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Fitness Professional's Handbook Edward T. Howley, Dixie L. Thompson, 2022-06-02 Fitness Professional's Handbook Seventh Edition With HKPropel Access provides current and future fitness professionals with the knowledge to screen participants, conduct standardized fitness tests, evaluate the major components of fitness, and prescribe appropriate exercise. The text uses the latest standards, guidelines, and research from authorities in the field to prepare readers for certification and arm them with the knowledge to work with a variety of clients and populations. This full-color text incorporates information from the 10th edition of ACSM's Guidelines for Exercise Testing and Prescription and the Physical Activity Guidelines for Americans exercise and physical activity recommendations for adults, older adults, children, and those with special needs. The text embraces the importance of communication between allied health and medical professionals with those in the fitness arena to provide readers with a foundation for prescribing exercise and delivering need and goal-specific physical activity and fitness programs. 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 seventh edition: Related online content delivered via HKPropel that includes an online video library containing 24 video clips to help readers better apply key techniques covered in the book, as well as fillable forms that students can use beyond the classroom. A new chapter, Training for Performance, helps professionals expand their practice to work with recreational athletes who have performance-related goals. New information including the consequences of exercise-induced muscle damage, rhabdomyolysis, devices used to track physical activity and estimate energy expenditure (e.g., accelerometers), relative flexibility, and the role of lumbopelvic rhythm in back function. The importance of progression in an exercise prescription and the professional standard of care associated with HIIT programs reflects recent topics of interest and research. Updated statistics on CVD and CHD from the American Heart Association, adult and childhood obesity, and the prevalence of COPD, asthma, bronchitis, and emphysema ensure accurate representation of data. With a comprehensive and practical approach, this text enables readers to help individuals, communities, and groups gain the benefits of regular physical activity in a positive

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Table of Contents Manual Fitness Workout

1. Understanding the eBook Manual Fitness Workout
 - The Rise of Digital Reading Manual Fitness Workout
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Fitness Workout
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Fitness Workout
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Fitness Workout
 - Personalized Recommendations
 - Manual Fitness Workout User Reviews and Ratings
 - Manual Fitness Workout and Bestseller Lists
5. Accessing Manual Fitness Workout Free and Paid eBooks
 - Manual Fitness Workout Public Domain eBooks
 - Manual Fitness Workout eBook Subscription Services
 - Manual Fitness Workout Budget-Friendly Options

6. Navigating Manual Fitness Workout eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Fitness Workout Compatibility with Devices
 - Manual Fitness Workout Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Fitness Workout
 - Highlighting and Note-Taking Manual Fitness Workout
 - Interactive Elements Manual Fitness Workout
8. Staying Engaged with Manual Fitness Workout
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Fitness Workout
9. Balancing eBooks and Physical Books Manual Fitness Workout
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Fitness Workout
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Manual Fitness Workout
 - Setting Reading Goals Manual Fitness Workout
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Manual Fitness Workout
 - Fact-Checking eBook Content of Manual Fitness Workout
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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