

Nasm Essentials Of Sports Performance Training First

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The Optimum Performance Training Model (OPT), developed by NASM, breaks these phases up into subphases that emphasize corrective exercise, stabilization endurance, strength (further broken up into strength endurance, hypertrophy, and maximal strength), power (focusing on high force and high velocity with complex training schemes, followed by maximal power training for athletes who require such adaptations) 3.

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Specializing in sports performance training with NASM will help enhance not only your clients' performance but also your earning potential. With NASM's Performance Enhancement Specialization (NASM-PES), you'll learn how to provide cutting-edge strength and conditioning training for your clients.

Performance Enhancement Specialist | NASM

NASM ESSENTIALS OF SPORTS . PERFORMANCE TRAINING MISSION. To help athletes accomplish their sports performance goals.

ESSENTIALS OF SPORTS PERFORMANCE TRAINING

NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury.

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