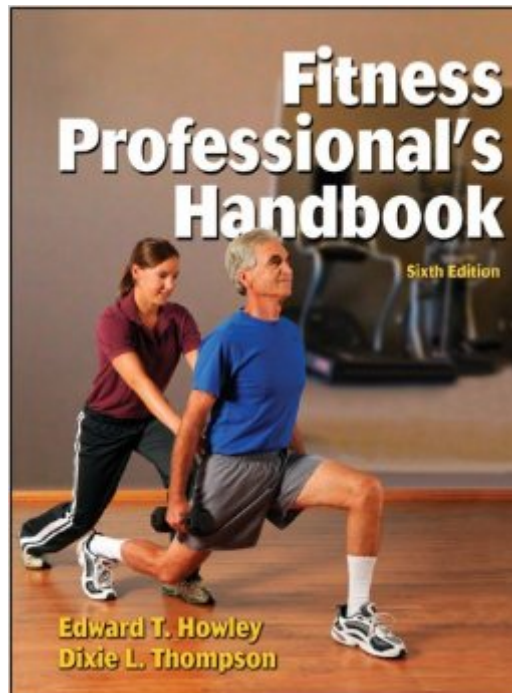


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# Fitness Professional's Handbook-6th Edition



## Synopsis

Fitness Professional<sup>TM</sup>'s Handbook, Sixth Edition, meets the demands of the evolving fitness profession with a fully updated text based on the latest standards, guidelines, and research from the authorities in the field. With the expanded scope on the study of physical activity and its relevance to fitness, numerous ancillaries, and material that reflects the American College of Sports Medicine (ACSM) guidelines, this text will allow both students and professionals to stay abreast of the latest research and information in the field. This full-color text serves as an essential resource for those seeking professional certification and an invaluable reference for those already certified and striving to stay informed amid ongoing advances in research. It incorporates information from the Physical Activity Guidelines for Americans, the eighth edition of ACSM<sup>TM</sup>'s Guidelines for Exercise Testing and Prescription, and the American Health Association on exercise and physical activity recommendations for adults, older adults, children, and those with special needs. 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 sixth edition:

- Expanded case studies to ensure that every chapter includes practical learning experiences for readers
- Addition of the Progressive Aerobic Cardiovascular Endurance Run (PACER) designed to measure aerobic capacity
- Updates based on the most recent dietary guidelines and current standards for nutrient intake, including information on USDA meal patterns (My Plate), the DASH diet, and Mediterranean diet patterns
- New sections on how physical activity is measured and how to use the compendium of physical activities to calculate energy expenditure
- Introduction to the Exercise Is Medicine program of the American College of Sports Medicine and the American Medical Association, a global initiative to make physical activity and exercise a standard part of disease prevention and treatment
- Inclusion of some of the newest ACSM position statements, including strategies for weight loss and prevention of weight gain, the female athlete triad, and exercise testing and prescription for those with diabetes
- A new chapter on legal considerations that provides a basic understanding of the legal system as it relates to the fitness profession and describes why it is essential that fitness professionals develop their knowledge in the area of legal liability and risk management

With this text, students with little or no background in fitness testing and prescription will learn to screen participants, carry out standardized fitness tests to evaluate major components of fitness, and write appropriate fitness prescriptions. They will also learn how to apply this information to special populations, including children, older adults, women, and those with chronic disease (such as hypertension) or a specific condition (such as pregnancy). To aid readers in comprehension, the text retains the best features

of previous editions, such as reproducible forms, key points, sidebars, questions and answers to case studies, key terms and glossary, and extensive references. Instructors will find an array of ancillaries to assist in teaching their courses, and the text's attention to detail regarding the most common fitness tests allows it to be seamlessly integrated into lab experiences associated with fitness assessment. Fitness Professional's Handbook, Sixth Edition, provides comprehensive information on the fundamentals of fitness, exercise physiology, and biomechanics. Readers will better understand the role of physical activity in the quality of life and guidelines for screening, testing, supervising, and modifying activity for various populations. As such, it is a useful text for students and a valuable reference for practitioners. v

