



Designing Resistance Training Programs, 4E

By Steven Fleck, William Kraemer

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In this text, two of the world's leading experts on strength training explore how to design scientifically based resistance training programs, modify and adapt programs to meet the needs of special populations, and apply the elements of program design in the real world.

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Steven J. Fleck, PhD, is an associate professor in health, exercise science, and sport management at the University of Wisconsin-Parkside. He earned a PhD in exercise physiology from Ohio State University in 1978. He has headed the physical conditioning program of the U.S. Olympic Committee; served as strength coach for the German Volleyball Association; and coached high school track, basketball, and football. Fleck is a former vice president of basic and applied research and the current president of the National Strength and Conditioning Association (NSCA). He is a fellow of the American College of Sports Medicine (ACSM) and the NSCA. He was honored in 1991 as the NSCA Sport Scientist of the Year and received that organization's Lifetime Achievement Award in 2005.

William J. Kraemer, PhD, is a professor in the department of kinesiology in the Neag School of Education at the University of Connecticut. He holds joint appointments as a professor in the department of physiology and neurobiology and as a professor of medicine at the UConn Health School of Medicine Center on Aging.

He earned a PhD in physiology from the University of Wyoming in 1984. Kraemer held the John and Janice Fisher Endowed Chair in Exercise Physiology and was director of the Human Performance Laboratory and a professor at Ball State University from 1998 until June of 2001. He also was a professor at the Indiana School of Medicine. At Pennsylvania State University, he was professor of applied physiology, director of research in the Center for Sports Medicine, associate director of the Center for Cell Research, and faculty member in the kinesiology department and the Noll Physiological Research Center. He is a fellow of the ACSM and past president of the NSCA. Kraemer has been honored by the NSCA with both their Outstanding Sport Scientist Award and Lifetime Achievement Award. In 2006, the NSCA's Outstanding Sport Scientist Award was named in his honor. He is editor in chief of the *Journal of Strength and Conditioning Research*.

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