

nsca essentials of personal training 3rd edition

Nsca Essentials Of Personal Training 3rd Edition nsca essentials of personal training 3rd edition is a comprehensive resource widely regarded as a foundational textbook for aspiring and certified personal trainers. This edition offers updated insights into exercise science, client assessment, program design, and professional practice, making it an essential tool for those seeking to excel in the fitness industry. Whether you're preparing for the National Strength and Conditioning Association (NSCA) certification or simply enhancing your knowledge, understanding the key concepts of this edition can significantly impact your effectiveness as a personal trainer.

Overview of the NSCA Essentials of Personal Training 3rd Edition

The third edition of the NSCA Essentials of Personal Training builds upon the previous versions by integrating the latest research, industry standards, and practical applications. It emphasizes evidence-based methods to optimize client outcomes while promoting safety and professionalism. This edition is structured to guide readers through the entire process of personal training, from initial assessment to program implementation and client retention strategies.

Core Topics Covered in the 3rd Edition

The book covers a wide range of topics essential to personal training, including:

- 1. Scientific Foundations of Exercise** This section explores the physiology, biomechanics, and nutrition principles that underpin effective training programs.
 - Exercise Physiology:** Understanding how muscles respond to training and how energy systems fuel activity.
 - Biomechanics:** Analyzing movement patterns to enhance performance and prevent injuries.
 - Nutritional Science:** Providing guidance on nutrition to support training goals and recovery.
- 2. Client Assessment and Evaluation** Assessment is fundamental to creating personalized programs. The textbook discusses various tools and techniques.
 - Health and Medical Screening:** Identifying contraindications and risk factors.
 - Fitness Testing:** Measuring cardiovascular endurance, muscular strength, flexibility, and body composition.
 - Movement Screening:** Detecting movement dysfunctions to tailor exercise prescriptions.
- 3. Program Design and Implementation** Designing effective training programs is at the heart of personal training.
 - Goal Setting:** Establishing SMART (Specific, Measurable, Attainable, Relevant, Time-bound) objectives.
 - Exercise Selection:** Choosing appropriate exercises based on client needs and preferences.
 - Progression and Periodization:** Modifying intensity and volume to maximize gains while reducing injury risk.
- 4. Behavior Change and Motivation** Understanding psychological factors is critical for client adherence.
 - Behavior Change Models:** Applying theories such as the Transtheoretical Model to facilitate change.
 - Motivational Strategies:** Using goal-setting, positive reinforcement, and social support.
- 5. Safety, Ethics, and Professional Practice** Maintaining high standards ensures client safety and professional integrity.
 - Injury Prevention:** Proper technique, equipment use, and environmental considerations.
 - Ethical Conduct:**

Confidentiality, informed consent, and professional boundaries. Legal Responsibilities: Understanding liability and documentation requirements. Why the NSCA Essentials of Personal Training 3rd Edition is Essential for Personal Trainers This edition's comprehensive approach makes it a vital resource for both new and experienced trainers. Here's why:

1. Evidence-Based Content The textbook integrates the latest scientific research, ensuring that trainers base their programs on proven methods rather than trends or anecdotal evidence.
2. Practical Application Beyond theory, the book offers real-world examples, case studies, and sample assessments that help trainers implement concepts effectively.
3. Certification Preparation It aligns with NSCA certification standards, making it an invaluable study aid for exam candidates.
4. Focus on Client-Centered Approach The emphasis on individualized programming and behavior change strategies helps trainers foster long-term client relationships.

Key Features of the 3rd Edition Some notable features include:

- Updated Content:** Incorporates recent advances in exercise science and industry standards.
- Learning Aids:** Includes review questions, key term definitions, and summary boxes to reinforce learning.
- Digital Resources:** Access to online materials such as quizzes and instructional videos.
- Case Studies:** Real-life scenarios that challenge readers to apply knowledge.

How to Use the NSCA Essentials of Personal Training 3rd Edition Effectively To maximize the benefits of this resource, consider the following strategies:

1. Study Systematically Break down chapters into manageable sections, focusing on understanding core concepts before moving to advanced topics.
2. Engage with Practical Exercises Apply what you learn through practice assessments, program design activities, and case study analyses.
3. Prepare for Certification Use the book as part of your exam preparation, supplementing with practice questions and online quizzes.
4. Continual Professional Development Stay updated with new editions or supplementary materials to keep your knowledge current.

