

www.thepoint.lww student

www.thepoint.lwwstudent is a comprehensive online platform designed to serve the academic and educational needs of students worldwide, especially those engaged in health sciences, medicine, and related fields. As a part of the Learning & Writing (LWW) network, it offers a wealth of resources, tools, and support tailored to enhance learning, research, and academic success. This article explores the features, benefits, and how students can maximize their experience on www.thepoint.lwwstudent.

Overview of www.thepoint.lwwstudent

What is www.thepoint.lwwstudent?

www.thepoint.lwwstudent is an educational portal developed by Lippincott Williams & Wilkins (LWW), a leading publisher in medical, nursing, and healthcare literature. The platform provides students with access to a variety of digital resources, including textbooks, case studies, practice questions, multimedia content, and more. Its goal is to support students through their academic journey, from foundational coursework to advanced clinical practice.

Who Can Benefit from www.thepoint.lwwstudent?

The platform is primarily designed for:

- Medical students
- Nursing students
- Pharmacy students

- Allied health profession students
- Educators and academic institutions seeking supplementary resources

However, anyone involved in healthcare education can find valuable content and tools on the platform.

Core Features of www.thepoint.lwwstudent

Extensive Digital Library

At the heart of www.thepoint.lwwstudent is its vast digital library featuring:

- Textbooks from leading publishers
- Case studies that simulate real-world clinical scenarios
- Research articles and journals
- Multimedia content such as videos, animations, and interactive diagrams

This extensive collection allows students to access authoritative content anytime and anywhere, facilitating flexible learning.

Interactive Learning Tools

The platform incorporates various interactive tools to enhance engagement and comprehension:

- Practice questions and quizzes with instant feedback

- Case-based learning modules
- Self-assessment tools to gauge progress
- Flashcards for quick review

These tools help reinforce knowledge and prepare students for exams and clinical practice.

Personalized User Experience

Users can create accounts to:

- Save favorite resources
- Track learning progress
- Set up personalized study plans
- Receive tailored recommendations based on their curriculum and interests

This customization ensures that each student can optimize their study routine.

Mobile Compatibility

www.thepoint.lwwstudent is optimized for mobile devices, allowing students to study on-the-go via smartphones and tablets. This flexibility supports continuous learning outside traditional settings.

Benefits of Using www.thepoint.lwwstudent

Access to Authoritative Content

As part of the LWW publishing network, the platform provides access to high-quality, peer-reviewed materials. This ensures that students are learning from trusted sources, which is vital for their academic and clinical competence.

Enhanced Learning Experience

Interactive tools and multimedia content cater to diverse learning styles, making complex topics easier to understand. Visual aids like videos and animations help clarify difficult concepts, improving retention.

Preparation for Exams and Clinical Practice

Practice questions, case scenarios, and self-assessment modules allow students to test their knowledge actively. This repeated practice is crucial for exam success and effective clinical decision-making.

Convenience and Flexibility

With 24/7 access and mobile compatibility, students can study whenever and wherever they prefer. This flexibility helps balance academic commitments with personal responsibilities.

Support for Educators

Instructors can utilize the platform's resources to supplement their teaching, assign practice exercises, and monitor student progress, fostering a more interactive classroom environment.

How to Maximize Your Experience on www.thepoint.lwwstudent

Register and Create a Profile

To fully utilize the platform's features, students should create an account. Registration is straightforward and allows for:

- Saving favorite resources
- Tracking progress over time
- Personalizing study plans

Explore the Digital Library

Browse the extensive collection of textbooks, videos, and case studies relevant to your coursework. Use search filters to find specific topics quickly.

Engage with Interactive Content

Make use of quizzes, flashcards, and case scenarios to reinforce learning. Regular practice helps identify areas needing improvement.

Set Goals and Study Schedules

Utilize the platform's tools to set study goals, establish schedules, and receive reminders. Consistent

study habits improve retention and performance.

Participate in Practice Questions and Self-Assessments

Regular testing through practice questions enables students to prepare effectively for exams and clinical assessments.

Utilize Multimedia Resources

Videos and animations can clarify complex topics and provide visual learning opportunities that complement textual content.

Additional Resources and Support

Customer Support and Help Center

Students encountering issues or needing assistance can access the help center or contact customer support for guidance.

Updates and New Content

www.thepoint.lwwstudent frequently updates its content to reflect the latest research and clinical guidelines, ensuring learners stay current.

