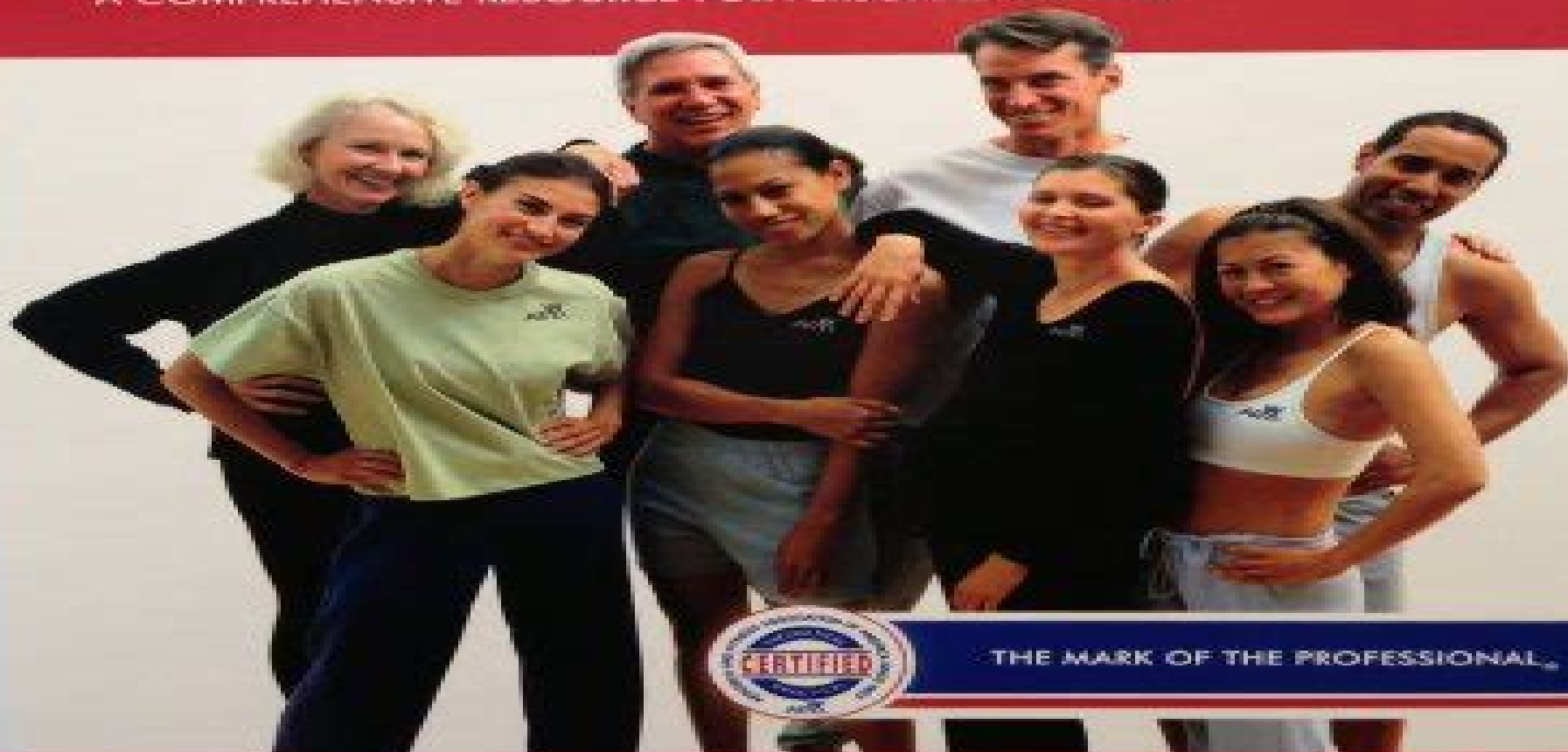


Second Edition

# Personal Fitness Training: Theory & Practice

A COMPREHENSIVE RESOURCE FOR PERSONAL TRAINERS



THE MARK OF THE PROFESSIONAL<sub>SM</sub>



The Aerobics and Fitness Association of America

# Personal Fitness Training Theory And Practice

**AW Rasmussen**



## **Personal Fitness Training Theory And Practice:**

*Personal Training* James Crossley, 2013-01-22 *Personal Training Theory and Practice* Second Edition draws together in one unique volume the personal practical and business skills central to becoming a successful personal trainer This accessible book introduces you to the fundamentals of applied exercise prescription and programme design as well as advanced concepts including nutritional intervention postural analysis and the psychology of behaviour change Key Features updated to reflect advances in training methodology and techniques in line with requirements for professional qualification key points boxes chapter summaries and a glossary of scientific and technical concepts to aid understanding full colour illustrations and photos to support visual learning case studies and sample exercise plans to help you put theory into practice supported by online resources such as self assessment tests downloadable forms and session sheets at [www.routledge.com/cw/crossley](http://www.routledge.com/cw/crossley) *Personal Training Theory and Practice* is the ideal companion and handy reference for those embarking on a career in personal training as well as experienced trainers Reviews of the first edition the ideal companion to turn you from an amateur into a professional sports trainer the only title tailored to meet the needs of UK based personal training Work Out a gem of a book clearly written and presented which makes it easy for both fitness professionals and lay people to understand Definitely worth buying Health and Fitness

