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### Reading Notes - NASM Essentials of Sports Performance ...

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This Text, Based On The National Academy Of Sports Medicineâ„¢ (NASM) Proprietary Optimum Performance Training (OPTâ„¢) Model, Teaches Future Sports Performance Coaches And Other Trainers How To Strategically Design Strength And Conditioning Programs To Train Athletes Safely And Effectively.

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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.

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NASM Essentials of Sports Performance Training, Second Edition, offers the most comprehensive resource for sports performance professionals. Utilizing NASM's proprietary Optimum Performance Training™ (OPT™) model, this textbook offers a systematic approach for designing training programs that help athletes at all levels reach their goals. By incorporating information from our research institute and sports performance professionals in the field, we've developed a wealth of user-friendly ...

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Based on the National Academy of Sports Medicine[trademark] (NASM) proprietary Optimum Performance Training (OPT[trademark]) model, this title teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively.

### NASM's Essentials of Sports Performance Training - Micheal ...

NASM essentials of sports performance training. First edition revised. Burlington, MA: Jones & Bartlett Learning. Chicago / Turabian - Author Date Citation (style guide) Clark, Micheal, Brian G., Sutton and Scott, Lucett. 2014. NASM Essentials of Sports Performance Training. Burlington, MA: Jones & Bartlett Learning.

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### STUDY GUIDE TO ACCOMPANY - Mark Swist

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.

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