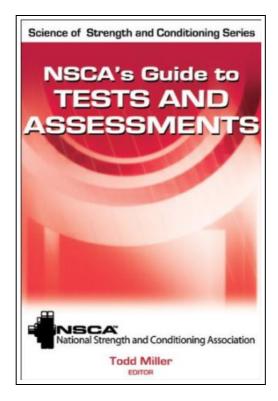
# NSCA's Guide to Tests and Assessments (Hardback)



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# Reviews

A must buy book if you need to adding benefit. it was actually writtern quite perfectly and beneficial. You wont really feel monotony at anytime of your time (that's what catalogs are for regarding in the event you question me).

(Kian Jacobi)

### NSCA S GUIDE TO TESTS AND ASSESSMENTS (HARDBACK)



Human Kinetics Publishers, United States, 2012. Hardback. Book Condition: New. 257 x 180 mm. Language: English. Brand New Book. NSCA's Guide to Tests and Assessments offers strength and conditioning professionals a one-stop resource for the best research-supported fitness and performance measures available. Created by top experts in the National Strength and Conditioning Association (NSCA), this comprehensive text offers extensive information on which factors matter and how to evaluate them as accurately and easily as possible. Editor Todd Miller and an authoritative team of contributors have compiled an exceptional reference and valuable tool for practicing professionals and an indispensable educational resource for students. NSCA's Guide to Tests and Assessments presents the latest research from respected scientists and practitioners in exercise testing and assessment. The text begins with an introduction to testing, data analysis, and formulating conclusions. It then features a bychapter presentation of tests and assessments for body composition, heart rate and blood pressure, metabolic rate, aerobic power, lactate threshold, muscular strength, muscular endurance, power, speed and agility, mobility, and balance and stability. Using descriptions of multiple test options for each key fitness component, readers will learn to choose from a range of alternatives to meet the needs of their athletes, reach training objectives, choose from available equipment, and work within budgets. Each chapter provides a summary detailing the key testing and assessment information for each fitness component, the equipment needed for performing the tests, step-by-step instructions, normative data for the tests, and multiple test options per conditioning component. Insights into the applications of testing for certain fitness components are also presented: - The value of body composition assessments in determining health and fitness levels for competitive athletes as well as individuals across the life span - How an understanding



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