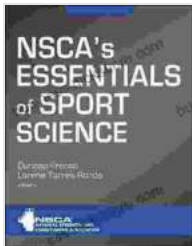


NSCA Essentials of Sport Science: An In-Depth Guide to the Latest Research and Best Practices

##

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NSCA's Essentials of Sport Science

by NSCA -National Strength & Conditioning Association

★★★★☆ 4.8 out of 5

Language	: English
File size	: 122046 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 576 pages
Lending	: Enabled



The National Strength and Conditioning Association's (NSCA) Essentials of Sport Science is a comprehensive textbook that provides a detailed overview of the scientific principles underlying sport performance. The text is divided into three main sections:

1. **The Science of Sport Training**
2. **The Science of Sport Nutrition**
3. **The Science of Sport Medicine**

##

The Science of Sport Training

The Science of Sport Training section provides an in-depth look at the scientific principles underlying sport training. This section covers topics such as:

- * **Anatomy and physiology of the human body** * **Principles of exercise physiology** * **Periodization of training** * **Nutrition for sport performance** * **Psychological aspects of sport training**

##

The Science of Sport Nutrition

The Science of Sport Nutrition section provides an overview of the scientific principles underlying sport nutrition. This section covers topics such as:

- * **The role of macronutrients in sport performance** * **The role of micronutrients in sport performance** * **Hydration for sport performance** * **Supplements for sport performance** * **Dietary strategies for sport performance**

##

The Science of Sport Medicine

The Science of Sport Medicine section provides an overview of the scientific principles underlying sport medicine. This section covers topics

such as:

* **Common injuries in sport** * **Treatment and rehabilitation of sport injuries** * **Prevention of sport injuries** * **Medical conditions in sport** *
Drugs and sport

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The NSCA Essentials of Sport Science is a comprehensive textbook that provides a detailed overview of the scientific principles underlying sport performance. The text is essential reading for anyone who wants to learn more about the science of sport.

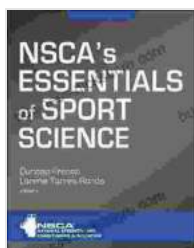
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Image of the NSCA Essentials of Sport Science textbook

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Long Tail SEO Title

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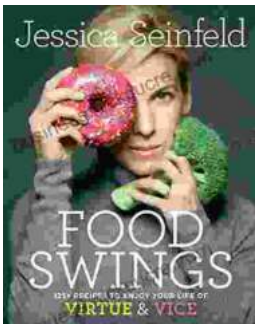
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