

Technogym Treadmill Manuals

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ESSA's Student Manual for Exercise Prescription, Delivery and Adherence- eBook
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Advanced Concepts of Personal Training Lab Manual
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new static and dynamic posture practical new test accuracy reliability and validity practical new activities reflecting recent advances in the field increased focus on the interpretation feedback and discussion of the data collected during the assessment with the participant

endorsed by exercise sports science australia essa essa is a professional organisation which is committed to establishing promoting and defending the career paths of tertiary trained exercise and sports science practitioners s essa s student manual for exercise prescription delivery and adherence is a unique text that covers not only how to write and deliver exercise programs but also how to support and enable people to stick to them for better health and wellbeing expert academic authors jeff coombes nicola burton and emma beckman have precisely mapped the contents to australian essential professional standards making this text suitable for students of all essa accredited degree and postgraduate courses wanting to gain accreditation in exercise science and exercise physiology the text combines theory and practical exercises to boost competency and confidence it covers everything students need to know from required foundational knowledge of biomechanics functional anatomy physiology and associated psychology and how to apply that to create deliver and support safe and effective exercise current exercise physical activity guidelines including for weight loss young children and adolescents pregnancy and older individuals contemporary approaches to exercise prescription e g use of autoregulation and repetitions in reserve to prescribe resistance training comprehensive step by step suite of exercises for all body parts practical activities to understand and experience high intensity interval training evidence based behaviour change frameworks to understand and promote exercise adherence with accompanying practical activities relevant to essa accreditation standards for exercise scientists sport scientists and exercise physiologists in australia includes an ebook with purchase of the print book

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