## Book Information

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## Customer Reviews

I took a WITS personal fitness trainer class this fall and this text was a required purchase and required reading. Much of the information in this text is outdated and will never be used by anyone. This text book is very poorly organized and truly painful to read. We never once opened the book in class. Instead we were given a workbook that kind of followed the text book but left huge sections of the text book alone. I think WITS knows the book is a bust but still needs it because they don't have anything else to teach the class with. My advice to WITS. Have someone with some editing skill redo the book and get rid of all the junk. Then they might end up with a good 7th Edition. The book would be about half the size, be readable and contain information the student could relate to, understand and use. Isn't that the purpose of a textbook anyway.

I purchased the Fitness Professionals Handbook 6th Edition for a Personal Trainer Certification course. It was mandatory. I was determined to dislike this book before I even opened it. Before the class started I opened it to chapter nine. It was about the vertebrae. I was fascinated and hooked. The class went well and the text was helpful in many ways. I have to say that much of it was beyond my level but I persevered and made the best of it. I can see this book becoming more valuable to me as my training career develops.

I was an instructor for a personal training course for which this book was required. It is hands down the worst text I have read so far in my professional career as a personal trainer/fitness professional as well throughout my education (I hold a B.S. & M.S. in Exercise and Sports Science). The authors of this book attempted to cram one entire semester of exercise physiology into one chapter of this book. To say the least, it's unreasonable to expect anyone without a formal education in the fitness field to understand even 10% of it! The other chapters aren't any better. There is no mention of anatomy, I've missed listing individual muscles, the importance of muscular balance, how to determine imbalances and how to correct them. I would not recommend this book to be used for a personal training course. I would rather teach without a text than to use this one again. If I could give less than 1 star I would give it a negative score.

I am an exercise science undergraduate student, and I find this book to be a fine choice for my current class in fitness evaluation and exercise prescription. I disagree with the other negative reviews about the book's content. But that is not why I am writing this review. I am writing to warn fellow customers about the Kindle edition. I purchased the Kindle edition, and as far as I can tell most or all of the charts and graphs have been omitted. This is a big problem for a science-based book. At first I thought I could deal with the lack of charts and graphs, since I thought all the regular text was available to me. Not so. While trying to read Chapter 11 today, I came across so many omitted words and characters that I was unable to understand the text. I am now trying to get a refund from (when I purchased my Kindle edition it was \$45.99), or a replacement in the form of a print edition. This is a very inconvenient time for this to happen to me because I have an exam in less than a week over the material I cannot read. I usually love , but I am not happy with this kindle book at all! I also know that giving this book one star for kindle edition problems is not the most appropriate in this review forum, but I'm not sure where else to put it, or how else to warn other customers that it is defective. I wish had a separate place to review kindle book functionality, so I wouldn't have to lump this in with all the book content reviews.

If you ever want to torture an enemy slowly to their breaking point, lock them in a room and force them to read this book. I was forced to buy this piece of crap for a college class, and I hate everything about it. It is by far the worst textbook I've ever owned. The information in this book is presented in such a disorganized and confusing way that it actually made me get dumber by reading it. Simple information you need to know and key concepts are buried within tons of useless fluff and scientific rhetoric. The only person who would find anything useful in this book is a lonely researcher holed up in some secret government lab in the mountains with nothing else to do but conduct countless VO2 MAX tests on helpless victims. I will enjoy burning this hideous piece of crap in my fireplace at the end of the semester. Oh, wait -- it's not even worthy of such a graceful ending! Maybe I'll just throw it down a Porta-John and let the raw sewage and bio enzymes slowly break it back down into the brown slop it originally came from. That's a fitting end to this piece of crap.

This book is very informative. I bought it for my personal trainer class and I am loving it. it provides excellent resources and links where you can find more information. I am loving it! Thanks for having this book cheaper than the other websites.

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