

Client-centered exercise prescription

Human Kinetics - Client Centered Exercise Prescription 3rd Edition With Web Resource PDF Book



Description: -

- Personal trainers
- Physical fitness
- Exercise
- Exercise therapy

Client-centered exercise prescription

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Notes: Includes bibliographical references (p. 249-255) and index.

This edition was published in 1998



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Expansive information on exercise prescription for aging adults also offers specific exercise recommendations for this growing demographic. Using reliable field tests, nutrition guidelines, and applied exercise physiology concepts, both current and future professionals will be able to help clients adopt, enjoy, and maintain an active lifestyle. Each lab features the same easy-to-follow format outlining the purpose of the lab, materials required, background information, procedures, discussion questions, and references. In each chapter, key questions help readers focus on essential information.

[PDF] Advanced Fitness Assessment and Exercise Prescription ebook

Within the exercise prescription section, readers learn about the calculation of metabolic work, the three phases of exercise prescription, assessment of participants' goals, and gaining participants' commitment to the exercise prescription.

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Activity Counseling Model -Activity Counseling Model -Step 1: Establish Rapport -Step 2: Gather Information -Step 3: Work With Stages of Change -Step 4: Establish Strategies for Change Chapter 2. The text bridges the gap between research and practice and synthesizes concepts and theories from exercise physiology, kinesiology, measurement, psychology, and nutrition to provide a clearly defined approach to physical fitness testing and the design of individualized exercise programs.

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Exercise Prescription for Specific Injuries Plantar Fasciitis Achilles Tendinitis and Tendinosis Shin Splints Patellofemoral Syndrome Hamstring Strain Low Back Pain Rotator Cuff Tendinitis Lateral Epicondylitis Summary Chapter 12.

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The text begins with an introduction to testing, data analysis, and formulating conclusions.

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