**Personal Fitness Training** Mary M. Yoke, Laura A. Gladwin, 2006-01-01 **Methods of Group Exercise Instruction** Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor *Methods of Group Exercise Instruction* Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services The authors who have dozens of years of experience thoroughly explain group exercise training principles correction and progression techniques and safety tips They also have taught this course within a university setting This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic safe and effective classes for clients of differing ages abilities and interests *Methods of Group Exercise Instruction* Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design the proper way to cue participants and the variety of modalities they can use in their teaching Revised and reorganized based on current industry best practices this edition includes the following Over 100 minutes of online video demonstrating warm ups routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success *Methods of Group Exercise*

Instruction Fourth Edition will prepare any group fitness instructor for a successful career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success *Finally Fit* Lorraine Bossé-Smith, 2004 By identifying individual personalities and lifestyles this motivational instruction manual helps readers select the best fitness program that will move them toward optimal health

*Methods of Group Exercise Instruction* Carol K. Armbruster, Mary M. Yoke, 2014-01-30 Formats modalities and trends in group exercise are constantly evolving *Methods of Group Exercise Instruction Third Edition With Online Video* explores the most common group exercise modalities enhancing readers marketability by giving them the skills to lead dynamic safe and effective classes This text highlights the commonalities of a variety of group exercise formats through training principles correction and progression techniques and safety tips to enhance the skills of both group exercise leaders and program directors *Methods of Group Exercise Instruction Third Edition* moves from theory to practice in a logical progression Rather than simply providing routines this book helps instructors develop the core skills needed for creating routines use proper cueing and adapt their teaching to new modalities Teaching techniques convey appropriate training for each muscle group and methods for warm up cardiorespiratory training muscular conditioning neuromotor training and flexibility In addition starter routines modification strategies and instructor assessment criteria are presented for seven class formats kickboxing step training stationary indoor cycling sport conditioning and boot camp water exercise yoga and mat based Pilates The text also touches on alternative modalities including dance based classes fusion and mind body training Thoroughly revised and reorganized based on industry standards the third edition of *Methods of Group Exercise Instruction* offers expanded content to help readers become better instructors Updates to the third edition include the following Online video totaling over 100 minutes demonstrates key content in the text New chapters cover social aspects of group exercise coaching based instructional models and neuromotor and functional training Callout boxes highlight important topics research findings technique and safety checks and practice drills which facilitate quick learning Short assignments at the close of each chapter encourage readers to look beyond the text to gain practical experience Evaluation forms and evaluation key points allow instructors to gauge their teaching success and adapt the key criteria of a successful class to each exercise modality The three part structure of this book is retained from the previous edition but the content is reorganized to better reflect industry standards and guidelines Part I provides a general overview of group exercise the evolution and advantages of group exercise the strategies for creating group cohesion in a class the core concepts in class design and the use of music choreography and cueing methods in designing and leading a class Part II offers guidelines for leading the four major segments of a group exercise class warm up cardiorespiratory training muscular conditioning and exibility training and includes a new chapter on neuromotor and functional training These basic concepts pertain to all modalities covered in part III which focuses on practical teaching skills Basic moves choreography and training systems are covered for each type of class Sample routines

and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans The final chapter discusses customized or hybrid classes such as lifestyle physical activity based classes equipment based cardio classes and mind and body classes When used as a course text *Methods of Group Exercise Instruction Third Edition* includes instructor ancillaries which offer suggestions for effective use of the book and online video lesson plan outlines a sample week by week syllabus lab activities and test questions The third edition also features a newly added image bank containing all the figures and photos from the text to use in presentations

**Fundamental Personal Training** Jay Horn, 2022-05-30

*Fundamental Personal Training* is a full colored textbook focused on teaching personal trainers the needed skill of body recomposition This educational manual is backed by science and complemented with years of training experience in the gym trenches This book strips everything down to its fundamental form where theory and practice merge so the personal trainer can properly apply their craft and achieve superior results with clients Supported by research this manual has over 1000 references littered throughout to ensure the accuracy and thorough examination of exercise science and its application This manual offers Adapted graphs and images to make learning easier Application and critical thinking boxes to help think and form conclusions QR codes that give access to important documents to help your personal training career Innovative program design guide PST Model to help clients achieve their goals Over 1000 references cited in the text and provided at the end of every chapter A full glossary to utilize as a quick resource *Fundamental Personal Training* is a comprehensive thorough text that will force the trainer to think question learn and rationally apply exercise and nutrition on their clients Therefore the intent with this manual is to improve the personal training industry as a whole and to create a higher standard more qualified personal trainer

*The Complete Holistic Guide to Working Out in the Gym* Yigal Pinchas, 2006

The comprehensive guide to getting the most out of your gym workout It includes detailed information on planning executing and maintaining a fitness regime More than simply an instructional manual *The Complete Guide* is also a valuable resource on nutrition attitude and the development of a personal training program that fits every lifestyle Building on years of research and experience as an educator personal trainer and government official for fitness accreditation Yigal Pinchas has integrated the theory and practice of health and wellness to address the physical mental and emotional demands of an effective fitness regime Accompanied by over 200 illustrations the text includes instruction that range from step by step guides to performing the exercises and reaching your training goals without injury to balancing training with proper eating habits and keeping yourself motivated over the long term The book is structured to allow readers to progress all the way from the first tentative steps to the more advanced stages of independent and effective exercise This book is a must for professional trainers

kinesiology specialists and the general fitness enthusiast

*Recreational Sports Directory*, 2008

**National Trade and**

**Professional Associations of the United States**, 2008

**Fit Over 50** Loraine Bossé-Smith, 2005

This informative book guides readers to their goal of better health It addresses aging weight bearing exercises physical fitness and the culprit

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