

Neta Fitness Professional Manual

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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 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 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 ai chi circuits and intervals and programs for various chronic conditions you ll 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 aea aquatic fitness professional certification exam you ll find a detailed glossary and index key chapter concepts at the beginning of each chapter and a summary and review questions at the conclusion of each chapter to help you study additionally downloadable resources delivered online through hkpropel include practical tools such as instructor worksheets and sample class formats nowhere else will you find the fitness applications and comprehensive programming you need in one convenient resource aquatic fitness professional manual will not only help you in preparing for certification

but also aid you in cultivating the critical skills needed to lead safe enjoyable and effective aquatic exercise programs note a code for accessing hkpropel is included with this ebook

this is the definitive resource for individuals preparing for the aea aquatic fitness professional certification exam and for anyone leading water exercise classes

aquatic fitness professional manual is the primary preparation resource for the certification exam of the aquatic exercise association aea and is the most comprehensive guide available for designing and leading exercise sessions in the pool

developed to prepare individuals for a career in fitness topics including exercise science e g anatomy kinesiology biomechanics exercise physiology principles of nutrition and weight management health screening and fitness assessment exercise program design communication skills behavioral change special populations and legal considerations

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suitable both for people setting out to be instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities

clinical exercise specialist manual a fitness professional s guide to exercise and chronic diseaseis for health fitness and exercise professionals who want to be or are on the front line of healthcare

by aiding in the management and prevention of chronic disease exercise and physical activity can positively affect over 30 chronic conditions making it the number one deterrent of chronic disease in primary and secondary prevention the succinct content combined with the easy to use tables and figures in this guide will benefit anyone who wants to learn more about the effects of exercise on over 35 chronic conditions inside you will find concise detailed information that is useful in any fitness setting such as a fitness center personal training studio or home gym easy to use tables and figures to quickly find relevant material easy to understand protocols for frequency intensity time and type of exercise contraindications and concerns for exercise essential sample forms discussion questions to examine the practical application of the concepts

from the american college of sports medicine acsm this text provides the information necessary to develop skills for assessing an individual's health related physical fitness it provides a practical how to do it approach for performing assessment skills effectively and an understanding of the theory behind and the importance of each skill or assessment the third edition includes updated references to acsm's guidelines for exercise testing and prescription eighth edition more diagrams and pictures highlighting assessment techniques and new material on physical activity assessments considerations for medication usage and common measurement errors a companion website includes an image collection a test generator and powerpoint slides

this book reflects the latest research findings and scientific breakthroughs in the field of health and fitness it includes anatomy kinesiology exercise physiology and nutrition the application and theory of cardiovascular flexibility and muscular training techniques and the fundamentals of health screening motivational techniques and program development special attention has been given to injury prevention emergency techniques and the legal issues confronting today's professionals

this complementary book to acsm's guidelines for exercise testing and prescription elaborates on the knowledge skills and abilities kcas you need to study for any of the american college of sports medicine certification exams it also serves as a valuable professional resource behind the

guidelines new content includes updated research throughout and a reorganization of the ksas to correspond with the sixth edition of acsm s guidelines significantly revised chapters include epidemiology of physical activity physical fitness and selected chronic diseases diet and chronic disease medical and invasive interventions in the management of coronary artery disease comprehensive cardiovascular risk reduction in patients with coronary artery disease smoking cessation policies and procedures for clinical programs both the clinical and health fitness tracks are covered in an attractive design that highlights the ksas for each level of certification the book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness a brandon hill recommended title

a handbook for today s fitness instructor group fitness instructors may be expected to offer participants a wide range of activities such as indoor cycling yoga and strength training as well as aerobics the contributors to this book are experts in a variety of fields including exercise physiology psychology and the law the manual offers the foundation of knowledge necessary to teach fitness in a group setting topics covered include exercise physiology fundamentals of anatomy and applied kinesiology nutrition health screening designing a group exercise programme teaching the class adherence and motivation disabilities and health limitations exercise and pregnancy injury prevention and emergency procedures and legal and professional responsibilities

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