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Titolo	The complete guide to teaching exercise to special populations / / Morc Coulson
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ISBN	1-4081-9621-2
Descrizione fisica	1 online resource (vi, 246 p.) : ill
Collana	Complete guide series
Disciplina	613.71
Soggetti	Physical education and training Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Title page -- Table of Contents -- Foreword -- Introduction -- Appendix 1: Physical Activity Readiness Questionnaire (PAR-Q) -- Appendix 2: Typical Informed Consent Form -- Appendix 3: Percentage of Maximum Heart Rate (%HRMAX) -- Appendix 4: Rate of Perceived Exertion (RPE) -- Appendix 5: Repetition Maximum (RM) -- Chapter 1 Physical activity and health -- Chapter 2 Obesity -- Chapter 3 Diabetes mellitus -- Chapter 4 Chronic obstructive pulmonary disease (COPD) -- Chapter 5 Asthma -- Chapter 6 Hypertension -- Chapter 7 Hyperlipidaemia -- Chapter 8 Arthritis -- Chapter 9 Osteoporosis -- Chapter 10 Parkinson's disease -- Chapter 11 Multiple sclerosis -- Chapter 12 Cardiovascular disease (CVD) -- Chapter 13 Stroke -- Chapter 14 Younger age -- Chapter 15 Older adults -- Appendix 1 -- Chapter 16 Disability and inclusion -- Chapter 17 Ante- and postnatal -- Chapter 18 Associated medication -- Glossary -- Acknowledgements -- eCopyright.
Sommario/riassunto	This guide presents a vital resource for fitness professionals who prescribe exercise to people categorised as belonging to a special group. It covers the condition, diagnosis, treatment and practical tips for designing activity programmes around their needs.