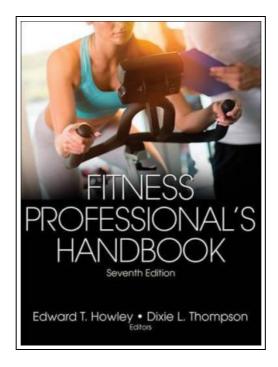
# Fitness Professional s Handbook 7th Edition With Web Resource (Hardback)



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## Reviews

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(Ms. Kirstin O'Kon)

### FITNESS PROFESSIONAL S HANDBOOK 7TH EDITION WITH WEB RESOURCE (HARDBACK)



Human Kinetics Publishers, United States, 2016. Hardback. Condition: New. 7th edition. Language: English. Brand New Book. Fitness Professional s Handbook, Seventh Edition With Web Resource, provides current and future fitness professionals with the knowledge to screen participants, conduct standardized fitness tests, evaluate the major components of fitness, and prescribe appropriate exercise. The fully updated text uses the latest standards, guidelines, and research from authorities in the field to prepare readers for certification and arm them with the knowledge to work with a variety of clients and populations. This full-color text incorporates information from the 10th edition of ACSM's Guidelines for Exercise Testing and Prescription and the Physical Activity Guidelines for Americans exercise and physical activity recommendations for adults, older adults, children, and those with special needs. The text embraces the importance of communication between allied health and medical professionals with those in the fitness arena to provide readers with a foundation for prescribing exercise and delivering need- and goal-specific physical activity and fitness programs. Every chapter has been updated, allowing readers to explore the newest theories and research findings and apply them to real-world situations. The following are among the most significant changes to the seventh edition: - An online video library containing 24 video clips help readers better apply key techniques covered in the book - A web resource containing biannual industry updates and references and fillable forms provides a useful tool for students to use beyond the classroom - A new chapter, Training for Performance, helps professionals expand their practice to work with recreational athletes who have performance-related goals - New information, including the consequences of exercise-induced muscle damage (rhabdomyolysis), devices used to track physical activity and estimate energy expenditure (e.g., accelerometers), relative flexibility and the



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