

### 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 NASM Essentials of Personal Fitness Training, 7<sup>th</sup> 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](mailto:nasmcares@nasm.org).

Thank you for your attention and continued support.

Issue Corrected	Textbook Page
Figure 1-3, Changed "phononmonon" to "phenomenon" and "judgment" to "judgement."	6
All instances of "Four Ps" changed to "Four P's"	50
Stretch Your Knowledge callout, second paragraph, second sentence the word "withdrawal" was updated to "withdraw".	120
Figure 5-9 "Sterum" was changed to "Sternum"	126
Bottom of page, bullet points changed from "Posterior (concave) cervical curve, Anterior (convex) thoracic curve, Posterior (concave) lumbar curve" to "Posterior (concave) cervical curve (hollowed or rounded inward), Posterior (convex) thoracic curve (curved or rounded outward), Posterior (concave) lumbar curve (hollowed or rounded inward)"	133
Arthrokinematics Key Term was modified from "roll, slide, and spin" to "roll, slide or glide, and spin"	134
Joints header, first paragraph, fifth sentence, "slide, and spin" modified to "slide or glide, and spin"	134
Helpful Hint modified from "Arteries (large vessels) and arterioles (medium vessels) carry oxygenated blood from the lungs to the heart and then out into the body. Veins (large vessels) and venules (medium vessels) carry deoxygenated blood back to the heart and then to the lungs. Capillaries (smallest vessels) are the sites of nutrient exchange in bodily tissues where arterioles and venules meet." to "Arteries (large vessels) and arterioles (medium vessels) carry oxygenated blood away from the heart to the rest of the body. The exception is the pulmonary arteries, which carry deoxygenated blood from the heart to the lungs. Veins (large vessels) and venules (medium vessels) carry deoxygenated blood back to the heart from the body. The exception is the pulmonary veins, which carry oxygenated blood from the lungs to the heart. Capillaries (the smallest vessels) are the sites of nutrient, gas, and waste exchange in bodily tissues, connecting arterioles and venules."	163

Figure 6-9, Labelling on the Inhalation diagram changed from "Rib cage expands as rib muscles contract" to "Rib cage expands". Labelling on the Exhalation diagram changed from "Rib cage gets smaller as rib muscles contract" to "Rib cage gets smaller".	166
Glossary term, Glands, first word was changed from "Cells" to "Organs"	170
The Endocrine System, second sentence, "fat synthesis" changed to "fat oxidation"	170
Under the Insulin header the sentence "Insulin binds with glucose and escorts it to muscle, liver, and fat cells." was modified to "Insulin binds to receptors on the surface of muscle, liver, and fat cells, facilitating the uptake of glucose from the bloodstream into these cells."	172
Sentence changed from: "From a length perspective, the small intestine is roughly 3 meters (almost 10 feet)." to "From a length perspective, the small intestine is roughly 6-7 meters (about 22 feet)."	180
Figure 7-5, Wrist figure (top left), The labelling was modified to have "Extension" on top, and "Flexion" on bottom	193
Getting Technical Callout, Supination of the foot definition in paragraph changed from "ankle abduction" to "ankle adduction"	197
Free fatty acids key term definition changed from "The byproducts" to "The by-products"	229
Corrected "1200 hours" to "1000 hours" for RD credential	250
Table 9-4 Nonessential column, last amino acid was modified from "Threonine" to "Tyrosine"	255
Removed duplicate oatmeal listed in Table 9.5	256
Table 9.5 relocated amaranth to complete proteins	256
Changed sentence from "...the carbon, oxygen, and hydrogen components are oxidized via the Cori (Krebs) cycle..." to "the carbon, oxygen, and hydrogen components are metabolized..."	260
Table 9-8 "Monosaccharides" changed to "Disaccharides"	264
Table 9-11, Low GI foods (55 or less), Example text hyphen added to "nonstarchy" to make the word "non-starchy"	267
Under Fat and Satiety corrected "by" to "be"	272
Under Micronutrients and Hydration Header changed fourth sentence from "...because these essential nutrients are not produced in our bodies." to "...because these essential nutrients are produced in our bodies under certain conditions."	272
Micronutrients and Hydration header, comma was removed after "processed" in the sixth sentence.	274
Second paragraph, first sentence was changed from "The micronutrients include vitamins and minerals, which are inorganic compounds that are essential to regulating various metabolic processes, such as energy metabolism." to "The micronutrients include vitamins and minerals, which are organic (vitamins) and inorganic (minerals) compounds that are essential to regulating various metabolic processes, such as energy metabolism."	301
Third bullet from top the word "inorganic" was removed before "compounds"	303

Header was added to Table 10-1 to advise that it was Table 10-1 continued from prior page	311
Table 10-6 Nonessential column, last amino acid was modified from "Threonine" to "Tyrosine"	328
Figure 11-2, sentence after 1. Relevance modified from "must apply the client's" to "must apply to the client's"	351
Second bullet under header Caliper Skills and Techniques. "at each site." was removed from the end of sentence.	363
Archimedes' principle key term definition changed from "The assumption that stating..." to "The assumption stating that..."	368
Bullet point under the Test Interpretation header modified from "Tables 11.15 and 11.16" to "Tables 11-15 and 11-16"	373
Added LPHC and Shoulder to the joint box in Table 12.5.	392
Chapter 13 References, Rhea, M.R. reference removed the doi link as it was broken.	437
Osteokinematic and Arthrokinematic Dysfunction header, fourth sentence, "slide, and glide" changed to "slide or glide, and spin"	444
Stretch Your Knowledge Callout changed from "Autogenic inhibition is one of the main principles used in flexibility training, particularly with static stretching in which one holds a stretch for a prolonged period. Holding a stretch creates tension in the muscle. This tension stimulates the GTO, which overrides muscle spindle activity in the muscle being stretched, causing relaxation in the muscle and allowing for optimal lengthening of the tissue. In general, stretches should be held long enough for the GTO to override the signal from the muscle spindle." to "Improvements in joint ROM are always due to several factors:  - Mechanical (muscle and tendon factors affecting compliance or stiffness) - Neural (inhibition of the central nervous system to help the muscle relax) - Psycho-physiological (stretch tolerance)"	445
Autogenic inhibition definition modified from "Prolonged Golgi tendon organ stimulation that provides an inhibitory action to muscle spindles located within the same muscle" to "The process by which neural impulses that sense tension are greater than the impulses that cause muscles to contract, providing an inhibitory effect to the muscle spindles."	445

