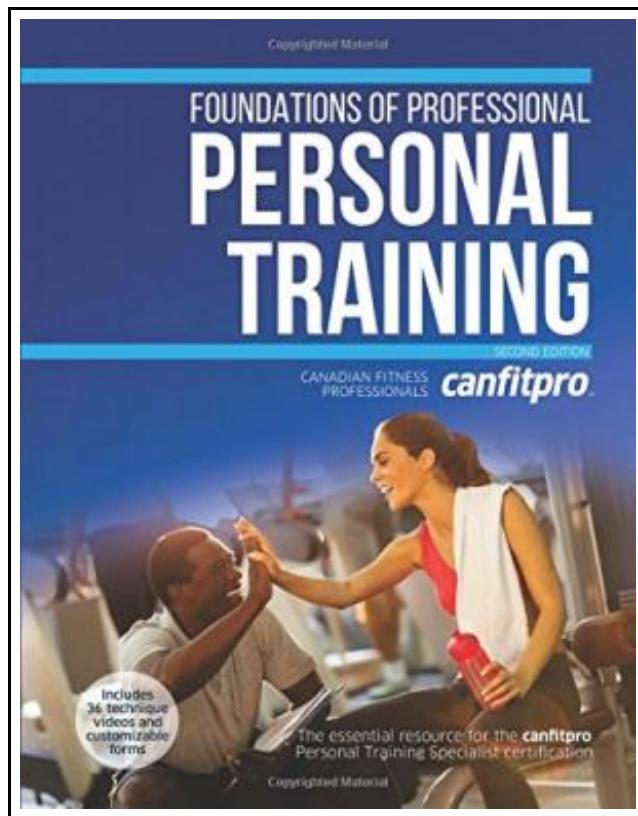


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Human Kinetics Publishers, United States, 2016. Paperback. Book Condition: New. 2nd. 210 x 150 mm. Language: English . Brand New Book. Foundations of Professional Personal Training, Second Edition With Web Resource, serves as a road map toward becoming a successful certified personal trainer. Developed and written by canfitpro, Canada's foremost education and certification provider for fitness professionals, this full-color edition of Foundations of Professional Personal Training contains information for building skills, increasing confidence, and preparing for the Personal Training Specialist (PTS) certification with canfitpro. Reorganized, redesigned, and extensively updated to match the canfitpro certification standards, this second edition includes colorful new artwork and all of the information needed for preparing for the PTS certification process. The second edition includes the following elements: - A new web resource with online video to demonstrate exercise and assessment techniques - New chapters on foundational movement sequences and dynamic assessments - Color-coded traffic light elements that highlight key information for practical application by indicating when to exercise caution (red), think critically (yellow), or put a concept into practice (green) - Three client case studies that are developed throughout the book for practice and application of concepts - Details about canfitpro's recommendations for optimal health, which integrates physical activity, nutrition, and mental well-being - Strategies for cultivating the personal trainer-client relationship - New information regarding exercise and back pain, myofascial slings and their relationship to flexibility, functional movement patterns, and postural assessment The book is divided into four easy-to-manage parts. Part I presents an overview of the fundamentals of personal training and the personal trainer-client relationship as well as recommendations for and components of optimal health. Part II explains the essentials of the human body, including chapters on bioenergetics, the cardiorespiratory system, skeletal and muscular anatomy, flexibility and mobility, and foundational movement. Part...



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