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providing detailed profiles on certification and accreditation programmes in the us this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence

unique to thomson wadsworth this booklet takes students through the complicated process of picking the type of careers they want to pursue how to prepare for the transition into the working world and insight to different types of career paths education requirements and reasonable salary expectations included is also a designated chapter that discusses some of the legal issues that surround the workplace including discrimination and harassment this supplement is complete with personal development activities designed to encourage the students to focus and develop better insight into their future

presents classic calisthenics a circuit training program and plyometric drills to enhance strength power and muscle tone

head to toe preparation for a successful career in personal trainingtraining authority robert wolff walks you through the core subject areas you need to pass certification and get started as a personal trainer guiding trainers throughout the entire certification process become a certified personal trainergoes through sample questions and essays for each of the top exams and also provides much needed advice about the business side of the job become a certified personal trainersshows you an inside look into the top organizations and how they would train you how to approach assessments and protocols for working with specific body types psychology you need to know about clients and ways to modify their behavior basics on nutrition supplementation and weight management physical preparation in and out of the gym business lessons finding clients making yourself stand out from the competition and starting a savings plan mistakes to avoid concerning training and business moves real world examples from top personal trainers athletic trainers that share their experienceswhether becoming a trainer is your dream job or you re already in the field robert wolff provides everything you need to give your and your clients the best chance at success

a u s army medic who became a field medical officer offers a collection of humorous and thoughtful reflections about his service the book covers infantry and cavalry to artillery and aviation presenting a fresh portrayal of army life

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