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NSCA s Essentials of Tactical Strength and Conditioning (Hardback)

By -

Human Kinetics Publishers, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. The physical demands of tactical professions such as military, law enforcement, and fire and rescue require those workers to be in top physical condition to perform their jobs well and decrease the risk of injury. NSCA s Essentials of Tactical Strength and Conditioning contains scientific information to assist in implementing or restructuring strength and conditioning programs at commercial or government fitness centers that work with these tactical athletes to achieve those goals. Designed primarily as a preparatory resource for the National Strength and Conditioning Association (NSCA) Tactical Strength and Conditioning Facilitator (TSAC-F) certification, the text is also useful as a manual for government agencies or a daily reference for strength and conditioning professionals. Editors Brent A. Alvar, Katie Sell, and Patricia A. Deuster have extensive experience as scholars and practitioners in their respective fields. They have assembled a team of distinguished contributors who bring to light current trends in strength and conditioning through their combined experiences as professionals in the fields of academia, athletic training, firefighting, law enforcement, military, nutrition, physical therapy, and strength and conditioning. The contributors not only provide foundational knowledge of exercise...

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