

## Nasm Essential Of Personal Fitness Training

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Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power.

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Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certification and specializations. NASM Essentials of Personal Fitness Training, Sixth Edition, continues to lead the way by providing the most comprehensive resource for aspiring personal trainers, health and fitness professionals and enthusiasts.

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NASM Essentials of. Personal Fitness Training FOURTH EDITION Micheal A. Clark, DPT, MS, PES, CES Chief Executive Of?cer National Academy of Sports Medicine Mesa, AZ. Scott C. Lucett, MS, PES, CES, NASM-CPT Director of Product Development National Academy of Sports Medicine Mesa, AZ. Brian G. Sutton, ...

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While a Personal Training Certification is suggested, it is not required to take the NASM-CES course. To participate, it is recommended you hold a CPT, accredited health or fitness certification, a 4-year college degree in a similar field, or be a current Certified Massage Therapist.

### *Become a Corrective Exercise Specialist | NASM*

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