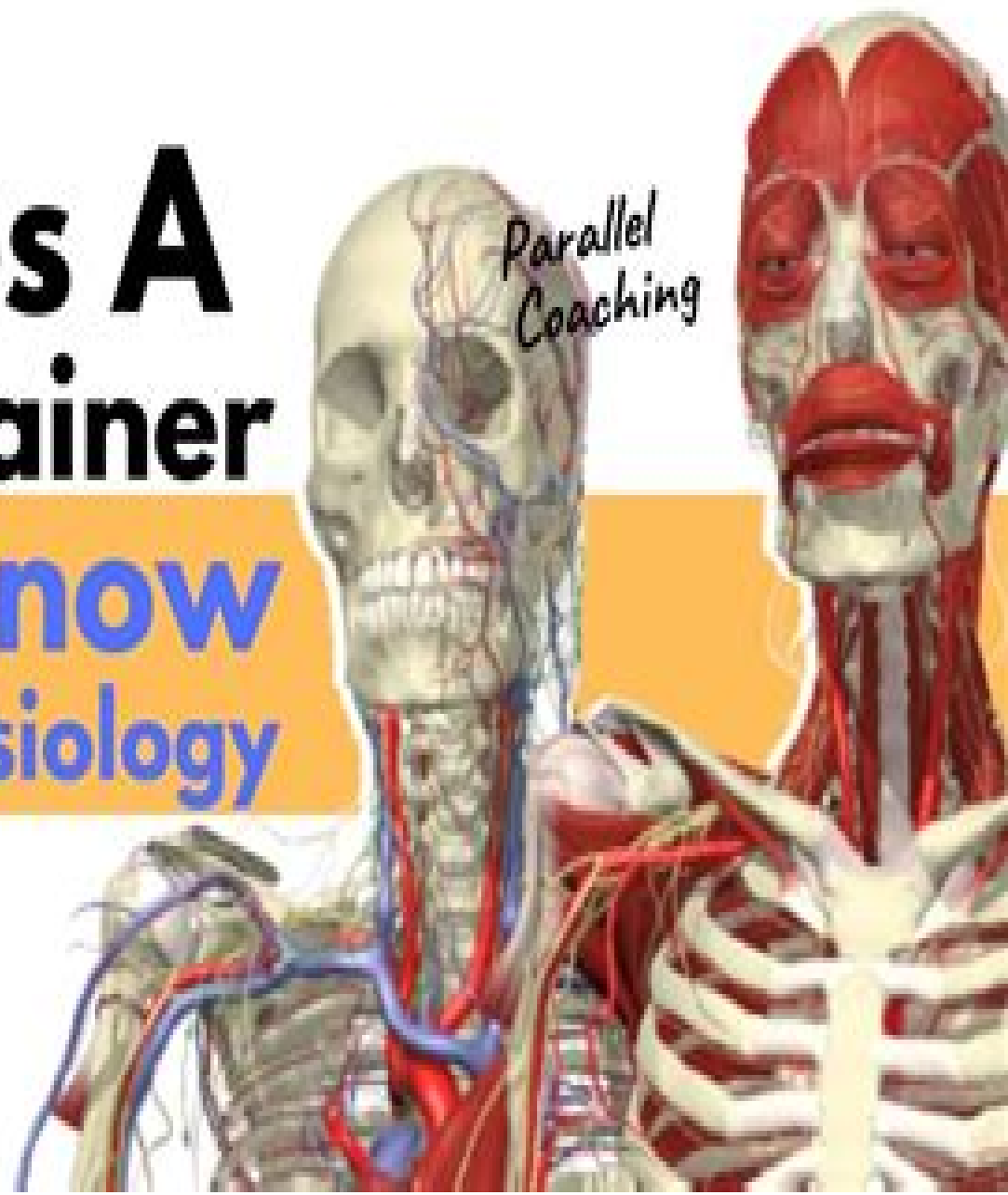




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exercise programs with special attention to the application of principles based on age fitness level and health status Using comprehensive guidelines and sample clients portrayed in the text readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client s individual needs Personal trainers will appreciate the book s presentation of detailed exercise programming guidelines for specific populations Modifications and contraindications to exercise are given for prepubescent youth older adults and athletes as well as for clients who are overweight or obese or have eating disorders diabetes heart disease hypertension hyperlipidemia spinal cord injury multiple sclerosis and cerebral palsy In addition the book provides clear easy to understand guidelines for initial client consultation and health appraisal For those preparing for the NSCA CPT exam this second edition features new and revised study questions at the end of each chapter These questions are written in the same style and format as those found on the NSCA CPT exam to fully prepare candidates for exam day For efficient self study answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text Chapter objectives and key points provide a framework for study and review of important information while sidebars throughout the text present practical explanations and applications of scientific concepts and theory The second edition of NSCA s Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers exercise instructors fitness facility and wellness center managers and other fitness professionals Unmatched in scope this text remains the leading source for personal training preparation and professional development

Becoming a Personal Trainer For Dummies Shannon Austin, 2022-09-21

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The Personal Trainer S Legal Bible Gary W. Pitts, 2014-01-07

PERSONAL TRAINERS are not just fitness professionals they could be the saviours of the global health care system life changers As pioneers in this budding field in the health and wellness industry trainers face misinformation and myths about the fitness industry Whats more due to negative portrayal in the media the common perception of personal trainers is less than stellar This situation coupled with the relative lack of regulation means that there are many legal issues that you must be aware of in order to stay safe in your day today

practice As is the case for any practitioner of a health related profession you must be aware of the legal ramifications of your decisions and advice But the legal education provided to personal trainers is virtually nonexistent In this guidebook author Gary Pitts a master strength coach and Canadas premier fitness lawyer provides the knowledge you need for your practice Following the principles of MISS make it simple stupid Gary has compiled information on the entire spectrum of fitness specific legal issues most of which are largely unknown or misunderstood by even the most seasoned veterans in the personal training industry If youre serious about your personal training career explores these important issues and start building your protective legal strategies now Train at Home to Work at Home Michelle McGarry,2003-07 Begin a Work at Home Career with the Training and Education You Need Train at Home to Work at Home This unique guide provides comprehensive resources on more than 200 distance learning programs that can teach you 27 of the most popular and profitable work at home careers Distance learning programs have exploded in the last few years courses are now available online via e mail via teleclass through the mail on audiotape on videotape and even on CD ROM You can learn graphic design at UCLA professional writing at Washington State University life coaching at CoachU Web site design at Penn State financial planning at University of Alabama interior design at the Art Institute International medical transcription at the Health Professions Institute and many more Plus extensive resource lists organizations books and Web sites complete each section Full contact information tuition rates and course descriptions make comparisons and contrasts a breeze *American Physical Education Review* ,1899 Includes the proceedings of the association s annual convention

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