Integration with Educational Programs

Many academic institutions incorporate www.thepoint.lwwstudent into their curricula, providing students with seamless access to essential resources.

Conclusion

www.thepointlwwstudent.com stands out as a vital educational platform for health sciences students aiming to excel academically and develop practical clinical skills. Its extensive digital library, interactive tools, personalized features, and mobile compatibility create a rich, flexible learning environment. By leveraging these resources effectively, students can enhance their understanding, improve exam performance, and prepare confidently for their future careers in healthcare.

Whether you are just beginning your studies or advancing toward clinical practice, www.thepointlwwstudent.com offers the tools and content necessary to support your educational journey. Embrace this digital resource to maximize your learning potential and stay ahead in the dynamic field of healthcare education.

Frequently Asked Questions

What is www.thepointlwwstudent.com?

www.thepointlwwstudent.com is an online platform designed for students to access educational resources, assignments, and interactive learning tools provided by the LWW (Lippincott Williams & Wilkins) curriculum.

How can students register on www.thepointlwwstudent.com?

Students can register by visiting the website and clicking on the 'Register' link, then filling out the required personal information and creating a secure login credentials as instructed.

What types of resources are available on www.thepointlwwstudent.com?

The platform offers a wide range of resources including e-textbooks, interactive quizzes, case studies, multimedia learning modules, and practice assessments tailored to nursing and healthcare education.

Is www.thepointlwwstudent.com accessible on mobile devices?

Yes, the website is optimized for mobile devices, allowing students to access materials and resources conveniently on smartphones and tablets.

How do I access my course materials on www.thepointlwwstudent.com?

After logging into your account, navigate to the 'Courses' section where you can find your enrolled classes and access related textbooks, assignments, and supplementary resources.

Are there any tutorials available for using www.thepointlwwstudent.com?

Yes, the platform provides tutorial videos and user guides to help students navigate the site, utilize features effectively, and troubleshoot common issues.

Can educators use www.thepointlwwstudent.com to assign homework and assessments?

Absolutely, educators can assign homework, quizzes, and assessments through the platform, track student progress, and provide feedback directly online.

What should I do if I experience technical issues on www.thepointlwwstudent.com?

Students should contact the technical support team via the 'Help' or 'Support' section on the website, or email support@thepointlwwstudent.com for assistance.

Is www.thepointlwwstudent.com free for students?

Access to basic resources is typically included with course enrollment, but some premium features or

additional content may require a subscription or payment, depending on the program.

Additional Resources

ThePoint LWW Student is a comprehensive digital platform designed to support students, educators, and academic institutions by providing a wide array of resources, tools, and services tailored to enhance the learning experience. As education increasingly shifts towards digital solutions, ThePoint LWW Student stands out as a pivotal resource, especially in the context of medical, health sciences, and allied health education. This review aims to explore the platform's features, usability, content quality, and overall value, providing a detailed perspective for prospective users and institutions considering its adoption.

Overview of ThePoint LWW Student

ThePoint LWW Student is an online educational platform developed by Wolters Kluwer, a global leader in professional information, software solutions, and services. The platform focuses primarily on health sciences education, offering a rich repository of textbooks, multimedia content, case studies, quizzes, and interactive tools. It aims to bridge the gap between traditional textbook learning and modern digital engagement, making learning more flexible, interactive, and accessible.

Designed for students and educators in medical, nursing, pharmacy, and allied health fields, ThePoint LWW Student integrates seamlessly with existing curricula and enhances the learning process through digital innovation. Its user-friendly design, combined with a robust search engine and personalized features, positions it as a valuable resource in contemporary health sciences education.

Key Features and Offerings

Extensive Content Library

One of the platform's core strengths is its vast collection of digital textbooks and resources. Users can access a comprehensive catalog of authoritative titles authored by leading experts in health sciences. The content is frequently updated, ensuring relevance and accuracy.

- Features:
- Interactive eBooks with multimedia enhancements
- Access to latest editions and supplemental materials
- Search functionalities across multiple titles and topics
- Download options for offline study

Interactive Learning Tools

The platform emphasizes engagement through various interactive features designed to reinforce learning.

- Quizzes and self-assessment modules
- Case studies and clinical scenarios
- Annotating and highlighting tools within eBooks
- Integration of multimedia content like videos, animations, and images

Personalized Experience

ThePoint LWW Student offers user-centric features to tailor the learning experience.

