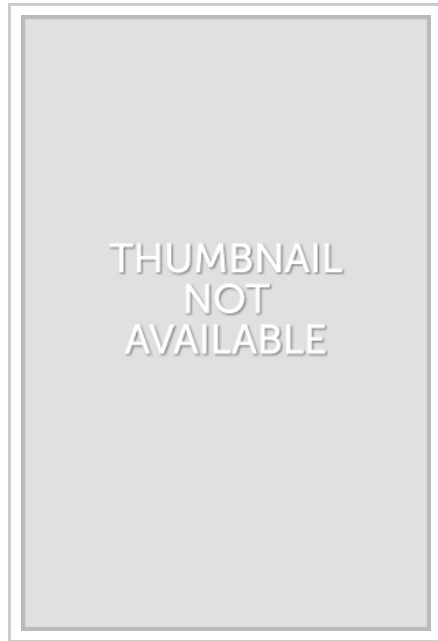




NASM Essentials of Personal Fitness Training (Hardback)

By National Academy of Sports Medicine (NASM)

Jones and Bartlett Publishers, Inc, United States, 2016. Hardback. Book Condition: New. 5th Revised edition. 277 x 218 mm.

Language: English . Brand New Book. 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). Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certifications and advanced credentials to health and fitness professionals. NASM Essentials of Personal Fitness Training, Fourth Edition Revised, continues to lead the way by providing the most comprehensive resource for aspiring personal trainers and other health and fitness professionals. Based on NASM's proprietary Optimum Performance Training(TM) (OPT(TM)) model, you will learn a systematic approach to program design with exercise program guidelines and variables; protocols for building stabilization, strength, and power programs; guidance on how to build a clientele through professional development; and more! By following the techniques in this book, you will gain the information, insight, and inspiration you need to change the world as a health and fitness professional.



READ ONLINE
[4.12 MB]

Reviews

It is one of the best books. Yes, it can be performed, nevertheless an amazing and interesting literature. You may like the way the article writer publishes this ebook.

-- **Wava Hettinger**

This book can be worth a read, and far better than others. I could comprehend every little thing using this published e pdf. You can expect to like how the blogger publishes this pdf.

-- **Rylee Funk**

Relevant PDFs



Who am I in the Lives of Children? An Introduction to Early Childhood Education (Paperback)

Pearson Education (US), United States, 2015. Paperback. Book Condition: New. 10th Revised edition. 254 x 201 mm. Language: English . Brand New Book. Note: This is the bound book only and does not include access to the Enhanced Pearson eText. To order...



Any Child Can Write (Paperback)

Oxford University Press Inc, United States, 2003. Paperback. Book Condition: New. 4th Revised edition. 201 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.Harvey S. Wiener shows how parents can encourage their children to write with a...



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Skills for Preschool Teachers, Enhanced Pearson eText - Access Card

Pearson Education (US), United States, 2016. Online resource. Book Condition: New. 10th edition. 279 x 216 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson,...



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned (Paperback)

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....



Oxford Phonics Spelling Dictionary (Paperback)

Oxford University Press, United Kingdom, 2013. Paperback. Book Condition: New. 274 x 218 mm. Language: English . Brand New Book. The Oxford Phonics Spelling Dictionary is an easy home and school reference tool. It supports the teaching of reading and spelling through...