

# Afaa Personal Training Theory And Practice

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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

fundamental personal training is a full colored textbook focused on teaching personal trainers the needed skill of body recomposition this educational manual is backed by science and complemented with years of training experience in the gym trenches this book strips everything down to its fundamental form where theory and practice merge so the personal trainer can properly apply their craft and achieve superior results with clients supported by research this manual has over 1000 references littered throughout to ensure the accuracy and thorough examination of exercise science and its application this manual offers adapted graphs and images to make learning easier application and critical thinking boxes to help think and form conclusions qr codes that

give access to important documents to help your personal training career innovative program design guide pst model to help clients achieve their goals over 1000 references cited in the text and provided at the end of every chapter a full glossary to utilize as a quick resource fundamental personal training is a comprehensive thorough text that will force the trainer to think question learn and rationally apply exercise and nutrition on their clients therefore the intent with this manual is to improve the personal training industry as a whole and to create a higher standard more qualified personal trainer

have you ever been frustrated by a client who didn t seem to progress off a plateau are you uncertain how to train clients with special needs does it seem like you re giving the same exercise routine in the same order to every client and having trouble retaining those clients with 11 years experience training clients and a masters degree in exercise physiology douglas brooks can help in his own practice he learned how to build the bridge between science and the needs of each client from older adult to athlete and in this book he shares that knowledge with you you ll learn the science behind the programming how to completely customize a program for each new client case studies client examples and charts throughout the text help you apply the information immediately have a quick question use the quick index and key points to find the answer whether you re just starting out or an experienced trainer program design for personal trainers is a valuable addition to your library from back cover

fitness training this new book presents the continued evolution of functional training ten sections present everything a strength coach or personal trainer may need to understand modern training theory boyle updates the reader on the current thinking in core training back pain and on how the hip musculature works further material on cardiovascular training and what has worked for the athletes training in his facility continues the journey in the second half of the book the author discusses training strategies including exercises equipment and tools in use on the gym floor how he develops speed and a section on his single leg training methods finally he puts the entire package together with program design covering the basic objectives of a sound program and showing you exactly which programs to use in a variety of circumstances

a comprehensive fitness resource for instructors trainers or enthusiasts bringing together 64 recognized authors leaders in the field of fitness instruction expands research from the laboratory to the fitness studio with new thinking on energy metabolism fat burning strength training sports nutrition injury prevention ph d richard keelor states this book is a great resource for all types of fitness endeavors fun to browse through loaded with valid findings the latest high powered techniques fitness theory practice expands the definition of fitness to include exciting new research on step aerobics funk slide aqua workouts mind body wellness plus it addresses nutrition essentials safety concerns weight management more also includes exercise for special populations such as youth pregnant women seniors blind deaf wheelchair exercisers there are also sections on fitness marketing management authors contributing to the text include ph d exercise scientists physical therapists personal trainers certified instructors registered nurses fitness directors medical doctors

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discusses the philosophy of science the need for research specifically focused on gestalt therapy and the critical realism and natural attitude found in both research and gestalt praxis this book provides discussions of qualitative and quantitative research and describes the methods of gestalt therapy as based in a unified theory

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