- Personalized dashboards to track progress
- Bookmarks and notes for quick reference
- Recommendations based on user activity
- Accessibility options for diverse learners

Integration with Course Management Systems

The platform can be integrated with Learning Management Systems (LMS) such as Blackboard, Canvas, and Moodle, facilitating seamless incorporation into existing educational workflows.

Usability and User Experience

Interface Design and Navigation

ThePoint LWW Student boasts a clean, intuitive interface that facilitates easy navigation. The homepage provides quick access to recent resources, search bars, and personalized features. The layout minimizes clutter, allowing users to focus on learning materials without distraction.

- Pros:
- Clear menu structure
- Responsive design adaptable to various devices
- Search filters to narrow down results efficiently
- Cons:
- Initial learning curve for new users unfamiliar with digital platforms
- Some advanced features might require additional tutorials

Accessibility and Compatibility

Accessibility is a priority, with options for screen readers, adjustable font sizes, and color contrast settings. Compatibility spans desktops, tablets, and smartphones, enabling study on the go.

Content Quality and Pedagogical Value

ThePoint LWW Student's content is curated from reputable sources, ensuring high academic standards. Textbooks are authored by recognized experts, and multimedia content enhances understanding of complex concepts.

- Strengths:

- Up-to-date information aligned with current clinical guidelines
- Evidence-based content supporting critical thinking
- Interactive elements that promote active learning

- Limitations:

- Some titles may be dense for beginners
- Occasional lag in content updates for niche topics

Advantages and Disadvantages

Pros:

- Extensive, authoritative content library
- Interactive and multimedia-rich resources
- Seamless integration with LMS platforms
- User-friendly interface with customization options
- Accessibility features supporting diverse learners
- Mobile-compatible, enabling flexible study environments

Cons:

- Subscription-based model that may be costly for some users
- Requires stable internet connection for optimal experience
- Limited offline access without prior download

- Some advanced features might demand user training

Pricing and Subscription Models

ThePoint LWW Student operates primarily on institutional or individual subscription plans. Pricing varies depending on the scope of access, number of users, and additional services. Educational institutions often negotiate packages that include multiple titles and integrated tools.

- Features of subscription plans:
 - Unlimited access to selected textbooks
 - Usage analytics for educators
 - Customer support and training sessions

While the platform offers free trials for evaluation, long-term access generally requires a paid subscription. The value proposition hinges on the comprehensiveness of resources and support services.

Support and Customer Service

Wolters Kluwer provides dedicated customer support through various channels, including email, phone, and online chat. Users can access tutorials, FAQs, and technical assistance to resolve issues swiftly. The platform also offers training modules for educators to maximize the benefits of the system.

Integration and Compatibility with Educational Ecosystems

ThePoint LWW Student's ability to integrate with existing LMS platforms is pivotal for institutional adoption. This compatibility streamlines assignment management, grading, and resource sharing,

creating a cohesive learning environment. The platform supports Single Sign-On (SSO) and Single Sign-On (SSO) protocols, simplifying user authentication.

Security and Data Privacy

Data security is paramount, especially in educational environments handling sensitive information. Wolters Kluwer adheres to industry standards for cybersecurity, ensuring user data privacy through encryption and secure access protocols. Institutions can also configure privacy settings aligned with their policies.

Final Assessment and Recommendations

ThePoint LWW Student is a robust, authoritative platform that significantly enhances health sciences education. Its extensive library, interactive features, and seamless integration capabilities make it a valuable resource for students and educators alike. The platform's design prioritizes usability and accessibility, ensuring a positive user experience across devices and user needs.

Recommendations for Prospective Users:

- Educational institutions should consider a site license or institutional subscription for broader access.
- Students should leverage the interactive tools and multimedia resources to deepen understanding.
- Educators can utilize the platform's analytics and integration features to tailor instruction and monitor progress.

Potential Improvements:

- Introducing more offline functionalities to reduce dependency on internet connectivity.
- Offering tiered subscription plans to cater to varying institutional sizes and budgets.
- Providing more extensive tutorials and onboarding resources for new users.

Conclusion:

In the landscape of digital health sciences education, ThePoint LWW Student stands out as a comprehensive, reliable, and user-friendly platform. Its focus on authoritative content, interactive learning, and integration makes it a compelling choice for modern educational environments. While costs and some features could be optimized, overall, it provides substantial value in supporting the academic and clinical development of future health professionals.

