



ACE personal trainer manual.

Green, Daniel J.,
editor

Problems and Exercises examination study guides. exercise books.
Problems and exercises. Study guides. Study guides. Problems and
exercises. Guides de l'étudiant. Problèmes et exercices.

Monografía

Designed to be used alongside the manual, most often for candidates preparing for their ACE Personal Trainer Certification Exam. The text highlights key concepts in each chapter and offers multiple-choice practice questions that are helpful during the study process -- Provided by the publisher

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhemF0ei5yZW4vMzY4ODcyMDE>

Título: ACE personal trainer manual. Study companion American Council on Exercise ; Project editor Daniel J Green

Edición: Fifth edition

Editorial: San Diego, California American Council on Exercise 2014 2014

Descripción física: 1 online resource (iv, 122 pages illustrations)

Contenido: Role and scope of practice for the personal trainer -- Principles of motivation and adherence -- Communication and teaching techniques -- Basics of behavioral change and health psychology -- Understanding the ACE integrated fitness training model -- Building rapport and the initial investigation stage -- Functional assessments : posture, movement, core, balance, and flexibility -- Physiological assessments -- Functional programming for stability-mobility and movement -- Resistance training : programming and progressions -- Cardiorespiratory training : programming and progressions -- The ACE integrated fitness training model in practice -- Mind-body exercise -- Exercise and special populations -- Common musculoskeletal injuries and implications for exercise -- Emergency procedures -- Legal guidelines and professional responsibilities -- Personal-training business fundamentals -- Certification information guide

ISBN: 9781890720513 1890720518

Materia: Personal trainers- Certification- Study guides Physical education and training- Study and teaching Physical fitness- Study and teaching Exercise- Study and teaching Éducation physique- Étude et enseignement Exercice- Étude et enseignement Exercice- Study and teaching. Personal trainers- Certification. Physical education and training- Study and teaching. Physical fitness- Study and teaching.

Autores: Green, Daniel J., editor

Entidades: American Council on Exercise. <https://id.oclc.org/worldcat/entity/E39QH7JmpW48MgKFKhwYrvxVdF>

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es