by-step instructions, photos, and online video demonstrations

You might think this is just another study guide. However, our healthcare test prep isn't like other study guides. Because Ascencia Test Prep's unofficial CSCS Practice Questions Test Prep Book 2019-2020: CSCS Exam Prep Review with over 400 Practice Questions for the Certified Strength and Conditioning Test offers you examples, graphics, and information, you'll benefit from a quick yet total review of everything on the exam! Imagine having your test prep materials on your phone or tablet! Ascencia Test Prep's CSCS Practice Questions Test Prep Book 2019-2020: CSCS Exam Prep Review with over 400 Practice Questions for the Certified Strength

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NSCA's Essentials of Tactical Strength and Conditioning is the ideal preparatory guide for those seeking TSAC-F certification. The book is also a great reference for fitness trainers who work with tactical populations such as military, law enforcement, and fire and rescue personnel.

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Fischer Grade Classification, and much more...

Just in time for the 2020 exam, Ascencia Test Prep's unofficial NEW ACE Personal Trainer Practice Exam Book: ACE CPT Practice Test Questions Manual for the American Council on Exercise Personal Trainer Examination is different from other practice test books for the ACE Personal Trainer Exam. Our healthcare test prep isn't like other study materials because ACE Personal Trainer Practice Exam Book offers you the up-to-date, real examples, graphics, and information you need for a quick but full review of everything on the exam! Our convenient materials will give you the edge you need to pass your exam the first time. NCCA was not involved in the creation or production of this product, is not in any way affiliated with Ascencia Test Prep, and does not sponsor or endorse this product. Ascencia Test Prep's ACE Personal Trainer Practice Exam Book will quiz you on: Client Interviews and Assessments Program Design and Implementation Progression and Modifications Professional Conduct, Safety and Risk Management About Ascencia Test Prep With healthcare fields such as nursing, pharmacy, emergency care, and physical therapy becoming the fastest and largest growing industries in the United States, individuals looking to enter the healthcare industry or rise in their field need high quality, reliable resources. Ascencia Test Prep's study guides and test preparation materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive overview of the content knowledge that will

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ABY PRINTS offers you a shortcuts to pass exam by introducing you to Certified Strength and Conditioning Specialist Exam Training Guide with Real and latest Exam Questions Bank from Actual Exams in order to help you memorize and pass your exam at very first attempt. ABY PRINTS provide the latest CSCS CSCS Exam Dumps. Certified Strength and Conditioning Specialist Exam Study Guide which covers all the questions that you will face in the Exam Center. It covers the latest pattern and topics that are used in Real Test. Passing CSCS CSCS with top grades and improvement of knowledge is also assured. Our updated Certified Strength and Conditioning Specialist Exam Review Guide contains Complete Pool of Questions and Verified Answers including references and explanations (where applicable). Our objective to assemble CSCS CSCS Exam Tutorial is not only to help you pass exam at first attempt but also to Improve Your Knowledge about the latest Certified Strength and Conditioning Specialist Graduate-level certification. CSCS CSCS Practice Test and Exam Review

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Guide contains Real Questions and Answers. To ace this exam, all you have to do is buy our Certified Strength and Conditioning Specialist Exam Training Solution kindle eBook and Paperback. Then memorize the Questions and Answers perfectly. If you can do this, get yourself ready for the Real Examination. Top grade success is guaranteed! APEX Test Prep's CSCS(R)* Study Guide 2018 & 2019: CSCS(R)* Exam Content & Practice Test Prep Book for the NSCA(R)* Certified Strength & Conditioning Specialist Test(R)* APEX Test Prep believes that preparing for your test shouldn't be harder than the test itself. To that end, we pack our products with everything you need, including testing tips, straightforward instruction, comprehensive material, practice questions, and detailed answer explanations to improve on the CSCS exam. Disclaimer: * CSCS(R) and Certified Strength and Conditioning Specialist(R) and NSCA are registered trademarks of the National Strength and Conditioning Association. Neither this publication nor the publisher have any affiliation with, or any recognition, sponsorship, or endorsement by, the NSCA. We want you to succeed. Get a copy of our APEX Test Prep CSCS study guide to get access to: -Test-Taking Tips: We give you the best practice when taking exams to reduce test anxiety and help you pass with confidence. These APEX Test Prep tips help you get inside the minds of the test creators and help you make educated guesses when you get stumped. -Straightforward Instruction: APEX Test Prep introduces all of our CSCS certification test prep material in a manner that is easy to understand for you to use on your test dates. We also include

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information about the test itself such as time limits and registration details.

-Comprehensive Material: Our APEX Test Prep team compiles all the information that could be covered by your exam into this prep study guide, so that you are properly prepared for any question. -CSCS Practice Exam Questions: Test out your skills and evaluate your readiness. The questions are written by APEX Test Prep as close as possible to the questions found in actual tests. You're training with the pros! -Detailed Answer Explanations: Every practice test comes with an in-depth answer key to help review more difficult material and avoid any confusion. Nothing is worse than missing a question and not knowing why. These APEX Test Prep explanations show you where you went wrong so that you can avoid making the same mistake on the actual exam. Get the expertise of APEX Test Prep on your side. You don't want to miss out on this top-notch material. Life is difficult, but test prep doesn't have to be.

Just in time for the 2021 exam, Ascencia Test Prep's unofficial NEW CSCS Practice Questions Test Prep Book 2021-2022: Exam Review with over 400 Practice Questions for the Certified Strength and Conditioning Test is different from other practice test books for the CSCS exam. Our healthcare test prep isn't like other study materials because CSCS Practice Questions Test Prep Book 2021-2022 offers you the up-to-date, real examples, graphics, and information you need for a quick but full review of everything on the exam! Our convenient materials will give you the edge you need to pass your exam the first time. CSCS was not involved in the creation or production of

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Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the EMT Exam. The practice test questions are each

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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.--Provided by Amazon.com.

Fire safety in buildings, Fire safety, Buildings, Fire risks, Safety measures, Legislation, Fire Comprehensive and research based, the second edition of NSCA's Essentials of Personal Training is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, NSCA's Essentials of Personal Training, Second Edition, is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients: A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns. The latest guidelines on client assessment from prominent organizations—such as the American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC)—keep personal trainers up to speed on the latest assessment protocols. New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training. Revised information

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on design of resistance training programs incorporates the latest information on the application of periodization of training. New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions, low back pain, ankle sprains, and hip arthroscopy. New guidelines for determining resistance training loads will assist those whose clientele includes athletes. A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness. A new instructor guide and image bank aid instructors in teaching the material to students. NSCA's *Essentials of Personal Training, Second Edition*, focuses on the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client's individual needs. Personal trainers will appreciate the book's presentation of detailed exercise programming guidelines for specific populations. Modifications and contraindications to exercise are given for prepubescent youth, older adults, and athletes as well as for clients who are overweight or obese or have eating disorders, diabetes, heart disease, hypertension, hyperlipidemia, spinal cord injury, multiple sclerosis, and cerebral palsy. In addition, the book provides clear, easy-to-understand guidelines for initial client consultation and health appraisal. For those preparing for the NSCA-CPT exam, this second edition features new and revised study questions at the end of each chapter. These

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questions are written in the same style and format as those found on the NSCA-CPT exam to fully prepare candidates for exam day. For efficient self-study, answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text. Chapter objectives and key points provide a framework for study and review of important information, while sidebars throughout the text present practical explanations and applications of scientific concepts and theory. The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers, exercise instructors, fitness facility and wellness center managers, and other fitness professionals. Unmatched in scope, this text remains the leading source for personal training preparation and professional development.

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