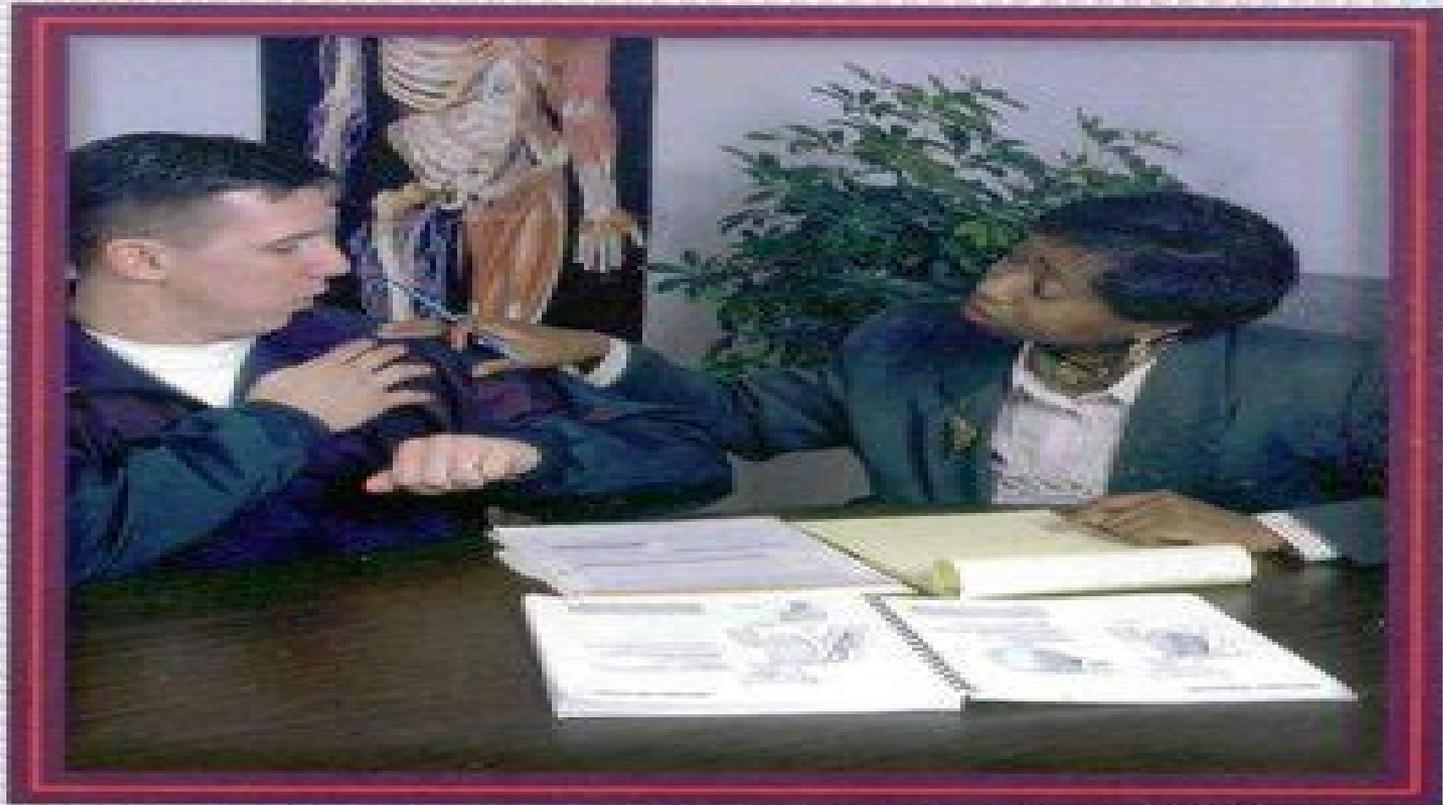


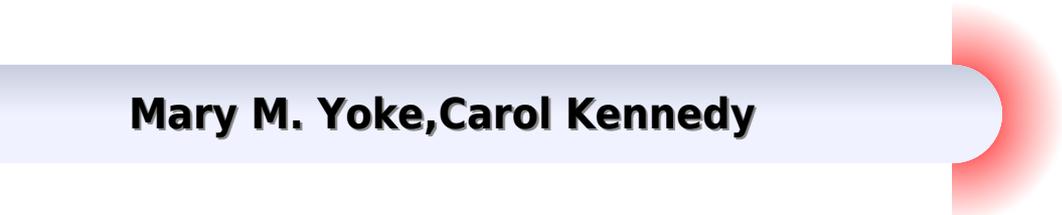
Client-Centered Exercise Prescription



John C. Griffin

Client Centered Exercise Prescription

Mary M. Yoke, Carol Kennedy



Client Centered Exercise Prescription:

