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Strength Coaching in America Jason P. Shurley, Jan Todd, Terry Todd, 2019-12-13 Shortlisted for the North American Society for Sports History 2020 Monograph Prize It's hard to imagine but as late as the 1950s athletes could get kicked off a team if they were caught lifting weights Coaches had long believed that strength training would slow down a player Muscle was perceived as a bulky burden training emphasized speed and strategy not brute strength Fast forward to today the highest paid strength and conditioning coaches can now earn 700 000 a year Strength Coaching in America delivers the fascinating history behind this revolutionary shift College football represents a key turning point in this story and the authors provide vivid details of strength training's impact on the gridiron most significantly when University of Nebraska football coach Bob Devaney hired Boyd Epley as a strength coach in 1969 National championships for the Huskers soon followed leading Epley to launch the game changing National Strength Coaches Association Dozens of other influences are explored with equal verve from the iconic Milo Barbell Company to the wildly popular fitness magazines that challenged physicians warnings against strenuous exercise Charting the rise of a new athletic profession Strength Coaching in America captures an important transformation in the culture of American sport **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004

Encyclopedia of Associations ,2004 **Hunter Education Program Instructor Manual** Texas. Parks and Wildlife Department, U.S. Fish and Wildlife Service, 2010 Instructor's Manual for Clifton McCleskey, the Government and Politics of Texas, Third Edition Claude D. Davis, 1969 **Instructor's Manual with Test Bank for Texas Politics Today** Maxwell, 2001-07-01 **Instructor's Resource Manual with Test Items** ,1999 *NSCA-CPT Exam Secrets Study Guide:*

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