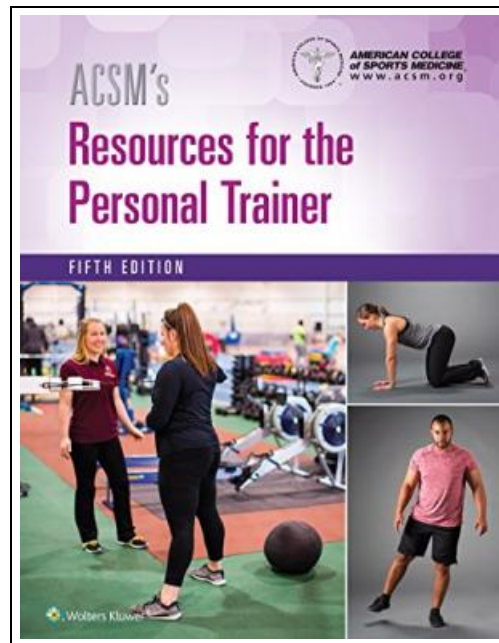


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Lippincott Williams and Wilkins, United States, 2017. Hardback. Condition: New. 5th edition. Language: English . Brand New Book. Published by the American College of Sports Medicine, this Fifth Edition of ACSM s Resources for the Personal Trainer is the critical content for those seeking to gain ACSM s Certified Personal Trainer certification, and those currently practicing. This title is now fully aligned to the tenth edition of ACSM s Guidelines for Exercise Testing and Prescription, and includes the new pre-participation guidelines, which will be critical for those in the personal trainer field. This title continues to recognize the Personal Trainer as a professional in the continuum of creating healthy lifestyles and provides the Personal Trainer with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients. ACSM s Resources for the Personal Trainer is the official preparation book for the ACSM Certified Personal TrainerSM examination. Divided into six distinctly different parts, ranging from an introduction to the profession of personal training to how to run a personal training business, ACSM s Resources for the Personal Trainer provides coverage of anatomy, exercise physiology, biomechanics, behavior modification, and nutrition as well as assessment of strength and flexibility and the development of resistance and cardiorespiratory training programs. The science- and evidence-based approach allows the Personal Trainer to transfer knowledge to their clients effectively.



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