



AMERICAN COUNCIL ON EXERCISE

The Exercise Professional's Guide to Personal Training



A Client-centered Approach to Inspire Active Lifestyles

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Gale, Cengage Learning

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Fitness Instructor Training Guide Cheryl L. Hyde, 2002 Aquatic Fitness Professional Manual Aquatic Exercise Association, 2025-03-13

Water exercise is a proven fitness activity with health and well-being benefits for all age groups, abilities, and fitness levels. As such, it is one of the most popular fitness trends among those seeking effective, reduced-impact options for group exercise, small group training, personal sessions, and rehabilitation therapy. As the primary preparation resource for the certification exam of the Aquatic Exercise Association (AEA) and a recommended resource for the certification exam of the Aquatic Therapy Rehab Institute (ATRI), the Aquatic Fitness Professional Manual, Eighth Edition, is the most comprehensive resource available to help you design and lead effective exercise sessions in the pool. With contributions from 23 industry experts, the Aquatic Fitness Professional Manual covers the foundations of fitness and exercise, the aquatic environment, and instruction and programming. You will learn how to energize your teaching with techniques based on popular fitness formats such as functional training, yoga, boot camp, Tai Chi, circuits, and intervals, and programs for various chronic conditions. You will also find updated information on shallow and deep water exercise. Presenting a new full-color format and updates that reflect the latest research and exercise guidelines, the eighth edition also incorporates the following AEA standards and guidelines for aquatic fitness programming: Expanded guidelines for working with special populations and those with health conditions, including dementia and autism spectrum disorder; Facts about the benefits of exercise on cognitive health and programming ideas for cognitive fitness training; A new section on diversity, equity, inclusion, and accessibility. For those preparing for the

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