

The Fitness Instructor's Handbook: A Professional's Complete Guide to Health and Fitness

By Morc Coulson PhD

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The comprehensive resource for personal fitness trainers.

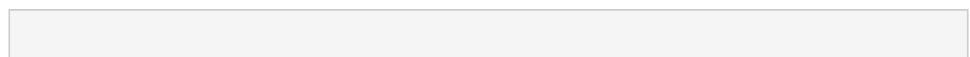
The fitness industry is one of the fastest-growing sectors in today's economy. Collectively, personal trainers and fitness instructors and coaches have millions of clients -- personal, and in clubs, schools and local gyms.

The Fitness Instructor's Handbook is the essential guidebook for professionals working in or interested in entering the booming fitness industry. Filled cover-to-cover with case studies, checklists and sample programs, this book is the perfect reference for beginning trainers as well as established ones looking for a quick refresher on the basics.

The Fitness Instructor's Handbook covers key topics such as:

- The skeletal system
- Muscles and tendons
- The body's energy system
- Circulation and respiration
- Components of fitness
- Safety and injuries
- Customer service
- Screening clients
- Planning and program design
- Exercise evaluation.

The Fitness Instructor's Handbook is a dynamic resource that combines theory and practice for every aspect of health and fitness programs. Throughout the fitness industry, trainers will welcome this comprehensive reference book.



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Editorial Review

Review

Comprehensive guidebook... koi enthusiasts will not want to miss.

About the Author

Morc Coulson is the program leader for sport and exercise science at the University of Sunderland in England. He designs and implements fitness-training courses.

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Preface

This book has been written as a reference guide for a wide audience, such as those who have an interest in health and fitness and sports, and for individuals who, both now and in the future, are involved in prescribing gym-based cardiovascular and resistance exercise to clients who are apparently healthy, or referred to as "apparently healthy." The main objective of this book is to address the underpinning knowledge related to qualifications in the health and fitness industry and to show how that knowledge can be applied in a practical environment. It was a conscious decision to closely relate the book to health and fitness qualification requirements and learning objectives in order to provide a comprehensive reference guide that would promote the professionalism of the industry.

The chapter topics have been selected to provide complete coverage of the standard required knowledge content for "Instructing Exercise and Fitness Knowledge" and "Instructing Physical Activity and Exercise Knowledge" qualifications. At the start of each chapter are standard criteria related to these fundamental qualifications and the objectives to be addressed. At the end of the chapter you will find review questions relating only to that particular chapter. Answers to these can be found at the back of the book. Each chapter also contains space for review notes and a list of further reading for those who would like to pursue the topic in more depth.

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