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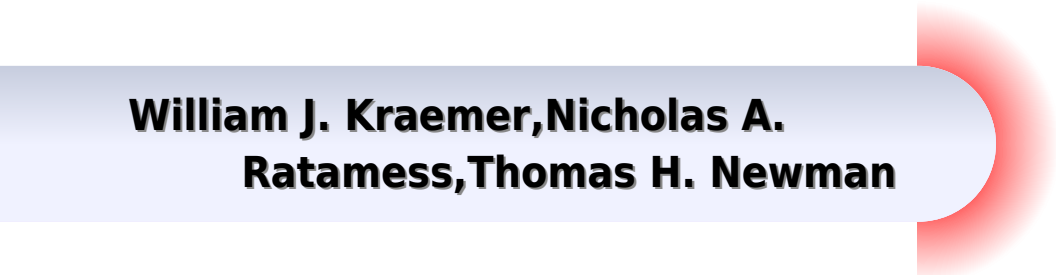


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Jeffrey M. Willardson
Editor

Developing The Core Sport Performance Series

**William J. Kraemer, Nicholas A.
Ratamess, Thomas H. Newman**



Developing The Core Sport Performance Series:

Developing the Core NSCA -National Strength & Conditioning Association, Jeffrey M. Willardson, 2013-12-16 Elite level athletes take great pride in their fitness and physical strength You can't help but notice the muscular legs or well defined arms However whether they are known for a powerful golf swing or a hard hockey slap shot the best athletes all have one thing in common a strong and well conditioned core The world's leading organization in the field of sport conditioning the National Strength and Conditioning Association NSCA brings you the authoritative resource on strengthening the core to maximize sport performance With contributions by 17 of the top names in sport training conditioning and science *Developing the Core* features over 50 of the most effective exercises science based assessment tools sport specific programs and expert advice for developing a personalized core program Basketball football soccer golf baseball tennis no matter what your sport *Developing the Core* will place you on the path to success and your strongest midsection ever Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

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Developing the Athlete William J. Kraemer, Nicholas A. Ratamess, Thomas H. Newman, 2024-02-26 The book serves as a roadmap for athlete player development by integrating concepts of sport science using practical terms It builds on the evolution of sport science and athlete player development and how the need for a practitioner who understands those concepts is now a critically important part of a sport team staff or an athlete's support team It also supports the NSCA's Certified Performance and Sport Scientist CPSS exam preparation resource collection as a recommended reading

Strength and Conditioning for Team Sports Paul Gamble, 2013 *Strength and Conditioning for Team Sports* is designed to help trainers and coaches to devise more effective high performance training programs for team sports This remains the only evidence based study of sport specific practice to focus on team sports and features all new chapters covering neuromuscular training injury prevention and specific injury risks for different team sports Fully revised and updated throughout the new edition also includes over two hundred new references from the current research literature The

book introduces the core science underpinning different facets of physical preparation covering all aspects of training prescription and the key components of any degree level strength and conditioning course including physiological and performance testing strength training metabolic conditioning power training agility and speed development training for core stability training periodisation training for injury prevention Bridging the traditional gap between sports science research and practice each chapter features guidelines for evidence based best practice as well as recommendations for approaches to physical preparation to meet the specific needs of team sports players This new edition also includes an appendix that provides detailed examples of training programmes for a range of team sports Fully illustrated throughout it is essential reading for all serious students of strength and conditioning and for any practitioner seeking to extend their professional practice

The Oxford Handbook of Sport and Performance Psychology Shane Murphy, 2012-08-16 The Oxford Handbook of Sport and Performance Psychology includes the latest research and applied perspectives from leaders in the field of performance psychology Current and comprehensive this foundational volume presents sport and performance psychology from myriad perspectives including individual psychological processes in performance such as attention imagery superior performance intelligence motivation anxiety confidence cognition and emotion the social psychological processes in performance including leadership teamwork coaching relationships moral behavior and gender and cultural issues human development issues in performance such as the development of talent and expertise positive youth development the role of the family end of involvement transitions and both youth and masters level sport and physical activity programs interventions in sport and performance psychology and counseling of performers in distress including such important issues for all performers as appearance and performance enhancing drug use injuries managing pain eating and weight issues burnout and the role of physical activity in maintaining health The chapters collected here also cover the history of sport and performance psychology the scope and nature of the field ethical issues in sport and performance psychology performance psychology in the performing arts and other non sporting fields perfectionism and performance the role of the performance coach and of the sport psychologist with a coach and team supervision and a look ahead to the future of the field

Developing Power NSCA -National Strength & Conditioning Association, Mike McGuigan, 2017-06-01 Authored by the National Strength and Conditioning Association Developing Power is the definitive resource for developing athletic power In Developing Power you ll find research based recommendations from the world s leading experts on power development Coverage includes the following Assessment protocols for testing jumps throws and ballistic exercises Step by step instructions for exercises and drills for upper body lower body and total body power Guidance on how to add progressions safely and effectively for continued development Multiple training methods such as explosive weight training Olympic lifts and plyometrics Ready to use programs for 12 of the world s most popular sports Leaving no topic uncovered Developing Power is the most comprehensive resource dedicated to increasing athletic power These are the exercises programs and

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endurance and more Pilates for Athletes seeks to take the principles and benefits of Pilates and apply them to whichever sports and activities you love to do running soccer football basketball golf tennis hockey swimming cycling baseball gymnastics dance boxing rugby and more Look for Pilates for Athletes to give a complete mind and body workout to make you the best athlete you can be *High-Performance Training for Sports* David Joyce, Daniel Lewindon, 2014-06-09 High Performance Training for Sports changes the landscape of athletic conditioning and sports performance This groundbreaking work presents the latest and most effective philosophies protocols and programmes for developing today's athletes High Performance Training for Sports features contributions from global leaders in athletic performance training coaching and rehabilitation Experts share the cutting edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA NFL MLB English Premier League Tour de France and International Rugby Combining the latest science and research with proven training protocols High Performance Training for Sports will guide you in these areas Optimise the effectiveness of cross training Translate strength into speed Increase aerobic capacity and generate anaerobic power Maintain peak conditioning throughout the season Minimise the interference effect Design energy specific performance programmes Whether you are working with high performance athletes of all ages or with those recovering from injury High Performance Training for Sports is the definitive guide for developing all aspects of athletic performance It is a must own guide for any serious strength and conditioning coach trainer rehabilitator or athlete

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