Conclusion The nsca essentials of personal training 3rd edition stands as a cornerstone resource that combines scientific rigor with practical guidance. Its comprehensive coverage of exercise science, assessment techniques, program design, behavioral strategies, and professionalism makes it indispensable for personal trainers committed to excellence. By thoroughly understanding and applying the principles outlined in this edition, trainers can enhance client outcomes, ensure safety, and uphold the highest standards of the profession. Whether you're a student preparing for certification or a seasoned professional aiming to refine your skills, this edition provides the knowledge foundation necessary for success in the dynamic field of personal training.

Question/Answer What are the key updates in the 3rd edition of NSCA's Essentials of Personal Training? The 3rd edition includes updated exercise science research, expanded sections on program design, new information on technology integration, and revised guidelines on client assessment and safety protocols. How does the 3rd edition of NSCA Essentials of Personal Training address client safety? It emphasizes comprehensive screening procedures, proper instruction on exercise technique, injury prevention strategies, and

protocols for emergency response to ensure client safety during training sessions. What new content related to special populations is included in the 3rd edition? The book provides expanded guidance on training clients with chronic conditions, older adults, and those with disabilities, including tailored exercise prescriptions and considerations for each population. How does the 3rd edition incorporate technology and digital tools? It discusses the integration of wearable devices, fitness apps, and virtual training platforms, emphasizing how these tools can enhance client engagement and tracking progress. What are the core components of program design highlighted in the 3rd edition? The book emphasizes needs analysis, exercise selection, progression strategies, periodization, and adherence techniques to create effective and personalized training programs. Does the 3rd edition cover the latest certifications and credentialing processes? Yes, it includes updated information on NSCA certification requirements, recertification procedures, and tips for aspiring trainers to stay current in the industry.

5 How is the science of strength and conditioning integrated into the personal training guidelines in the 3rd edition? The book connects principles of biomechanics, physiology, and motor learning to practical training applications, helping trainers optimize performance and minimize injury risk. What assessment techniques are emphasized in the 3rd edition for evaluating clients? It covers various assessments such as body composition, muscular strength and endurance, flexibility, cardiovascular fitness, and functional movement screenings. How does the 3rd edition prepare personal trainers for real-world challenges? It offers case studies, troubleshooting tips, and best practices for client communication, motivation, and adapting training plans to diverse environments and client needs.

NSCA Essentials of Personal Training 3rd Edition is a comprehensive resource that has become a cornerstone for aspiring and practicing personal trainers alike. As the third edition of the widely respected guide from the National Strength and Conditioning Association (NSCA), this textbook offers an in-depth exploration of the foundational principles, practical applications, and latest research in the field of personal training. Its meticulous approach to covering everything from anatomy and exercise science to client assessment and program design makes it an invaluable tool for both students and seasoned professionals seeking to elevate their knowledge and skills.

--- Overview and Purpose The NSCA Essentials of Personal Training 3rd Edition is designed to serve as a complete reference for those preparing for certification exams and for current trainers aiming to refine their practice. It emphasizes evidence-based methodologies, aligning current scientific consensus with practical application. The book aims to bridge theoretical knowledge with real-world scenarios, ensuring that readers can translate concepts into effective training programs tailored to diverse clients.

Key Features:

- Extensive coverage of exercise science, biomechanics, physiology, and nutrition.
- Clear guidance on designing individualized training programs.
- Integration of the latest research and best practices.
- Inclusion of case studies and practical examples.

--- Content Breakdown

1. Foundations of Personal Training The initial chapters lay the groundwork by defining the role of a

personal trainer, outlining professional standards, and discussing ethical considerations. It emphasizes the importance of professionalism, client relationships, and maintaining a client-centered approach. Features: – Detailed discussion on scope of practice. – Ethical guidelines aligned with industry standards. – The importance of cultural competence and communication Nsca Essentials Of Personal Training 3rd Edition 6 skills. Pros: – Sets a strong professional foundation. – Clear emphasis on ethics and client safety. Cons: – Some readers may find the introductory material somewhat basic if they already possess industry experience.

2. Human Anatomy and Physiology This section offers an in-depth review of the musculoskeletal system, cardiovascular system, nervous system, and energy systems. It provides detailed diagrams and explanations that are accessible yet thorough. Features: – Clear illustrations to aid comprehension. – Focus on functional anatomy relevant to exercise. – Connections made between anatomy and movement mechanics. Pros: – Well-structured, comprehensive coverage. – Useful for understanding exercise selection and technique. Cons: – Dense for beginners unfamiliar with anatomy terminology.

