

MANUAL NSCA

FUNDAMENTOS DEL ENTRENAMIENTO PERSONAL



National Strength and Conditioning Association
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Manual Nsca Fundamentos Del Entrenamiento Personal Cartone Y Color Spanish Edition

Roger W. Earle, Thomas R. Baechle



Manual Nsca Fundamentos Del Entrenamiento Personal Cartone Y Color Spanish Edition:

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Manual NSCA Fundamentos del entrenamiento personal escrito por reconocidas autoridades en anatomía fisiología del ejercicio biomecánica medicina psicológica pruebas de esfuerzo nutrición y ciencia del ejercicio es una obra de referencia para entrenadores personales y otros profesionales del deporte También es una herramienta insustituible para la preparación del examen de NSCA Certified Personal Trainer El libro desarrolla las bases científicas de la preparación física personal y trata temas como la consulta y evaluación iniciales las técnicas seguras y eficaces para los ejercicios el diseño de programas el entrenamiento para clientes o poblaciones especiales y los aspectos legales que todo entrenador personal debe conocer y tener en cuenta Todo esto se acompaña con más de 240 fotografías a todo color que muestran y explican con precisión la técnica correcta de los estiramientos el entrenamiento anaeróbico el entrenamiento aeróbico y los ejercicios pliométricos

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