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Baechle and Earle update leading strength and conditioning text

Champaign, IL -- Hundreds of fitness professionals already depend on *Essentials of Strength Training and Conditioning* for trusted information in the field of strength training. Now, the renowned National Strength and Conditioning Association (NSCA) offers a third edition of *Essentials of Strength Training and Conditioning* (Human Kinetics, June 2008). Edited by strength and conditioning experts, Thomas Baechle and Roger Earle, the new edition has been updated with the latest research to provide a comprehensive reference for fitness professionals preparing for the CSCS certification.

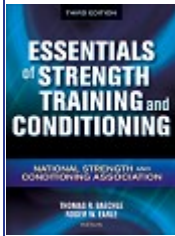
With a combined experience of over 55 years in the fitness industry, Baechle and Earle take an extensive look at the field of strength and conditioning and provide information on all areas of the CSCS certification exam.

"This text is a primary resource for preparing for the NSCA Certification Commission's Strength and Conditioning Specialist (CSCS) examination," says Earle. "To date there is no other text than this one that is better at describing the scope and academic content level of strength training and conditioning."

Essentials of Strength Training and Conditioning offers the latest information on the structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design, and organization and administration of facilities.

For more information on *Essentials of Strength Training and*

Conditioning or any other fitness title, contact Human Kinetics at 800-747-4457 or visit www.HumanKinetics.com.



ABOUT THE BOOK

Essentials of Strength Training and Conditioning
National Strength & Conditioning
Association

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ABOUT THE AUTHORS

The **National Strength and Conditioning Association (NSCA)**, a nonprofit educational group, was established in 1978 to generate and disseminate information about strength training and conditioning to its members and the general public. Evolving from a membership of 76 in 1978, it now has more than 30,000 members in over 50 countries, including a sister association in Japan, and is widely recognized as an international clearinghouse for strength training and conditioning research, theories, and practices.

Central to the NSCA's mission is providing a link between the scientist in the laboratory and the practitioner in the field. By working to find practical applications for new findings in strength training and conditioning research, the organization has fostered the development of strength training and conditioning as a discipline and as a profession.

Membership in the NSCA provides professionals with access to high-quality strength and conditioning publications, first-rate educational conferences and clinics, and a multitude of services including networking and job opportunities for its members.

ABOUT THE EDITORS

Thomas R. Baechle, EdD, CSCS,*D, NSCA-CPT,*D, is chair of the exercise science and athletic training department at Creighton University in Omaha, Nebraska. In his career covering more than 35 years as a fitness professional and academician, Baechle has earned numerous certifications and awards, taught at various universities, held a variety of professional and civic offices, and volunteered for many national and international associations and organizations related to fitness and personal health.

Baechle is widely published and lectures frequently. His recent honors

include receiving the Outstanding Writing Achievement Award from Human Kinetics in 2007, Merit for Excellence in Education and Development of Professional Standards from the International Fitness Institute in 2006, the Distinguished Faculty Service Award from Creighton University in 2002, and the Lifetime Achievement Award from the NSCA in 1998.

Roger W. Earle, MA, CSCS,*D, NSCA-CPT,*D, earned his master's degree from the University of Nebraska at Omaha in exercise science. He is the associate executive director for the National Strength and Conditioning Association (NSCA) Certification Commission, where he is responsible for developing the Certified Strength and Conditioning Specialist (CSCS) and the NSCA-Certified Personal Trainer (NSCA-CPT) certification exams. Previously Earle served as the head strength and conditioning coach and a faculty member of the exercise science and athletic training department at Creighton University in Omaha.

Earle has over 20 years of experience as a personal fitness trainer for people of all age and fitness levels, and he frequently gives lectures at national and international conferences about designing personalized exercise and training programs. He coauthored the first and second editions of *Fitness Weight Training* and coedited both the NSCA's *Essentials of Personal Training* and the first and second editions of *Essentials of Strength Training and Conditioning*.

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