3. Exercise Science and Biomechanics Here, the book delves into how the body moves and responds to different types of exercise. It discusses concepts such as force production, lever systems, and movement analysis. Features: – Practical tips on biomechanics assessment. – Emphasis on injury prevention and proper technique. Pros: – Enhances understanding of why certain exercises are effective or risky. – Useful for trainers to develop safe, effective programs. Cons: – Some technical content might be challenging for newcomers without prior science background.

4. Program Design and Implementation This is perhaps the core of the book, providing a step-by-step approach to designing personalized training programs. It covers needs analysis, goal setting, exercise selection, and progression. Features: – Client assessment tools and questionnaires. – Guidelines for creating balanced programs. – Special considerations for different populations (e.g., seniors, athletes, clients with chronic diseases). Pros: – Practical frameworks that can be directly applied. – Emphasizes individualized programming based on client needs. Cons: – Requires critical thinking to adapt generic templates to real-world clients.

5. Nutrition and Lifestyle Factors Understanding nutrition is crucial for effective training outcomes. The book provides a foundational overview of macronutrients, micronutrients, hydration, and behavioral factors affecting health and fitness. Features: – Evidence-based nutritional advice. – Integration of diet considerations into training plans. Pros: – Offers a balanced view without promoting fad diets. – Helps trainers advise clients on healthy habits. Cons: – Not as detailed as a dedicated nutrition textbook; limited depth on advanced topics.

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6. Safety, Risk Management, and Professional Development The final sections focus on ensuring client safety, managing risks, and continuing education. It advocates for a proactive approach to injury prevention and professional growth. Features: – Emergency response protocols. – Liability and insurance considerations. – Strategies for ongoing learning. Pros: – Reinforces the importance of safety and professionalism. –

Practical advice on legal and ethical issues. Cons: – Some topics may require supplementary resources for comprehensive understanding. --- Strengths and Highlights

- Comprehensive Coverage: The textbook covers all essential domains for personal trainers, making it suitable for certification preparation and ongoing reference.
- Evidence-Based Approach: Emphasizes research-backed strategies, aligning with current industry standards.
- User-Friendly Layout: Clear headings, summaries, and visual aids facilitate easier learning.
- Practical Focus: Real-world case studies and assessment tools enhance applicability.
- Updated Content: Incorporates the latest developments in exercise science and health guidelines.

Additional Resources – Online supplementary materials, including quizzes and videos. – Instructor resources for educators and trainers. – Practice questions aligned with certification standards. --- Limitations and Criticisms

While the NSCA Essentials of Personal Training 3rd Edition is highly regarded, it is not without some limitations:

- Depth of Content: Certain sections, like nutrition or biomechanics, may not delve deeply enough for advanced practitioners seeking specialized knowledge.
- Text Density: The amount of technical information can be overwhelming for beginners without prior background.
- Lack of Interactive Elements: As a print resource, it lacks interactive or multimedia components some learners may prefer.
- Cost: The comprehensive nature makes the textbook relatively expensive, which could be a barrier for some students.

--- Conclusion and Final Verdict The NSCA Essentials of Personal Training 3rd Edition stands out as a definitive and authoritative guide for personal trainers. Its balanced blend of scientific rigor and practical application makes it suitable for a wide audience, from students preparing for certification to experienced professionals seeking to update their knowledge. The emphasis on evidence-based practices, client safety, and professional development aligns well with industry standards and the evolving landscape of health and fitness. For those committed to a thorough understanding of personal training principles, this edition offers a robust foundation and a valuable reference tool. Its comprehensive nature, combined with clear organization and practical insights, justifies its status as a must-have resource in the personal training field. However, readers should be prepared to supplement this textbook with specialized materials for particular interests such as advanced nutrition, rehabilitation, or sports performance. In summary, the NSCA Essentials of Personal Training 3rd Edition is an essential investment for anyone serious about building a credible, effective, and ethical personal training practice. Its meticulous content, coupled with practical guidance, makes it an indispensable resource that will serve as a cornerstone of professional development in the dynamic world of fitness and health. NSCA, Essentials of Personal Training, 3rd Edition, personal training certification, NSCA certification, fitness assessment, exercise programming, strength training, client evaluation, exercise science, fitness professional

The Complete Book of Personal Training NSCA's Essentials of Personal Training Personal

