



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

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

### **Introduction**

- The human body responds to the stress of physical movement with improved fitness and health.
- *2008 Physical Activity Guidelines for Americans* (U.S. Department of Health & Human Services)
  - Regular physical activity reduces the risk of many adverse health outcomes.
  - For most health outcomes, additional benefits occur as the amount of physical activity increases.
  - Most health benefits occur with at least 150 minutes a week of moderate-intensity physical activity, such as brisk walking.
  - Both aerobic and muscle-strengthening activity are beneficial.
  - Health benefits occur across all population groups.
  - The health benefits of physical activity occur for people with disabilities.
  - The benefits of physical activity far outweigh the possibility of adverse outcomes.

# Ace Personal Trainer Manual Set 4th Edition

**Jicheng Xie**



## **Ace Personal Trainer Manual Set 4th Edition:**

**Methods of Group Exercise Instruction-3rd Edition** Carol Kennedy-Armbruster, Mary Yoke ,2014-02-12 Based on industry standards and guidelines this text highlights a variety of group exercise formats through training principles correction and progression techniques and safety to enhance the skills of group exercise leaders *Methods of Group Exercise Instruction* Carol K. Armbruster, Mary M. Yoke, 2014-01-30 Formats modalities and trends in group exercise are constantly evolving *Methods of Group Exercise Instruction Third Edition With Online Video* explores the most common group exercise modalities enhancing readers marketability by giving them the skills to lead dynamic safe and effective classes This text highlights the commonalities of a variety of group exercise formats through training principles correction and progression techniques and safety tips to enhance the skills of both group exercise leaders and program directors *Methods of Group Exercise Instruction Third Edition* moves from theory to practice in a logical progression Rather than simply providing routines this book helps instructors develop the core skills needed for creating routines use proper cueing and adapt their teaching to new modalities Teaching techniques convey appropriate training for each muscle group and methods for warm up cardiorespiratory training muscular conditioning neuromotor training and flexibility In addition starter routines modification strategies and instructor assessment criteria are presented for seven class formats kickboxing step training stationary indoor cycling sport conditioning and boot camp water exercise yoga and mat based Pilates The text also touches on alternative modalities including dance based classes fusion and mind body training Thoroughly revised and reorganized based on industry standards the third edition of *Methods of Group Exercise Instruction* offers expanded content to help readers become better instructors Updates to the third edition include the following Online video totaling over 100 minutes demonstrates key content in the text New chapters cover social aspects of group exercise coaching based instructional models and neuromotor and functional training Callout boxes highlight important topics research findings technique and safety checks and practice drills which facilitate quick learning Short assignments at the close of each chapter encourage readers to look beyond the text to gain practical experience Evaluation forms and evaluation key points allow instructors to gauge their teaching success and adapt the key criteria of a successful class to each exercise modality The three part structure of this book is retained from the previous edition but the content is reorganized to better reflect industry standards and guidelines Part I provides a general overview of group exercise the evolution and advantages of group exercise the strategies for creating group cohesion in a class the core concepts in class design and the use of music choreography and cueing methods in designing and leading a class Part II offers guidelines for leading the four major segments of a group exercise class warm up cardiorespiratory training muscular conditioning and exibility training and includes a new chapter on neuromotor and functional training These basic concepts pertain to all modalities covered in part III which focuses on practical teaching skills Basic moves choreography and training systems are covered for each type of class Sample routines

and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans The final chapter discusses customized or hybrid classes such as lifestyle physical activity based classes equipment based cardio classes and mind and body classes When used as a course text *Methods of Group Exercise Instruction Third Edition* includes instructor ancillaries which offer suggestions for effective use of the book and online video lesson plan outlines a sample week by week syllabus lab activities and test questions The third edition also features a newly added image bank containing all the figures and photos from the text to use in presentations

**Advanced Exercise Physiology** Ehrman, Jonathan K., Kerrigan, Dennis, Keteyian, Steven, 2018 Written by experts in the field *Advanced Exercise Physiology Essential Concepts and Applications* builds upon foundational topics and looks further into key physiological components to help advanced students gain a deeper level of understanding

*Injury Prevention for Fitness Instructors* IDEA Health & Fitness, 2001

*ACE Personal Trainer, Master the Manual* Richard J. Seibert, American Council on Exercise, 2003

*ACE Personal Trainer Master the Manual* Daniel J. Green, Cedric X. Bryant, American Council on Exercise, 2011

**Complementary Medicine in Clinical Practice** David Rakel, Nancy Faass, 2006 The resources in this book are offered to empower you with greater access to the therapies of complementary medicine those supported by research evidence and most widely accepted by physicians and consumers Expanding the continuum of care to include lifestyle and complementary therapies can provide additional tools to address the health concerns that challenge our patients

*Program Design for Personal Trainers*, 1993

*Subject Guide to Books in Print*, 1997

**Discover the Secret: Making Money as a Fitness Professional** Gervasio Da Gloria, 2011-11-28 If freedom is your goal don't lose sight of it Money management is the area that concerns fitness professionals the most and the area on which they focus the least It's the subject that causes the most distress There is no reason why you should have to work frantically all your life You can work smart work less and earn more money Discover the Secret Making money as a fitness professional offers an insight which will aid fitness professionals in creating a system that enables you to learn how to manage your money how to invest that money and how to make it work for you instead of you working for money This book covers many aspects of the business of personal trainers ranging from how to change your behaviour about money your money personality how to design an effective system so that you can earn money even when you are not working It also explores the benefits of become financial literate how set up your price and present it effectively determine how many sessions you need to sell in order to stay in business how much income tax do you pay as well as National insurance Contribution and much more

**Forthcoming Books** Rose Arny, 2001

**Developing Power** Nsca -National Strength & Conditioning Association, 2024-09-13 Written by the National Strength and Conditioning Association *Developing Power Second Edition* is the authoritative resource for increasing athletic power Coverage includes research based recommendations for power development assessment protocols step by step instructions for 84 exercises and sample training programs for 19 sports

*The Cumulative Book Index*, 1908 A world list of books in the English language

*The*

*Publishers' Trade List Annual* ,1981      **Books in Print** ,1991      *Job Hunter's Sourcebook* Kathleen E. Maki Potts,1999  
Identifies sources of want ads placement and referral services employer directories handbooks employment agencies and search firms for hundreds of professions from accountants to writers      Medical Books and Serials in Print ,1984

**Successful Water Fitness Programs** IDEA Health & Fitness,2001      **The Monthly Cumulative Book Index** ,1907

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