



Conditioning for Strength and Human Performance

*T. Jeff Chandler EdD CSCS*D NSCA-CPT FN, Lee E. Brown EdD CSCS*D FNSCA FACSM*

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Conditioning for Strength and Human Performance is a clearly written text on strength and conditioning filled with special features that engage you in multiple decision-making and hands-on training activities. Everything you need to train athletes for maximum performance and prepare yourself for certification is included. You'll start with a strong foundation in the basic science underlying strength and conditioning training. Next, you'll see how science is put into practice with detailed instructions on testing, assessment, exercise technique, and program development. You'll also learn injury prevention and rehabilitation. Additional resources accompany the text for instructors and students, including video lab assignments, case studies, and more.

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