

The Fitness Instructors Handbook A Complete Guide To Health And Fitness Fitness Professionals

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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.

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Addressing the requirements common to most fitness professional certifications in the U.S. and Canada, The Fitness Instructor's Handbook is filled with case studies, checklists, need-to-know reminders, mini tests and sample programs. Tables and anatomy drawings support the authoritative text.

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Canada, The Fitness Instructor's Handbook is filled with case studies, checklists, need-to-know reminders, mini tests and sample programs. Tables and anatomy drawings support the authoritative text. All in all this book is an ideal reference for both new and established instructors as well as individuals in search of a sound, structured fitness program for personal use.

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The handbook is aimed at staff in instructional duties in phase three training establishments, but may be particularly useful to new instructors. It should also be a reminder to the experienced instructor despite years of instructing there are still some aspects that could be new and thought provoking.

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Morc Coulson is senior lecturer in Sport and Exercise Science at the University of Sunderland. He is the author of a number of books for fitness professionals including, The Advanced Fitness Instructor's Handbook (2008), Practical Fitness Testing (2009) and The Complete Guide to Personal Training (2013). Customers who viewed this item also viewed

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