



ACSM's Foundations of Strength Training and Conditioning

By American College of Sports Medicine, Nicholas Ratamess

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Developed by the American College of Sports Medicine, this text offers a comprehensive introduction to the basics of strength training and conditioning based on the latest research findings. ACSM's Foundations of Strength Training and Conditioning is divided into four parts: Foundations, Physiological Responses and Adaptations, Strength Training and Conditioning Program Design, and Assessment. The text focuses on practical applications, enabling students to develop, implement, and assess the results of training programs that are designed to optimize strength, power, and athletic performance. Moreover, the text's clear, straightforward writing style makes it easy to grasp new concepts.

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Editorial Review

Review

"As university faculty, I would use this book to introduce my students to the field of exercise physiology/strength and conditioning. Though it is not as in depth as Exercise Physiology: Human Bioenergetics and its Applications, 4th edition, Brooks et al. (McGraw-Hill, 2004), it was not designed for the same audience. In addition, if healthcare professionals want to further their general understanding of exercise physiology, this book would be an appropriate recommendation."

Weighted Numerical Score: 92 - 4 Stars!

- Doody Enterprises, Inc. (April 2012)
- Jake E Resch, Ph.D.(University of Texas Arlington)

Users Review

From reader reviews:

Michael Vu:

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