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## NASM ESSENTIALS OF SPORTS PERFORMANCE TRAINING



Jones and Bartlett Publishers, Inc. Paperback. Book Condition: new. BRAND NEW, NASM Essentials of Sports Performance Training, National Academy of Sports Medicine (NASM), This text, based on the National Academy of Sports Medicine(TM) (NASM) proprietary Optimum Performance Training (OPT(TM)) 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...

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