



# **ACE Personal Trainer Manual, 4<sup>th</sup> edition**

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## **Chapter 1: Role and Scope of Practice for the Personal Trainer**

# Ace Pt Course Manual

**C. Jessie Jones, Debra J. Rose**



## **Ace Pt Course Manual:**

**ACE Personal Trainer Manual** American Council on Exercise, 2003 The ACE Personal Trainer Manual is an essential study tool for the ACE Personal Trainer Certification Exam and an excellent fitness and exercise resource students will use throughout their health and fitness careers This Third Edition reflects the latest research findings and industry guidelines in the field of health and fitness Revised and updated by the original authors and enhanced by the addition of a new chapter on health behavior and psychology this text covers every aspect of personal training from anatomy and physiology to injury prevention and legal issues *Body Mechanics - Beginner's Guide to Fitness* Mark R. Hailey, 2009-11 For many people the thought of getting into shape or just the act of exercising for that matter is like throwing a speeding locomotive into reverse An enormous amount of energy has to come to a loud grinding halt in a short period of time and then slowly begin to move in the opposite direction Getting into shape biologically is a relatively easy process the hard part more often than not is simply getting started Being physically fit takes commitment discipline concentration and an overall desire to succeed Making the commitment to physical fitness in many ways presents a greater challenge than the weights and workout routines that will follow and in the beginning many people make the mistake of training too hard and too fast causing soreness frustration and discouragement Walking blindly into a gym and grabbing a piece of equipment in the hopes that something will happen will never work To achieve your fitness goals you need to plan your work and work your plan *Body Mechanics Beginner's Guide to Fitness* helps you create that plan by helping you understand your body and the changes beginning an exercise program will play upon it *Body Mechanics Beginner's Guide to Fitness* covers the importance of making a commitment to exercise and what results you can expect in the first month How to keep up your motivation and develop a fitness program that is right for you Understanding the importance of weight training and cardiovascular training and how to get the maximum benefits of both Knowing the muscles in the human body and detailed instructions on performing different exercises to work each one employing proper form to achieve maximum results Changing one's lifestyle is never easy especially when food schedules and physical exertion are involved *Body Mechanics Beginner's Guide to Fitness* helps ease you into the world of physical fitness Taking your new exercise program one step at a time helps to condition your body to respond positively to the exciting changes that will come

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**Fitness Mosaics** Mark R. Hailey, 2011-11-20 Mark R. Hailey's collection of magazine and blog articles comes together in one book entitled *Fitness Mosaics*. Mark takes a unique, entertaining and informative approach to a number of health and fitness topics. You get a better understanding of metabolism when he compares the inner workings of the human body to the inner workings of a car. You discover your inner Cro-Magnon by understanding through evolution that you are genetically programmed to succeed in fitness. While on a trip to visit a friend in Riga, Latvia, he writes about Eastern European fitness habits and how they practice what we preach. He talks about stumbling into the world of Yoga and writes a for men only article on how they too can reap the benefits of Yoga while keeping their male egos intact. These and other articles give you a better perspective on fitness and help empower you to make the changes you desire. Like the title indicates, *Fitness Mosaics* is a compilation of articles that creates an overall fitness picture.

**Train at Home to Work at Home** Michelle McGarry, 2003-07 Begin a Work at Home Career with the Training and Education You Need. *Train at Home to Work at Home*. This unique guide provides comprehensive resources on more than 200 distance learning programs that can teach you 27 of the most popular and profitable work at home careers. Distance learning programs have exploded in the last few years; courses are now available online via e-mail, via teleclass, through the mail, on audiotape, on videotape and even on CD-ROM. You can learn graphic design at UCLA, professional writing at Washington State University, life coaching at CoachU Web site.

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