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NASM Study Guide: NASM Personal Training Book & Exam Prep for the National Academy of Sports Medicine CPT Test
Developed for test takers trying to achieve a passing score on the NASM-CPT Exam, this comprehensive study guide includes: -Quick Overview -Test-Taking Strategies -Introduction -Basic and Applied Sciences and Nutritional Concepts -Assessment -Program Design -Exercise Technique and Training Instruction -Client Relations and

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Behavioral Coaching -Professional Development and Responsibility -Practice Questions -Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM-CPT Exam. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to

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properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the NASM-CPT Exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

This is a review manual for candidates wanting an ACSM credential. It combines content from 'ACSM's Health and Fitness Certification Review' and 'ACSM's Clinical Certification Review' into one resource.

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

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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.

From one of America's most popular short story writers and an Academy Award nominee: the O. Henry Award-winning tale that inspired the movie *The Hunt*. A subject of mysterious

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rumors and superstition, the deserted Caribbean Island was shrouded in an air of peril. To Sanger Rainsford, who fell off a yacht and washed up on its shores, the abandoned isle was a welcome paradise. But unknown to the big-game hunter, a predator lurked in its lush jungles—one more dangerous than any he had ever encountered: a human. First published in 1924, this suspenseful tale “has inspired serial killers, films and stirred controversy in schools. A century on, the story continues to thrill” (The Telegraph). “[A] tense, relentless story of man-against-man adventure, in which the hunter Sanger Rainsford learns, at the hands of General Zaroff, what it means to be hunted.” —Criterion

NASM Essentials of Corrective Exercise Training introduces

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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,

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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.

The author describes the threats and emotional abuse she endured from white student and adults along with her fears of endangering her family as she committed to being one of the first African American students to integrate Central High School in Little Rock, Arkansas in 1957.

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description or the product text may not be available in the ebook version.

The story of socialism and communism is a saga of idealism and cynicism, revolution and repression, power and powerlessness. The entire political and economic history of the modern era is contained in this account, forming a detailed and lively panorama. The world is still grappling with age-old questions regarding governance, equality, justice, and freedom. As this enthralling text details so vividly, socialism and communism attempted to answer these questions definitively. In that they failed, but in doing so, they highlighted the importance of the questions themselves and of the ordinary people whose lives hang in the balance,

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waiting for answers

Follows five generations of an African-American family, from the capture and enslavement of the first ancestor, through the Civil War and the end of segregation, to a troubled cousin's reunion with his family. An ALA Best Book for Young Adults. Reissue.

This text introduces the spirit and theory of hacking as well as the science behind it all; it also provides some core techniques and tricks of hacking so you can think like a hacker, write your own hacks or thwart potential system attacks.

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