



Fitness Professional's Handbook-6th Edition

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Fitness Professional's 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 sixth edition:

- Expanded case studies to ensure that every chapter includes practical learning experiences for readers
- Addition of the Progressive Aerobic Cardiovascular Endurance Run (PACER) designed to measure aerobic capacity
- Updates based on the most recent dietary guidelines and current standards for nutrient intake, including information on USDA meal patterns (My Plate), the DASH diet, and Mediterranean diet patterns
- New sections on how physical activity is measured and how to use the compendium of physical activities to calculate energy expenditure
- Introduction to the Exercise Is Medicine program of the American College of Sports Medicine and the American Medical Association, a global initiative to make physical activity and exercise a standard part of disease prevention and treatment
- Inclusion of some of the newest ACSM position statements, including strategies for weight loss and prevention of weight gain, the female athlete triad, and exercise testing and prescription for those with diabetes
- A new chapter on legal considerations that provides a basic understanding of the legal system as it relates to the fitness profession and describes why it is essential that fitness professionals develop their knowledge in the area of legal liability and risk management

With this text, students with little or no background in fitness testing and prescription will learn to screen participants, carry out standardized fitness tests to evaluate major components of fitness, and write appropriate fitness prescriptions. They will also learn how to apply this information to special populations, including children, older adults, women, and those with chronic disease (such as hypertension) or a specific condition (such as pregnancy). To aid readers in comprehension, the text retains the best features of previous editions, such as reproducible forms, key points, sidebars, questions and answers to case studies, key terms and glossary, and extensive references. Instructors will find an array of ancillaries to assist in teaching their courses, and the text's attention to detail regarding the most common fitness tests allows it to be seamlessly integrated into lab experiences associated with fitness assessment.

Fitness Professional's Handbook, Sixth Edition, provides comprehensive information on the fundamentals of

fitness, exercise physiology, and biomechanics. Readers will better understand the role of physical activity in the quality of life and guidelines for screening, testing, supervising, and modifying activity for various populations. As such, it is a useful text for students and a valuable reference for practitioners.

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From reader reviews:

James Donovan:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their friends. Usually they carrying out activity like watching television, gonna beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the publication untitled Fitness Professional's Handbook-6th Edition can be good book to read. May be it might be best activity to you.

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In this period of time globalization it is important to someone to obtain information. The information will make anyone to understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The actual book that recommended for your requirements is Fitness Professional's Handbook-6th Edition this guide consist a lot of the information with the condition of this world now. This kind of book was represented how does the world has grown up. The words styles that writer require to explain it is easy to understand. Typically the writer made some investigation when he makes this book. This is why this book suitable all of you.

Alfred Gates:

Within this era which is the greater man or who has ability in doing something more are more valuable than other. Do you want to become one of it? It is just simple way to have that. What you must do is just spending your time not much but quite enough to experience a look at some books. One of many books in the top checklist in your reading list will be Fitness Professional's Handbook-6th Edition. This book which is qualified as The Hungry Hillside can get you closer in turning out to be precious person. By looking way up and review this book you can get many advantages.

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