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www thepoint lww student: Clinical Neuroanatomy Richard S. Snell, 2010 Organized classically by system, this popular text gives medical and health professions students a complete, clinically oriented introduction to neuroanatomy. Each chapter begins with clear objectives, includes clinical cases, and ends with clinical notes, clinical problem-solving, and review questions. Hundreds of full-color illustrations, diagnostic images, and color photographs enhance the text. This Seventh Edition features new information relating the different parts of the skull to the brain areas, expanded coverage of brain development and neuroplasticity, and updated information on stem cell research. A companion Website includes the fully searchable text and 454 USMLE-style review questions with answers and explanations.

www thepoint lww student: *Pathophysiology* Carie Ann Braun, Cindy Miller Anderson, 2007 This pathophysiology text offers a unique conceptual approach that facilitates learning by viewing pathophysiology as health care professionals do. Students will learn about general mechanisms of disease or alterations in human function—such as immune alterations or altered nutrition—and apply these processes to specific conditions. Chapters focus on fifteen core concepts of altered human function, selected by analyzing and clustering health conditions with high prevalence, incidence, and severity. Unlike a traditional systems-based approach, this novel approach shows how most diseases involve multiple body systems. A bound-in CD-ROM includes animations and an interactive game. Faculty resources include lesson plans, PowerPoint slides, additional case studies, and student assignment worksheets.

www thepoint lww student: Fundamental Nursing Skills and Concepts Barbara Kuhn Timby, 2009 Now in its Ninth Edition, this full-color text combines theoretical nursing concepts, step-by-step skills and procedures, and clinical applications to form the foundation of the LPN/LVN course of study. This edition features over 100 new photographs, exciting full-color ancillaries, end-of-unit exercises, and extensively updated chapters on nursing foundations, laws and ethics, recording and reporting, nutrition, fluid and chemical balance, safety, asepsis, infection control, and medication administration. Coverage includes new information on cost-related issues, emerging healthcare settings, concept mapping, malpractice, documentation and reporting, HIPAA, and more. All Gerontologic Considerations sections have been thoroughly updated by renowned experts.

www thepoint lww student: Introduction to Community-based Nursing Roberta Hunt, 2009 This text presents foundational concepts pivotal to delivering nursing care in the community setting, with specific attention to the NLN competencies for community-based nursing care. The author examines the variety of settings and situations in which the community-based nurse provides care, highlighting cultural diversities in the patient populations, and emphasizing interactions between the individual and the family. This edition includes more information on disaster management and communicable diseases and expanded, updated Medicare/Medicaid guidelines. A companion Website

on thePoint will include student activities, assessment guidelines, and forms. Instructors will have access to an Instructor's Manual, PowerPoint slides, and an expanded testbank.

www thepoint lww student: Nursing Care Plans & Documentation Lynda Juall Carpenito-Moyet, 2009 The Fifth Edition of Nursing Care Plans and Documentation provides nurses with a comprehensive guide to creating care plans and effectively documenting care. This user-friendly resource presents the most likely diagnoses and collaborative problems with step-by-step guidance on nursing action, and rationales for interventions. New chapters cover moral distress in nursing, improving hospitalized patient outcomes, and nursing diagnosis risk for compromised human dignity. The book includes over 70 care plans that translate theory into clinical practice. Online Tutoring powered by Smarthinking--Free online tutoring, powered by Smarthinking, gives students access to expert nursing and allied health science educators whose mission, like yours, is to achieve success. Students can access live tutoring support, critiques of written work, and other valuable tools.

www thepoint lww student: Medical Terminology Made Incredibly Easy! , 2008-06-01 Written in the award-winning, lighthearted Incredibly Easy! style, this book is an excellent aid to understanding and retention of medical terminology. The first chapter focuses on key concepts of medical terminology, including common word components. Subsequent chapters cover individual body systems, providing in-depth definitions that connect words to their meanings. This Third Edition features new chapters on obstetric and mental health terms and expanded Pump Up Your Pronunciation charts. Two eight-page full-color inserts offer a closer look at anatomical terminology. A companion Website offers student and instructor ancillaries including a pronunciation guide with hundreds of terms, Pump Up Your Pronunciation study cards, practice exercises, PowerPoint presentations, and a test generator. Online Tutoring powered by Smarthinking--Online tutoring, powered by Smarthinking, gives students access to expert nursing and allied health science educators whose mission, like yours, is to achieve success. Students can access live tutoring support, critiques of written work, and other valuable tools.

