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Health & Kinesiology News

Georgia Southern University

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Snarr to Co-Edit 3rd Edition of Textbook on Personal Training

March 8, 2019

Ron Snarr, Jr., Ph.D., was recently selected as the co-editor for the 3rd edition of *NSCA's Essentials of Personal Training* textbook. Snarr will also author two chapters within the book on resistance training programming as well as proper exercise techniques. This textbook serves as a resource for individuals looking to become certified as a personal trainer through the National Strength & Conditioning Association (NSCA). The NSCA is one of the leading organizations in the field of exercise science dedicated to advancing the strength and conditioning profession.

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