Core Assessment and Training

Human Kinetics

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Our understanding of the importance of core health for injury prevention, athletic performance, and rehabilitation grows each day. Make sure you can offer your clients safe and effective programs with *Core Assessment and Training*. In this book, you will learn to assess each client's baseline core function and develop an individualized program to meet his or her needs.

In *Core Assessment and Training*, expert Jason Brumitt covers all aspects of core training—from basic to advanced core exercises, stretches, and plyometrics. Whether you are a personal trainer, strength coach, or rehabilitation professional, this reference will help you learn these essentials:

• Functional anatomy of the core musculature

• Core assessment and functional testing techniques

• Fundamentals of program design for core training

• Special considerations for core training for various sports and core-specific injuries and conditions

This book covers not only core strength but also flexibility and plyometrics. It includes photos, illustrations, and instructions for more than 120 exercises. Sample exercise routines and a table that lists the exercises by the muscles used offer a basis for program design and provide on-the-spot reference. The accompanying DVD features video demonstrations that help you review proper techniques and protocols for many of the exercises and assessments discussed in the book. All of the information in the book and on the DVD is presented in a logical format with the busy fitness professional in mind.

An online course, also titled *Core Assessment and Training*, can be purchased to complement and enhance the material presented in the book. The course features interactive case studies with virtual clients that guide you through developing comprehensive core training programs that encompass strengthening, flexibility, endurance and power. You'll gain insight into selecting exercises that are specific to each client's needs and into properly progressing exercises from basic to advanced. You'll also practice identifying indicated and contraindicated exercises for various injuries and health conditions, and in selecting core exercises for different athletes and clients.

Understanding the concepts of core training and analyzing functioning of the core are key components of safe core exercise programs. With *Core Assessment and Training*, you can master the techniques for assessing each client's needs and design customized training programs for maximum results.

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Tiffany Hassell:

As people who live in the particular modest era should be change about what going on or facts even knowledge to make them keep up with the era that is certainly always change and move ahead. Some of you maybe will update themselves by studying books. It is a good choice in your case but the problems coming to you is you don't know what kind you should start with. This Core Assessment and Training is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

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