

Essentials of Strength Training and Conditioning 4th Edition

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Developed by the National Strength and Conditioning Association, Essentials of Strength Training and Conditioning, Fourth Edition, is the fundamental preparation text for the CSCS exam as well as a definitive reference that strength and conditioning professionals will consult in everyday practice.

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The **National Strength and Conditioning Association (NSCA)** is the world's leading organization in the field of sport conditioning. Drawing on the resources and expertise of the most recognized professionals in strength training and conditioning, sport science, performance research, education, and sports medicine, the NSCA is the world's trusted source of knowledge and training guidelines for coaches and athletes. The NSCA provides the crucial link between the lab and the field.

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N. Travis Triplett, PhD, CSCS,*D, FNSCA, is a professor and chairperson of the department of health and exercise science at Appalachian State University in Boone, North Carolina. She has served as the secretary-treasurer of the board of directors for the National Strength and Conditioning Association (NSCA) and was the 2010 NSCA William J. Kraemer Outstanding Sport Scientist award winner. She has served on two panels for NASA, one for developing resistance exercise countermeasures to microgravity environments for the International Space Station, and was a sports physiology research assistant at the U.S. Olympic Training Center in Colorado Springs, Colorado. Dr. Triplett is currently a senior associate editor for the *Journal of Strength and Conditioning Research* and is a certified strength and conditioning specialist with distinction as well as a USA Weightlifting club coach.

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