

NASM PERSONAL TRAINER CERTIFICATION AUTHORS

SECTION 1. PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY

CHAPTER 1: INTRODUCTION - Scott Roberts, PhD, FACSM, FAACVPR

CHAPTER 2: THE PERSONAL TRAINING PROFESSION - Pete McCall, MS, Andrew Payne MS, APTD, NASM-CPT, CNC, CES, PES

SECTION 2. CLIENT RELATIONS AND BEHAVIORAL COACHING

CHAPTER 3: PSYCHOLOGY OF EXERCISE - Cherilyn McLester, PhD, MS

CHAPTER 4: BEHAVIORAL COACHING - Justin Kompf MS, CSCS

SECTION 3. BASIC AND APPLIED SCIENCES AND NUTRITIONAL CONCEPTS

CHAPTER 5: THE NERVOUS, SKELETAL, AND MUSCULAR SYSTEMS - Scott Cheatham, PhD, DPT, OCS, ATC, CSCS, CES, PES

CHAPTER 6: THE CARDIORESPIRATORY, ENDOCRINE, AND DIGESTIVE SYSTEMS - Morey Kolber, PhD, PT, OCS

CHAPTER 7: HUMAN MOVEMENT SCIENCE - Scott Cheatham, PhD, DPT, OCS, ATC, CSCS, CES, PES

CHAPTER 8: EXERCISE METABOLISM AND BIOENERGETICS - Sarah Everman, PhD

CHAPTER 9: HUMAN MOVEMENT SCIENCE - Scott Cheatham, PhD, DPT, OCS, ATC, CSCS, CES, PES

CHAPTER 10: SUPPLEMENTATION - Jordan Joy, PhD, CSCS*D, CISSN

SECTION 4. ASSESSMENT

CHAPTER 11: HEALTH, WELLNESS, AND FITNESS ASSESSMENTS - Fabio Comana MA; MS; NASM-CPT, CES, PES; ACE CPT, HC; NSCA CSCS; USAW1; ACSM EP-C; CISSN
Brian Sutton MS, MA, NASM-CNC, PES, CES, CSCS

CHAPTER 12: POSTURE, MOVEMENT, AND PERFORMANCE ASSESSMENTS - Eric Sorenson, PhD, ATC

SECTION 5. EXERCISE TECHNIQUE AND TRAINING INSTRUCTION

CHAPTER 13: INTEGRATED TRAINING AND THE OPT MODEL - Jeff Williams, PhD, PES, CES, CNC, CACWC
Brian Sutton MS, MA, NASM-CNC, PES, CES, CSCS

CHAPTER 14: FLEXIBILITY TRAINING CONCEPTS - Scott Cheatham, PhD, DPT, OCS, ATC, CSCS, CES, PES

CHAPTER 15: CARDIORESPIRATORY TRAINING - Fabio Comana MA; MS; NASM-CPT, CES, PES; ACE CPT, HC; NSCA CSCS; USAW1; ACSM EP-C; CISSN
Brian Sutton MS, MA, NASM-CNC, PES, CES, CSCS

CHAPTER 16: CORE TRAINING CONCEPTS - Laura Pietrosimone, PhD, DPT
Brian Pietrosimone, PhD, ATC

CHAPTER 17: BALANCE TRAINING CONCEPTS - Laura Pietrosimone, PhD, DPT, Brian Pietrosimone, PhD, ATC

CHAPTER 18: PLYOMETRIC (REACTIVE) TRAINING CONCEPTS - Jon Mike, PhD, CSCS*D, NSCA-CPT*D, USAW

CHAPTER 19: SPEED, AGILITY, AND QUICKNESS TRAINING CONCEPTS - Matt Rhea, PhD, CSCS*D, CES, PES

CHAPTER 20: RESISTANCE TRAINING CONCEPTS - Jon Mike, PhD, CSCS*D, NSCA-CPT*D, USAW
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SECTION 6. PROGRAM DESIGN

CHAPTER 21: THE OPTIMUM PERFORMANCE TRAINING MODEL - Brian Sutton MS, MA, NASM-CNC, PES, CES, CSCS
Jeff Williams, PhD, PES, CES, CNC, CACWC

CHAPTER 22: INTRODUCTION TO EXERCISE MODALITIES - Chris Camacho, MA, CSCS

CHAPTER 23: CHRONIC HEALTH CONDITIONS AND SPECIAL POPULATIONS - Scott Roberts, PhD, FACSM, FAACVPR

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