

Textbook Errata Notice

We strive to provide accurate and high-quality educational materials. However, despite our best efforts, errors can occasionally occur. This document lists corrections for Essentials of Sports Performance Training, 3rd Edition.

Please refer to the following corrections to ensure you have the most accurate information. If you have any questions or discover additional errors, please contact us at nasmcares@nasm.org.

Thank you for your attention and continued support.

Issue Corrected	Textbook Page
Helpful Hint was updated from "Bottom: The activation of the heart starts with the AV node, which stimulates the atria. The neural message then goes to the SA node, which sends signals to the bottom of the ventricles to complete the heartbeat with their contraction." to read "The activation of the heart starts with the SA node, which stimulates the atria. The neural message then goes to the AV node, which sends signals to the bottom of the ventricles to complete the heartbeat with their contraction."	137
Table 12.6 - Modified title from "TABLE 12.6: Lower-Body and Upper-Body Medicine Ball (MB) Exercise Naming Convention" to "TABLE 12.6: Lower-Body and Upper-Body Exercise Naming Convention"; changed the header from "Lower-Body and Upper-Body Medicine Ball Exercises" to "Lower-Body Plyometric Training Exercises"	490
Table 18.4, Training Phases was updated to read Mesocycles in the top, left box of the table.	769
Modified sentence from "Fish and algae sources of omega-3 fatty acids are high in eicosatetraenoic acid (EPA) and docosahexaenoic acid (DHA)." to "Fish and algae sources of omega-3 fatty acids are high in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)"	980
Updated Table 22.16 Carbohydrate column from 7g/kg to 6g/kg intake of carbohydrates. This then further modified the equation from 560 grams of carbohydrates to 480 grams of carbohydrates. Resulting in total calories from carbohydrate updated from 2,240 (560 x 4), to 1,920 (480 x 4). The total selection was updated as well, 800 calories from fat was modified to 976. Resulting in the equation being 3,600-2624 for fat, resulting in 27% of calories available for fat (976/3600). Which falls within the 20% to 35% recommendation.	995