www thepoint lww student: Lippincott's Textbook for Nursing Assistants Pamela J. Carter, 2007-06-01 Now in its Second Edition, this textbook prepares students to work as nursing assistants in long-term care, acute care, and home health care settings, and provides a firm foundation for advancement to an LPN and ultimately an RN role. The book is written in a direct, conversational writing style with an emphasis on professionalism and humanism. This edition is significantly updated and has new photographs and illustrations. A front-of-book CD-ROM includes an audio glossary. An audiobook version of the entire text in MP3 format is available as a separate purchase. A student-edition DVD, containing selected procedures from Lippincott's Video Series for Nursing Assistants, is also available as a separate purchase.

www thepoint lww student: Maternal & Child Health Nursing Adele Pillitteri, 2010 Growing research shows that many children from immigrant and refugee families are not doing well in school, due in part to linguistic and cultural disadvantages. Teaching dual-language learners requires cultural sensitivity, an understanding of language acquisition, and intentional teaching strategies. Combining research and techniques, this resource helps early childhood educators support dual-language learners as they develop the skills necessary for school readiness and success.

www thepoint lww student: Basic Clinical Neuroscience Paul A. Young, Paul Henry Young, Daniel Lee Tolbert, 2008 Basic Clinical Neuroscience offers medical and other health professions students a clinically oriented description of human neuroanatomy and neurophysiology. This text provides the anatomic and pathophysiologic basis for understanding neurologic abnormalities through concise descriptions of functional systems with an emphasis on medically important structures and clinically important pathways. It emphasizes the localization of specific anatomic structures and pathways with neurological deficits, using anatomy enhancing 3-D illustrations. Basic Clinical Neuroscience also includes boxed clinical information throughout the text, a key term glossary section, and review questions at the end of each chapter, making this book comprehensive

enough to be an excellent Board Exam preparation resource in addition to a great professional training textbook. The fully searchable text will be available online at thePoint.

www thepoint lww student: Pulmonary Pathophysiology John Burnard West, 2008 A companion monograph to West's Respiratory Physiology, which examines normal respiratory function, Pulmonary Pathophysiology focuses on the function of the diseased lung. The text offers a clear, concise overview of the most essential information regarding disease states of the lung, emphasizing structure and function. A question and answer section is included. This Seventh Edition offers more coverage of lung cancer and infectious diseases affecting the lungs, and has more tables to aid in rapid review. All questions now conform to current USMLE format, and answers include rationales for all answer choices. The fully searchable text is available online on thePoint.

www thepoint lww student: **Stedman's Medical Terminology** Charlotte Creason, 2010-11-04 Lead your students to success with the name you trust! Stedman's Medical Terminology: Steps to Success in Medical Language is a mid-level medical terminology text perfect for instructors looking for minimal coverage of anatomy and physiology and plenty of hands-on exercises to reinforce learning. Each chapter alternates between term presentation and exercises to ensure that students can apply what they have learned immediately. Throughout the text, exercises progress in a meaningful way, from recall and review, to word building, to comprehension, and finally to application and analysis through the use of real-world case study and medical record exercises. This approach allows the student to actively see their knowledge building and to connect what they are learning to real-life context. A robust, realistic, and relevant art program enhances the text, especially for visual learners. A full suite of ancillaries, including videos and animations, is available for both students and instructors.

www thepoint lww student: *Respiratory Physiology* John Burnard West, 2008 Widely considered the gold standard textbook for respiratory physiology, this compact, concise, and easy-to-read text is now in its fully updated Eighth Edition. New student-friendly features include Key Points boxes at the end of each chapter and review questions and answers. A companion Website will offer the fully searchable text, plus animations that illustrate difficult physiologic concepts.

www thepoint lww student: Textbook of Basic Nursing Caroline Bunker Rosdahl, Mary T. Kowalski, 2008 Now in its Ninth Edition, this comprehensive all-in-one textbook covers the basic LPN/LVN curriculum and all content areas of the NCLEX-PN®. Coverage includes anatomy and physiology, nursing process, growth and development, nursing skills, and pharmacology, as well as medical-surgical, maternal-neonatal, pediatric, and psychiatric-mental health nursing. The book is written in a student-friendly style and has an attractive full-color design, with numerous illustrations, tables, and boxes. Bound-in multimedia CD-ROMs include audio pronunciations, clinical simulations, videos, animations, and a simulated NCLEX-PN® exam. This edition's comprehensive ancillary package includes curriculum materials, PowerPoint slides, lesson plans, and a test generator of NCLEX-PN®-style questions.