The Lengthening Reaction header, (3) changed from "(3) as the muscle is held at that position for approximately 6 to 10 seconds, the GTO senses the tension and inhibits the muscle spindle activity resulting in a lengthening reaction (Figure 14-11) (Floyd, 2018; Kenney et al., 2019). The lengthening reaction is often seen with static stretching because static stretches are typically held long enough to provide the GTO time to override the muscle spindle." to "(3) as the muscle is held at that position for a prolonged period, the muscle spindle's firing frequency decreases resulting in a relaxation response (Figure 14-11). The lengthening reaction is often seen with static stretching because static stretches are typically held long enough to override the muscle spindle."	447
Figure 14-11, #3 changed from "GTO senses tension and inhibits muscle spindle, GTO signals the CNS to override the stretch reflex and relax muscle" to "After a prolonged period, muscle spindle activity reduces resulting in a relaxation response. "	447
Figure 15-5, Zone 1, fifth bar from the top was modified from "3 min" to "1 min"	506
Chapter 15 References, Heisz reference, added <a href="https://">https://</a> to doi	515
Core Musculature header, second sentence "muscular" was changed to "musculature"	518
Under optimizing posture changed "lordotic (outward/concave)" to "lordotic (inward/concave)" and "kyphotic (inward/convex)" to "kyphotic (outward/convex)"	520
Corrected "Trunk/spine flexion" to "Trunk/spine extension" in erector spinae row in Table 16.1	521
Chapter 16 References, Behm (2005) reference removed the doi link as it was broken.	547
Essential Concepts of Balance header, fourth sentence, "service" was changed to "surface". Base of support definition, "service" was also changed to "surface".	551
SAQ Cone Drills "5-10-Drill" title was modified to "5-10-5 Drill"	607
Replaced "relatively short" with "wide ranging," "30 to 60" seconds with "0 to 180 seconds," and added citation at end of sentence "(Grgic et. al., 2017)."	621
Giant Set header, first sentence, "three" was changed to "four"	627
Changed "muscular hypertrophy" to "muscular endurance"	628
Chapter 20 References, Simao reference removed the doi link as it was broken.	676
The final sentence on page changed from "Choose between one and three SAQ exercises, such as ladder drills and cone drills, with a repetition range of one to three and perform for one to three sets" to "Choose between four and six SAQ exercises, such as ladder drills and cone drills, with a repetition range of two to three for one to two sets"	697
Table 21-9, Skill Development: Speed, agility, quickness (optional) row modified from 1-3 sets to 1-2 sets; 1-3 reps to 2-3 reps; rest from 0-90 seconds to 15-60 seconds.	699
First paragraph on page, sentence was changed from "Choose between one and four SAQ exercises" to "Choose between six and eight SAQ exercises"	703

Table 21-11 Skill Exercise Selection column, Skill Development: Speed, agility, and quickness (optional) was modified from "2-4" to "3-4"	705
Table 21-12 Skill Exercise Selection column, Skill Development: Speed, agility, and quickness (optional) was modified from "2-4" to "3-4"	706
Table 21-13 Skill Exercise Selection column, Skill Development: Speed, agility, and quickness (optional) was modified from "2-4" to "3-4"	708
The last sentence of first paragraph changed from "Choose between one and four SAQ exercises" to "Choose between six and eight SAQ exercises"	709
First paragraph on page, sentence was changed from "Choose between one and four SAQ exercises" to "Choose between six and ten SAQ exercises"	710
Table 21-12 Resistance Training, Rest column, changed from 0-60 seconds to 0-3 minutes	712
The last sentence of first paragraph changed from "Choose between one and four SAQ exercises" to "Choose between six and ten SAQ exercises"	716
Chapter 21 References, Behm, D.G. (2002), removed the doi url	727
Chapter 21 References, Fry, A.C. - " <a href="https://doi.org/10.1519/1533-4287(2003)0172.0.co;2">https://doi.org/10.1519/1533-4287(2003)0172.0.co;2</a> " updated to " <a href="https://journals.lww.com/nsca-jscr/Abstract/2003/11000/Effect_of_Knee_Position_on_Hip_and_Knee_Torques.1.aspx">https://journals.lww.com/nsca-jscr/Abstract/2003/11000/Effect_of_Knee_Position_on_Hip_and_Knee_Torques.1.aspx</a> "	729
Glossary term, Autogenic inhibition changed from "Prolonged Golgi tendon organ stimulation that provides an inhibitory action to muscle spindles located within the same muscle" to "The process by which neural impulses that sense tension are greater than the impulses that cause muscles to contract, providing an inhibitory effect to the muscle spindles."	883
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