



Technogym Manuals

Curtis Wood

Technogym Manuals:

Europe Active's Foundations for Exercise Professionals EuropeActive, 2015-01-19 EuropeActive's Foundations for Exercise Professionals provides core knowledge and industry standards to help exercise professionals serve their clients. Endorsed by EuropeActive the continent's leading standard setting organisation in fitness and health this text is an authoritative guide for current and future exercise professionals and training providers in Europe. The book uses scientific foundations to cover concepts and hands on skills that promote best practices in exercise instruction and training. The content applies to all levels of the European Qualifications Framework EQF and associated job titles the only resource to do so and matches the core information for EQF levels 3 and 4. Thus this instructional guide ensures smooth movement and work transfers among employers educational institutions and countries in Europe. Written by renowned experts in exercise and sport sciences and framed in the European Register of Exercise Professionals Code of Ethical Practice for exercise professionals the text offers several practical features for readers. Easy to apply instruction accompanied by 88 full colour photos and 68 illustrations offer an ideal visual learning experience. Complete descriptions and images detail proper form for common free weight and machine resistance training exercises. Explanations and recommendations are included for the most popular cardiorespiratory exercise equipment. Official nutrition recommendations prepare professionals to address clients' concerns. The complete Code of Ethical Practice serves as a guide for all exercise professionals in Europe. EuropeActive's Foundations for Exercise Professionals begins by covering the bones joints muscles and cardiovascular system to ensure a proper understanding of the body's movement and physiology. Readers then learn the components of exercise theory and prescription including energy systems body composition resistance aerobic and flexibility training warm up and cool down and the principle of progression. The book helps professionals become role models in the industry with information on managing lifestyle through physical activity health nutrition hydration and safety. After gaining foundational knowledge readers will look closer at the role of the exercise professional starting with building rapport motivating screening and assessing clients. The final chapters discuss the basic aspects of training exercise technique using weight machines free weights and cardiorespiratory equipment. Both aspiring and qualified exercise professionals should keep abreast of foundational information about all areas of the health and fitness sector in order to properly serve the industry and their clients. EuropeActive's Foundations for Exercise Professionals is an ideal reference for promoting physical activity making lifestyles healthier and guiding clients toward their fitness goals.

Official Gazette of the United States Patent and Trademark Office, 2000 Trade-marks Journal, 2000 Australian Official Journal of Trade Marks, 2000-11-23

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