Training: Theory and Practice Advanced Personal Training NSCA's Essentials of Personal Training Foundations of Professional Personal Training Personal Trainer Do's and Don'ts NPTI's Fundamentals of Fitness and Personal Training Advanced Concepts of Personal Training Second Edition NASM Essentials of Personal Fitness Training The Everything Guide To Being A Personal Trainer Secret Skills of Personal Training Career As a Personal Trainer Advanced Concepts of Personal Training Lab Manual Second Edition Becoming a Personal Trainer For Dummies The Business of Personal Training Exercise Personal Training 101 The Business of Personal Training NSCA's Essentials of Personal Training Your Personal Trainer Douglas Brooks National Strength & Conditioning Association (U.S.) James Crossley Paul Hough Brad J. Schoenfeld Canadian Fitness Professionals Inc. Dennis Berry Henriques, Tim National Council on Strength & Fitness Nasm National Academy of Sports Medicine Kate Kenworthy John Izzo Institute for Career Research National Council on Strength and Fitness Shannon Austin Scott Roberts Michael Yong Hwa Chia Nutting, Mark A. Brad J. Schoenfeld Douglas Brooks The Complete Book of Personal Training NSCA's Essentials of Personal Training Personal Training: Theory and Practice Advanced Personal Training NSCA's Essentials of Personal Training Foundations of Professional Personal Training Personal Trainer Do's and Don'ts NPTI's Fundamentals of Fitness and Personal Training Advanced Concepts of Personal Training Second Edition NASM Essentials of Personal Fitness Training The Everything Guide To Being A Personal Trainer Secret Skills of Personal Training Career As a Personal Trainer Advanced Concepts of Personal Training Lab Manual Second Edition Becoming a Personal Trainer For Dummies The Business of Personal Training Exercise Personal Training 101 The Business of Personal Training NSCA's Essentials of Personal Training Your Personal Trainer *Douglas Brooks National Strength & Conditioning Association (U.S.) James Crossley Paul Hough Brad J. Schoenfeld Canadian Fitness Professionals Inc. Dennis Berry Henriques, Tim National Council on Strength & Fitness Nasm National Academy of Sports Medicine Kate Kenworthy John Izzo Institute for Career Research National Council on Strength and Fitness Shannon Austin Scott Roberts Michael Yong Hwa Chia Nutting, Mark A. Brad J. Schoenfeld Douglas Brooks*

this books is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business the book is truly a complete resource it s full of information about working with clients and designing programs and it s a practical guide to all aspects of the personal training business it will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

this book is a resource for personal trainers health and fitness instructors exercise scientists and other fitness professionals as well as the primary preparation source for the nsca certified personal trainer examination it is an essential reference for anyone preparing for or already working in a career as a personal trainer back cover

the ideal handbook for those embarking on a career in personal training as well as experienced trainers looking to develop new skills and stay up to date with the latest methods

effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence this is the first comprehensive fitness instruction and training programme design resource to explore the evidence base of effective programme design drawing on cutting edge scientific research to identify optimum training methods and dispel some common myths around fitness training putting clients training goals at the centre of the process by focusing on their most common objectives such as improving general health enhancing cardiorespiratory fitness decreasing body fat and increasing muscle mass this book helps the reader develop a better understanding of the physiological principles at the core of successful programme design simple to navigate and full of helpful features including applied case studies example training programmes and guides to further reading it covers a variety of key topics such as pre exercise health screening lifestyle and fitness assessment nutrition cardiorespiratory endurance resistance and core training recovery from exercise an essential text for fitness instructors personal trainers and sport and exercise students this book provides an invaluable resource for fitness courses exercise science degree programmes and continued professional development for exercise professionals

developed by the national strength and conditioning association nsca nsca s essentials of personal training third edition with hkpropel access is the definitive reference for personal training professionals and students this comprehensive guide to personal training with contributions from leaders in the field provides the most accurate and reliable information and guidance for current and aspiring professionals updated to reflect the latest research with clear explanations of supporting scientific evidence this edition will give readers the knowledge skills and abilities ksas needed by modern personal training professionals new content addresses the latest objectives found on the national strength and conditioning association s certified personal trainer nsca cpt exam maintaining this text s position as the single best resource for those preparing for the nsca cpt exam nsca s essentials of personal training third edition provides guidelines for the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs for clients of all ages and fitness levels with comprehensive coverage of various categories of unique client needs readers will learn how to make specific

