

1. Record Nr.	UNINA9910150345503321
Titolo	Advanced personal training : science to practice // edited by Paul Hough and Simon Penn
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 2017
ISBN	0-367-46211-7 1-315-68429-2
Descrizione fisica	1 online resource (257 pages) : illustrations
Altri autori (Persone)	HoughPaul <1974-> PennSimon
Disciplina	613.7/11
Soggetti	Personal trainers Physical education and training Physical fitness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	1. Introduction / Paul Hough -- 2. The components of fitness / Simon Penn and Nicola Brown -- 3. Pre-exercise health screening / Paul Draper -- 4. Lifestyle assessment and behaviour change / John Downey -- 5. Nutrition / John Downey -- 6. Fitness assessment / Simon Penn and Nicola Brown -- 7. Fundamental principles of training / Paul Hough -- 8. Training session design / Paul Hough -- 9. Long-term training programme design (periodisation) / Paul Hough -- 10. Warm-up/movement preparation / Paul Draper -- 11. Cardiorespiratory fitness training / Paul Hough -- 12. High-intensity interval training / Paul Hough -- 13. Resistance training / Paul Hough -- 14. Postural and core training / Simon Penn -- 15. Cool-down / Simon Penn -- 16 Recovery from training / Jessica Hill.
Sommario/riassunto	Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence. This is the first comprehensive fitness instruction and training programme design resource to explore the evidence-base of effective programme design, drawing on cutting-edge scientific research to identify optimum

training methods and dispel some common myths around fitness training. Putting clients' training goals at the centre of the process by focusing on their most common objectives - such as improving general health, enhancing cardiorespiratory fitness, decreasing body fat and increasing muscle mass - this book helps the reader develop a better understanding of the physiological principles at the core of successful programme design. Simple to navigate and full of helpful features - including applied case studies, example training programmes and guides to further reading - it covers a variety of key topics such as: pre-exercise health screening lifestyle and fitness assessment nutrition cardiorespiratory (endurance), resistance and core training recovery from exercise. An essential text for fitness instructors, personal trainers and sport and exercise students, this book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.
