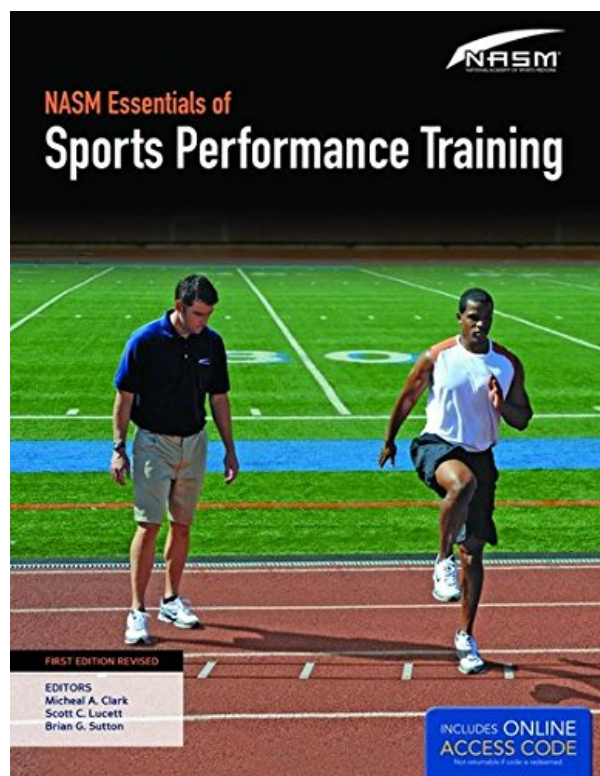
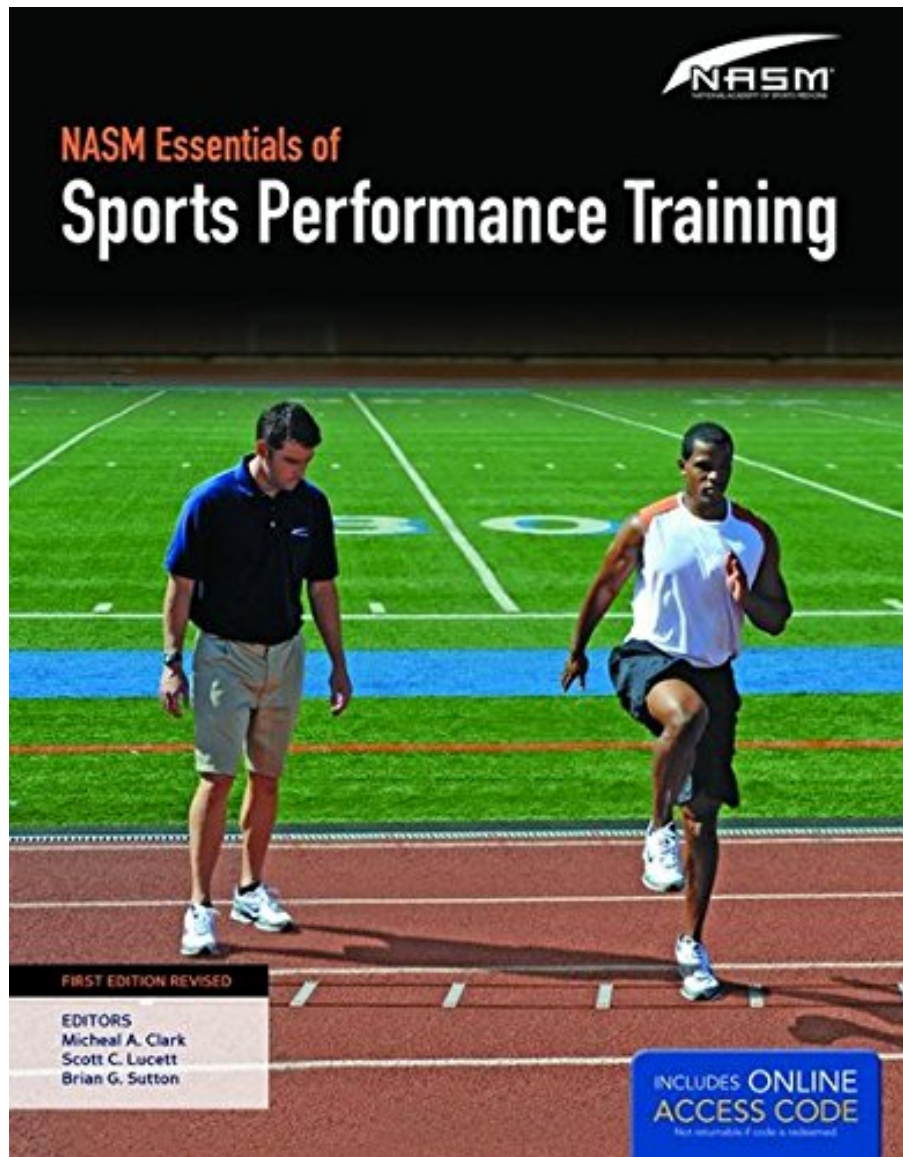


