



NASM ESSENTIALS OF PERSONAL FITNESS TRAINING

SEVENTH EDITION

Editors: Brian G. Sutton

Nasm Essential Of Personal Fitness Training

**Nasm National Academy of Sports
Medicine**



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NASM Essentials of Personal Fitness Training ,2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions [NASM Essentials of Personal Fitness Training](#) National Academy of Sports Medicine,2017-05-14 Pursue Transform Inspire Gain the information insight and inspiration you need to change the world as a fitness professional You ll also learn the foundations of exercise science fitness assessments nutrition and how to grow a personal training business Since 1987 the National Academy of Sports Medicine NASM has been a global leader in providing evidence based certification and specializations NASM Essentials of Personal Fitness Training Sixth Edition continues to lead the way by providing the most comprehensive resource for aspiring personal trainers health and fitness professionals and enthusiasts Through NASM s proprietary Optimum Performance Training OPTTM model this text will teach you a systematic approach for designing exercise programs that can help anyone reach their fitness goals Reader friendly content includes NEW NASM CPT Exam Prep Content provides Quick Check Concepts test taking best practices as well as updated science relevant to the personal trainer Protocols for building stabilization strength and power program Exercise techniques purpose and safety tips Key definitions bolded and defined Stretch Your Knowledge boxes emphasizing major concepts and current research Memory Joggers highlighting concepts and program design instructions Chapter Summaries with key point reminders Extensive full color images and charts Plus you ll get over 100 additional exercises OPT workout programs one repetition maximum conversion chart and a muscle origin insertion and function guide *NASM Essentials of Personal Fitness Training* Nasm National Academy of Sports Medicine,2020-11-20 NASM Essentials of Personal Fitness Training Seventh Edition teaches the foundations of exercise science fitness assessments nutrition and how to grow a personal training business Since 1987 the National Academy of Sports Medicine NASM has been a global leader in providing evidence based certification and specializations This text continues to lead the way by providing the most comprehensive resource for aspiring personal trainers health and fitness professionals and enthusiasts Through NASM s proprietary Optimum Performance Training OPT TM model this text teaches a systematic approach for designing exercise programs that can help anyone reach their fitness goals This text is a recommended resource for the NASM Certified Personal Trainer CPT certification The NASM CPT certification is accredited by the National Commission for Certifying Agencies NCCA **NASM Essentials of Personal Fitness Training** ,2008 [NASM Essentials of Personal Fitness Training](#) Micheal Clark,Scott

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Key Features Two new chapters Exercise Metabolism and Bioenergetics and Introduction to Exercise Modalities Definitions of Key Terms in the margins with key terms bolded within the text Stretch Your Knowledge boxes emphasize key concepts and findings from current research Memory Joggers call out core concepts and program design instructions Exercise sections discuss the purpose and procedures of various techniques that can be used with clients Technique and Safety Tips are also provided Summaries that wrap up each chapter to remind you of pertinent material Appendices provide 100 additional exercises OPT workout programs one repetition maximum conversion charts and muscle origins insertions and functions Extensive full color art and photographs illustrate numerous exercise techniques and anatomy and physiology

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Lucett, National Academy of Sports Medicine, 2010-09-21 NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments, manual muscle testing, as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

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