www thepoint lww student: *Leadership Roles and Management Functions in Nursing* Bessie L. Marquis, Carol Jorgensen Huston, 2009 Now in its Sixth Edition, this foremost leadership and management text incorporates application with theory and emphasizes critical thinking, problem solving, and decision making. More than 225 case studies and learning exercises promote critical thinking and interactive discussion. Case studies cover a variety of settings, including acute care, ambulatory care, long-term care, and community health. The book addresses timely issues such as leadership development, staffing, delegation, ethics and law, organizational, political, and personal power, management and technology, and more. Web links and learning exercises appear in each chapter. An Instructor's CD-ROM includes a testbank and PowerPoint slides.

www thepoint lww student: Barr's the Human Nervous System John Alan Kiernan, Murray Llewellyn Barr, 2009 This classic textbook simplifies neuroscience content to focus coverage on the essentials and helps students learn important neuroanatomical facts and definitions. Descriptions and illustrations of the regional anatomy of the central nervous system are followed by accounts of

the functional pathways.

www thepoint lww student: Behavioral Science Barbara Fadem, 2009 The Board Review Series (BRS) is aimed at providing basic knowledge as it relates to clinical situations and is used primarily by medical students studying for the United States Medical Licensing Examinations (USMLE). BRS Behavioral Science, Fifth Edition covers material on this subject that is addressed on USMLE Step 1, written in outline format to provide an efficient method of studying behavioral science for USMLE. The book includes at least 500 USMLE-style questions with accompanying annotated answers. An exam follows each chapter and a Comprehensive Exam is included at the end of the book. A companion Website will offer the fully searchable text and an interactive question bank.

www thepoint lww student: Human Form, Human Function Kerry L. Hull, 2011 Designed to accompany 'Human Form, Human Function', this student workbook offers chapter overviews, chapter objectives, focus questions, mastery tests, study activities, and mastery test answers.

www thepoint lww student: Dissector Patrick W. Tank, John Charles Boileau Grant, 2009 Since 1940, when Dr. J.C. Boileau Grant created the first lab manual based on Grant's method of dissection, Grant's Dissector has clearly established its authority and preeminence as the gold standard of gross anatomy dissection manuals. In the last edition, the material was streamlined to focus on more accurate, specific and clear steps, based on market conditions and feedback. This edition continues to focus on the trend of reduced lab hours yet maintains the quality and reliability of Grant's original manual. Grant's Dissector, Fourteenth Edition features over 40 new figures to provide consistent appearance and include additional details, and is cross-referenced to the leading anatomy atlases, including Grant's, Netter's, Rothen, and Clemente.

www thepoint lww student: Step-Up to USMLE Step 1 Samir Mehta, 2009-10-01 Thoroughly revised and updated for its Fourth Edition, Step-Up to USMLE Step 1 is the most effective comprehensive systems-based review for the USMLE Step 1 exam. The book has been widely acclaimed for its high-yield, systems-based organization, which parallels the USMLE Step 1 content outline and helps students synthesize the information from their basic science courses. The popular, user-friendly format features numerous charts and diagrams and Quick Hits notes in the margins that help students integrate concepts across systems. In the Fourth Edition, clinical vignettes have been developed within each chapter, pharmacology has been further integrated into the systems-based format, a Crunch Time Review has been added, and a completely new chapter outlines study tips and strategies. All information has been reviewed by faculty to ensure accuracy. A companion Website features fully searchable online text, a sample question bank, and more.

www thepoint lww student: NASM's Essentials of Sports Performance Training Micheal Clark, Scott Lucett, Donald T. Kirkendall, 2010 This First Edition, based on the National Academy of Sports Medicine™ (NASM) proprietary Optimum Performance Training (OPT™) model, teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively. Readers will learn NASM's systematic approach to program design with sports performance program guidelines and variables; protocols for building stabilization, strength, and power programs; innovative approaches to speed, agility and quickness drills, and more! This is the main study tool for NASM's Performance Enhancement Specialist (PES).

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