modifications and adjust exercise programs for each individual client multiple fitness testing protocols and norms for each component of fitness including 10 new tests are all presented along with instructions that are detailed yet easy to follow over 200 full color photos and accompanying instructions clearly describe and visually show proper technique for exercises and drills including stretching plyometrics and stability ball exercises there are new sections on suspension training manual resistance training and common types of resistance training equipment plus 27 online videos delivered through hkpropel demonstrate exercise technique in action preparing readers to instruct clients through safe exercise performance students will also be able to complete chapter quizzes assigned by instructors through hkpropel study questions at the end of each chapter written in the same style and format as those found on the nsca cpt exam facilitate learning of chapter content and fully prepare candidates for exam day practicing professionals and aspiring professionals alike will benefit from a new appendix of advice on building a successful career as a personal trainer nsca s essentials of personal training third edition remains the most comprehensive resource available for personal training preparation and professional development unmatched in scope this essential text continues to be a definitive reference for current and future personal trainers exercise instructors fitness facility and wellness center managers and other fitness professionals note a code for accessing hkpropel is not included with this ebook but may be purchased separately

developed and written by canfitpro this third edition of foundations of professional personal training contains essential information for building a successful career as a personal trainer and preparing for canfitpro s personal training specialist pts certification

a portion of the sales of the book will be donated to the non profit health education and literacy healthedandlit org to aid them in their endeavor to beat diabetes the book was designed to help personal trainers to navigate through the process of obtaining and keeping clients by using the recommendations in the book it relates to the much needed understanding of peoples hopes and fears and how to realize that the trainers understands those aspects and will be happy to help them to reach their personal goals short term and long term by teaching the clients how to properly exercise they are giving them a lifelong gift give a person a workout and they ll train for a day teach a person how to train and they ll workout for a lifetime the book is also an excellent resource for people who are looking to hire a personal trainer enabling them to know the qualities to look for of the personal trainer or professional personal athletic conditioning coach they hire

this text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals

nasm essentials of personal fitness training seventh edition teaches the foundations of exercise science fitness assessments nutrition and how to grow a personal training business since 1987 the national academy of sports medicine nasm has been a global leader in providing evidence based certification and specializations this text continues to lead the way by providing the most comprehensive resource for aspiring personal trainers health and fitness professionals and enthusiasts through nasm s proprietary optimum performance training opt tm model this text teaches a systematic approach for designing exercise programs that can help anyone reach their fitness goals this text is a recommended resource for the nasm certified personal trainer cpt certification the nasm cpt certification is accredited by the national commission for certifying agencies ncca

if you love fitness and you re looking for an alternative to the typical 9 5 office job the everything guide to being a personal trainer will help you turn your passion into a career opportunities for professional fitness trainers are everywhere fitness clubs college athletic programs even professional sports teams the everything guide to being a personal trainer is a step by step guide that will take you from gym rat to fitness guru in no time this easy to follow book progresses from training to certification with tips to help you choose a work environment set up a business plan find motivate and keep clients learn about marketing and networking written by two personal training professionals the everything guide to being a personal trainer is all you need to get started in the exciting growing field of fitness

an interesting look at how to crack into the field of personal training and develop confidence as a fitness professional discover the traits and characteristics that will enable you to reap success in this rewarding career written by a personal trainer with years of experience the author will reveal what exactly it will take to gain hands on experience acquire clients and maintain a prosperous business this book covers your preparation into this rewarding career from your decision to enter the fitness field to tweaking your business as a successful and seasoned fitness professional perfect for all aspiring personal trainers of any level and fitness enthusiasts

do you think that earning a living from your love for exercise is a stretch it s not careers in fitness are one of the fastest growing segments of the us job market and leading the way are personal trainers in fact the ranks of personal trainers have jumped by almost 50 percent over the last ten years and there is no sign of this job growth slowing up any time soon young and old men and women people of all income levels are signing up for fitness classes and personal training sessions at an ever increasing rate with obesity being blamed for many of the health problems that people face today thousands of people throughout the nation are determined to shed their extra weight these people are turning to personal trainers to assist them in reaching that goal reality television shows like the biggest loser have proven that no matter how overweight people are they can

