



Fitness Professionals Handbook

By -

Human Kinetics Publishers. Hardcover. Book Condition: New. Hardcover. 608 pages. Dimensions: 11.0in. x 8.8in. x 1.2in. Fitness Professionals Handbook, Sixth Edition, meets the demands of the evolving fitness profession with a fully updated text based on the latest standards, guidelines, and research from the authorities in the field. With the expanded scope on the study of physical activity and its relevance to fitness, numerous ancillaries, and material that reflects the American College of Sports Medicine (ACSM) guidelines, this text will allow both students and professionals to stay abreast of the latest research and information in the field. This full-color text serves as an essential resource for those seeking professional certification and an invaluable reference for those already certified and striving to stay informed amid ongoing advances in research. It incorporates information from the Physical Activity Guidelines for Americans, the eighth edition of ACSM's Guidelines for Exercise Testing and Prescription, and the American Health Association on exercise and physical activity recommendations for adults, older adults, children, and those with special needs. 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...



READ ONLINE
[4.42 MB]

Reviews

Very good eBook and valuable one. This is for anyone who states that there was not a worth reading. You will not truly feel monotony at any time of your own time (that's what catalogs are for concerning if you question me).

-- **Ms. Ona Muller**

Excellent eBook and beneficial one. It is amongst the most amazing pdf I actually have studied. Your daily life period will likely be converted when you fully look at this pdf.

-- **Janelle Kub PhD**

You May Also Like



Multiple Streams of Internet Income

Wiley. Hardcover. Book Condition: New. Hardcover. 279 pages. Dimensions: 9.3in. x 6.2in. x 1.2in. Praise for MULTIPLE STREAMS OF INTERNET INCOME If ever the world needed some help to succeed on the Internet, this is the moment. Robert Allens new book is just in...



The Mystery in Chocolate Town Hershey, Pennsylvania Carole Marsh Mysteries Teachers Guide

Gallopade International. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 11.0in. x 8.2in. x 0.1in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in. Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...