

1. Record Nr.	UNINA9910807013203321
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Titolo	Training disabled people / / Sara Wicebloom
Pubbl/distr/stampa	London : , : Bloomsbury, , 2014
ISBN	1-4081-0760-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (162 pages) : illustrations
Disciplina	613.7087
Soggetti	Physical fitness for people with disabilities - Study and teaching
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>Training Disabled People is the only book to provide fitness professionals with detailed guidance on working with disabled clients. The book is written to the National Standards, so provides the reader with everything they need to know in order to gain qualification and be able to work safely and effectively with disabled clients. Training disabled clients is currently the most in-demand course at many of the fitness industry training centres - they are struggling to keep up with demand. This follows legislation and Government initiatives designed to improve access to fitness centres for disabled people and to encourage them to take part in regular exercise. The book covers a range of areas, including: medical conditions and how to research them programming and instruction skills pre-exercise checks and fitness testing communication skills (including sign language) motivation techniques sample programmes and exercises, fully illustrated with B&amp;W photography checklists and forms to be used when working with clients.</p>