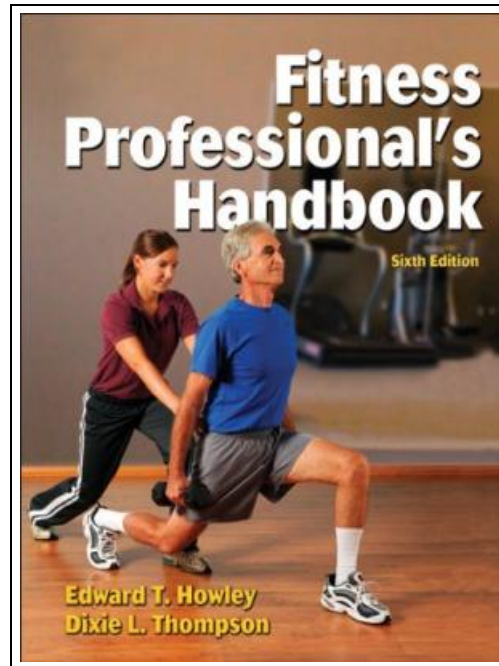


Fitness Professionals Handbook



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Reviews

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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 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...



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