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Conquer the NSCA-CPT Exam Philip Martin McCaulay, 2024-08-04. Conquer the NSCA CPT Exam: Your Guide to a Career as a National Strength and Conditioning Association Certified Personal Trainer is an essential resource for aspiring fitness professionals. This comprehensive guide covers everything you need to know to pass the NSCA CPT exam and build a successful career in personal training. The book delves into the core areas of exercise science, including anatomy, physiology, kinesiology, and biomechanics, providing a solid foundation of knowledge. It also offers practical insights into client assessment, program design, behavior change, and motivation. Each chapter is meticulously designed to help you understand key concepts and apply them in real-world scenarios. Detailed case studies illustrate how to tailor programs for clients with diverse goals and needs, from beginners seeking weight loss to athletes aiming to enhance performance. The guide emphasizes the importance of injury prevention, proper form, and technique, ensuring you can train clients safely and effectively. Professionalism and ethics are highlighted, guiding you on how to build trust and credibility with clients. The book also covers legal considerations and risk management, crucial for protecting both you and your clients. With its blend of theoretical knowledge and practical application, Conquer the NSCA CPT Exam equips you with the tools and confidence needed to succeed in the fitness industry and make a positive impact on your clients' lives.

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NSCA's Essentials of Training Special Populations NSCA-National Strength & Conditioning Association, Jacobs, Patrick, 2017

NSCA s Essentials of Training Special Populations is an ideal preparatory guide for those seeking CSPS certification The book is also a practical reference for exercise professionals who work with clients with various conditions and disorders

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