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-NEWS RELEASE-

For immediate release

Dec. 28, 2011

ACSM RELEASES FIRST STRENGTH AND CONDITIONING TEXTBOOK

ACSM's Foundations of Strength Training and Conditioning bridges gap between science and practice
INDIANAPOLIS – While the strength and conditioning field has traditionally been uncharted territory for the American College of Sports Medicine, their recent release of the *ACSM's Foundations of Strength Training and Conditioning* textbook puts the College on the map in this growing field.

“The field of strength training and conditioning has grown immensely over the past 20 years,” said Nicholas Ratamess, Jr., Ph.D., CSCS, FNCSA, author of *ACSM's Foundations of Strength Training and Conditioning*. “The growing field needs to see a renewed emphasis on science, and ACSM is one of the best organizations to help with that. This book bridges the gap between scientific study and professional practice, and it is aimed at coaches, athletes, personal trainers, fitness instructors and students preparing for a career in strength training and conditioning.”

Based on the latest research in the field, the textbook offers a comprehensive introduction to the foundations, physiological responses and adaptations, program design, and assessment in strength training and conditioning. Chapters cover everything from stretching to plyometric training, and the book is written in a clear, straightforward style to help readers grasp new concepts.

Highlights of the book include:

- Video exercise demonstrations to teach proper form and technique.
- Myths and misconceptions in each chapter to clear up common misunderstandings.
- Sidebar content to outline important concepts presented in the text.
- Interpreting research boxes draw attention to important research findings, explaining their application to strength and conditioning practice.
- Case studies present real-world scenarios and allow students to evaluate issues and devise effective solutions.

“This book will better prepare faculty to teach their strength training and conditioning courses, students to learn human physiology and program design, and coaches to develop training programs that optimize performance,” said Ratamess.

ACSM's Foundations of Strength Training and Conditioning is available for \$89 through the Lippincott Williams & Wilkins [website](#) or by calling (800) 638-3030. Members of the media interested in ordering a review copy of the book or requesting an excerpt may contact Sarah Schuessler, Lippincott Williams & Wilkins, at (215)

521-8010 or sarah.schuessler@wolterskluwer.com. Members of the media interested in scheduling an author interview may contact Ashley Crockett-Lohr, American College of Sports Medicine, at (317) 637-9200 ext. 133 or alohr@acsm.org.

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The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. More than 45,000 international, national and regional members and certified professionals are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine. Learn more at www.acsm.org. Lippincott Williams & Wilkins (LWW) is a leading international publisher for healthcare professionals and students with nearly 300 periodicals and 1,500 books in more than 100 disciplines publishing under the [LWW](#) brand, as well as content-based sites and online corporate and customer services.

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