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This text, based on the National Academy of Sports Medicine™ (NASM) proprietary Optimum Performance Training (OPT™) model, teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively. Readers will learn NASM's systematic approach to program design with sports performance program guidelines and variables; protocols for building stabilization, strength, and power programs; innovative approaches to speed, agility and quickness drills, and more! This is the main study tool for NASM's Performance Enhancement Specialist (PES). - Illustrations visually bring key concepts to life. - Updated tables summarize additional information not included in the body of the text - Anatomical images clearly identify important structures of the nervous, musculoskeletal, and cardiorespiratory systems - Time Out and Key Term sidebars highlight important principles and concepts - End-of-chapter summaries provide quick hitting chapter highlights - Exercise photos show proper execution and progression

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A wealth of information, yet extremely poor presentation

By Chris Gatti

This was one of the most frustrating textbooks that I have ever read, and getting through it was a chore. While the editors had a difficult challenge of trying to present a ton of information, and while there truly is a wealth of quality information in this book, the presentation of this content is extremely poor and makes for difficult learning. The authors/editors took relatively simple training philosophies (which are well-established and proven, by the way), and made them complex and presented them in a confusing manner. Some of the deficiencies of this text include:

- The text is very rough and redundant, where notes and sentence are mentioned multiple times within the same section or chapter, though with slightly different words. In fact, you can tell which chapters the editors wrote based on the structure and content of the chapters and sections. I realize that the authors/editors want to drive home certain points, but using a more pointed writing style would have made the text more concise and understandable.
- Grouping and categorizing concepts would make reading and comprehension a lot easier. As it is now, this

book reads like you are drinking from a firehose, where information is thrown at you with many different ideas at once, and with little structure behind it, and this is not ideal for learning.

- The material could be placed better within the book and chapters. Just as one example, muscle structure/function and neurophysiology could be placed in the chapter that covers anatomy, rather than in the chapter on flexibility.
- Some concepts or terms are not clearly defined in the text and they leave the reader with some ambiguity of their true meaning. This may be okay for gaining a general understanding, however, it is insufficient for taking an exam with these concepts and terms.
- Figures and flowcharts that are not explained, nor are they intuitively understood (e.g., lines or arrows connect boxes or concepts with no intuitive or true connection), and this could be confusing to the reader.
- While this is a small annoyance, the videos online for this course do not match the numbers of the chapters in the book. While the videos are informative and more concise (and are very useful by that notion), the visual content and animations are distracting and arbitrary.

If I did not have background knowledge in strength and conditioning and in the concepts that were presented, and if I only had this book to go by, I would be utterly confused after completing the book, and I would not feel that I could confidently deploy the training strategies. I read this book to complete an NASM certification, but this book would not be a go-to reference or text that I would recommend.

0 of 0 people found the following review helpful.

Well done.

By Amazon Customer

What is there to read has a nice flow to it so you don't get bored, however, there are a ton of pictures of the actual movements which is great also! As it is a book for class, it's not as fun as if it was something I just want to keep as reference.

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