slim down and learn how to stay fit with the aid of a knowledgeable personal trainer those who are already in good physical shape and want to stay that way also pay personal trainers to fine tune their exercise routines and provide expertise on the latest fitness trends athletes dancers rock singers actors and others whose professional careers rely on being in shape retain personal trainers to keep them in peak form corporations bring in personal trainers to help top executives stay at their physical best today more than ever before the emphasis is maintaining good health by exercising and eating properly and personal trainers can provide valuable insights in both these areas fitness is a service industry every client is different every client needs an individualized exercise program being a personal trainer is not a job that can be taken over by automation or outsourced to another country this is work that needs to be done face to face and your clients come to rely on your services you become an important part of their weekly routine and you tweak their fitness programs as they go through life outstanding personal trainers can keep their clients for many years when your clients look and feel good you are rewarded the job takes discipline and dedication personal trainers have to stay focused and must keep their clients motivated you are working with people one on one you are in charge of their exercise regimens and that makes being a personal trainer a results oriented job whether they love to exercise or don't your clients want to look in the mirror and be happy with what they see if they aren't they may not continue working out with you successful personal trainers don't let their clients slack off that means pushing clients to reach new fitness goals during every workout session even though there are going to be days they just don't want to exercise each time you take on a client you are putting your reputation on the line with every success the demand for your services grows along with increased earnings this careers report contains a wealth of unbiased information about an occupational field based on direct interviews with reliable experts careers reports cover attractive and unattractive sides opportunities education necessary personal qualifications required earnings descriptions of different job specialties first person accounts by those in the field and how to get started including practical advice on what to do now there are links to schools and colleges associations periodicals and other sources of useful information careers reports are the results of impartial research that will give you answers for today and tomorrow careers reports will help you choose the work which will fulfill your life and reward your expectations you may not know what you want to do even what there is to do there never was a time when selecting a career was more important or more baffling

strongarm your way into the fitness industry interested in becoming a personal trainer becoming a personal trainer for dummies is obviously the book you need even if you know nothing about this career path and industry this book will guide you through the basics and take you all the way through certification and getting your first job we're here to enlighten you on what's involved in a personal training career and teach you

everything you need to know to become certified this updated edition covers current information on topics like social media wearable technology outdoor and virtual training and newer workouts like crossfit active aging and more learn what it s like to be a personal trainer and discover if this career is for you distinguish the different types of personal training get the latest on wearable technology and other tricks of the trade know what to expect when getting your certification and searching for jobs or clients authored by a longtime fit pro who knows personal training inside and out becoming a personal trainer for dummies shares expert insights in a fun digestible way

whether you are considering a career as a personal trainer or searching for ways to increase revenue and gain new clients for your existing business you ll find the business of personal training to be an indispensable reference written by some of the most successful personal trainers in the country this book provides the foundation for building your personal training business the business of personal training discusses not only how to build a solid business but also how to be an effective trainer after an outline of the history of the profession and the qualifications needed to be a personal trainer the book explains how to develop a mission statement and business plan create strategic and creative marketing plans establish prices for services hire and train staff members improve client trainer communication motivate clients and help them set goals and design appropriate exercise programs nineteen sample forms make it easy for you to put the ideas presented into practice learn from veteran personal trainers what it takes to succeed the practical advice provided in the business of personal training is valuable for new and established trainers as well as for health and fitness administrators who supervise personal trainers

exercise personal training 101 provides a message of empowerment for personal trainers who believe in the holistic development of their clients the key philosophy of the book is to help personal trainers of exercise to empower their clients with good problem solving and decision making skills concerning their health and well being good personal trainers become great personal trainers when they practise help with their clients and help them to become better problem solvers and decision makers rather than telling them what to do by offering sound and scientifically based information that is personalised and appropriate personal exercise training books that address associated issues of the profession are rare and not easily available many personal trainers are self taught do not have the required qualifications and are motivated by the amount of money that they can make rather than the health and well being of clients readers will learn what makes a good personal trainer and those who are in the profession can benefit by equipping themselves with the knowledge skills and attitudes that will make them a great exercise personal trainer excellent personal trainers can be lifestyle and wellness coaches who are renowned for their great listening skills and high emotional quotient they exceed client expectations at every opportunity special features in the book include concept

statements strategies for action technology updates in the news key points and technical jargon web resources and follow up references the book is a must read whether you are starting out in personal training or you are an experienced personal trainer

from marketing and sales to budgets staffing and clientele issues the business of personal training walks you through the business based side of personal training while teaching you the valuable skills you ll need to start build and grow your business

nsca s essentials of personal training third edition with hkpropel access is the definitive resource for personal trainers health and fitness instructors and other fitness professionals it is also the primary preparation source for those taking the nsca cpt exam

presents individually tailored training programs and customized fitness workouts designed to maximize workout goals shed pounds and add muscle increase endurance and stay motivated chapters are organized in sections on training essentials and components training programs and training targets includes bandw photos assessment forms and planning sheets the author is a certified personal trainer and is fitness training director at snowcreek resort and athletic club annotation copyrighted by book news inc portland or

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Introduction

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