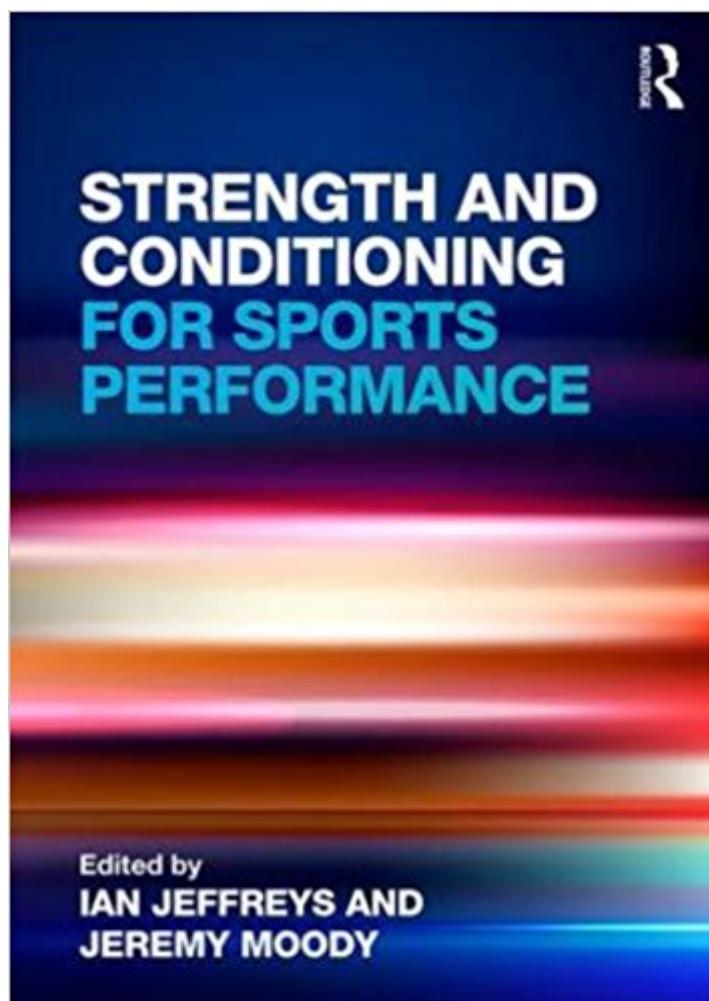


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# Strength And Conditioning For Sports Performance



## **Synopsis**

An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson. Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs. The book includes a clear and rigorous explanation of the core science underpinning strength and conditioning techniques and gives a detailed, step-by-step guide to all of the key training methodologies, including training for strength, speed, endurance, agility, flexibility as well as plyometrics. Throughout the book the focus is on the coaching process, with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations. The book also includes a unique and extensive section of sport-specific chapters, each of which examines in detail the application of strength and conditioning to a particular sport, from soccer and basketball to golf and track and field athletics. The book includes contributions from world-leading strength and conditioning specialists in every chapter, including coaches who have worked with Olympic gold medallists and international sports teams at the very highest level. Strength and Conditioning for Sports Performance is an essential course text for any degree level student with an interest in strength and conditioning, for all students looking to achieve professional accreditation, and an invaluable reference for all practising strength and conditioning coaches.

## **Book Information**

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## **Customer Reviews**

"Strength and Conditioning for Sports Performance distinguishes itself as a truly comprehensive

introduction to the topic in a currently well-documented and well-discussed field. The work's editors and over 30 chapter contributors are all highly credentialed specialists. Color photographs, illustrations, diagrams, tables, and figures enhance the written text. This ambitious publication will serve equally well as an authoritative training guide for students and for reference consultations by those more experienced in the field of sports training and performance. This reviewer highly recommends this text for interested students, coaches, and athletes"

J Saxton, Bastyr University, CHOICE magazine

Ian Jeffreys is an internationally renowned coach, educator and author. He is a Professor in strength and conditioning at the University of South Wales, UK, where he coordinates all of the University's strength and conditioning activities, as well as managing the strength and conditioning programmes for Cardiff City Football Club's Academy performance development programme. He is a Certified Strength and Conditioning Specialist (CSCS), Registered Strength and Conditioning Coach (RSCC) and Certified Personal Trainer (NSCA-CPT) with the NSCA, and has been re-certified with Distinction (\*D) in all categories. He was the NSCA's High School Professional of the Year in 2006, and in 2009 was awarded a Fellowship by the NSCA. Ian is a Founder member of the United Kingdom Strength and Conditioning Association, and was a member of the Board of Directors from the organisations inception in 2004 through to 2013. He is the Editor of the UKSCA journal, Professional Strength and Conditioning, and is on the Editorial Board for the NSCA's Strength and Conditioning Journal and the Journal of Australian Strength and Conditioning. Jeremy Moody is a Senior Lecturer in Strength and Conditioning and Programme Director for the MSc in Strength and Conditioning at Cardiff Metropolitan University, UK, teaching across both the undergraduate and postgraduate schemes in strength and conditioning. He is a frequent national and international speaker in the fields of strength and conditioning and elite sport performance management. His experience extends across many able-bodied and disabled sports, gaining an international coaching reputation having coached successful athletes at the Commonwealth, European, World, Olympic and Paralympic levels of competition as well as with many youth and developing athletes. Jeremy's industry-based roles have included Regional Lead at the English Institute of Sport, Performance Manager at UK Athletics, Performance Director for the Great Britain Wheelchair Rugby Association, and Performance Director and Chief Operations Officer at Welsh Judo. Jeremy has consulted to Sport Wales, Sport England, UK Sport, various National Governing Bodies and professional sports teams. A member of the UKSCA Board of Directors on a number of occasions and Chairman

between 2010Â ª and 2012, Jeremy was one of the inaugural group to establish the current UKSCA accreditation procedure (ASCC)

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