Client-centered Exercise Prescription John C. Griffin, 2006 John Griffin presents an exercise prescription model that focuses on the unique body types and needs of clients This revised edition includes case studies reproducible hand outs questionnaires and tables to enhance teaching and learning [Client-centered Exercise Prescription with Web Resource](#) John C. Griffin, 2015 **Client-Centered Exercise Prescription** John C. Griffin, 2015-01-21 Client Centered Exercise Prescription Third Edition With Web Resource emphasizes a personalized approach to exercise in which unique programs meet the interests and needs of individual clients This resource will help you to prescribe exercise and guide clients in adopting enjoying and maintaining active lifestyles Client Centered Exercise Prescription Third Edition expands the role of the fitness professional from simple exercise prescription to include activity counseling design modification exercise demonstration functionally integrated exercise injury prevention and follow up monitoring for a variety of clients Central to the book are seven client centered models for each major fitness component that serve as a template of options for each decision in the prescription process activity counseling musculoskeletal exercise design exercise demonstration cardiovascular exercise prescription resistance training prescription muscle balance and flexibility prescription and weight management prescription The text explains the vital role that functionally integrated exercise plays in improving performance and maintaining musculoskeletal health and teaches how to recognize muscle imbalance and prevent complications Fitness professionals will learn to make informed client centered decisions and address the following issues Establishing rapport and increasing adherence by prescribing exercise programs that match clients desires needs and lifestyles Understanding clients unique psychological needs and using that information to keep them motivated Monitoring clients needs both as they are originally presented and as they evolve over time Applying strategies for treating and preventing overuse injuries so that clients avoid injury and frustration thereby avoiding withdrawal from the program Addressing the unique considerations of aging clients including musculoskeletal conditions and functional mobility The third edition of Client Centered Exercise Prescription retains the client centered approach of previous editions offering simulated initial interviews with clients teaching cues for demonstration sample sessions and sample counseling dialogue The text also features numerous updates More than 40 reproducible forms included in the text and duplicated in printable format in the web resource that can be shared with clients Applied exercise prescription worksheets that facilitate the flow from the prescription models to the prescription card Three new chapters on exercise prescription for aging adults that offer specific exercise recommendations for this growing demographic Expanded sections on applied nutrition reliable field tests safety and referrals and a unique biomechanical approach to exercise modifications and functional progressions Five new case studies and other updated case studies that allow you to grasp how the material may be used in practice Theory to Application sidebars numerous photos and chapter summaries that will engage you and help you find the most relevant

information Using reliable field tests practical nutrition guidelines and applied exercise physiology concepts this text will help both professionals and students better serve their current and future clients Candidates preparing for certification exams including the Canadian Society for Exercise Physiology Certified Personal Trainer CSEP CPT exam will find comprehensive treatment of the theory and applications covering the competencies required before entering the field Practical examples applied models and scientific knowledge also make the text accessible to undergraduate students in fitness exercise science and health promotion programs

Core Assessment and Training Jason Brumitt,2010 Our understanding of the importance of core health for injury prevention athletic performance and rehabilitation grows each day Make sure you can offer your clients safe and effective programs with Core Assessment and Training In this book you will learn to assess each client s baseline core function and develop an individualized program to meet his or her needs In Core Assessment and Training expert Jason Brumitt covers all aspects of core training from basic to advanced core exercises stretches and plyometrics Whether you are a personal trainer strength coach or rehabilitation professional this reference will help you learn these essentials Functional anatomy of the core musculature Core assessment and functional testing techniques Fundamentals of program design for core training Special considerations for core training for various sports and core specific injuries and conditions This book covers not only core strength but also flexibility and plyometrics It includes photos illustrations and instructions for more than 120 exercises Sample exercise routines and a table that lists the exercises by the muscles used offer a basis for program design and provide on the spot reference The accompanying DVD features video demonstrations that help you review proper techniques and protocols for many of the exercises and assessments discussed in the book All of the information in the book and on the DVD is presented in a logical format with the busy fitness professional in mind An online course also titled Core Assessment and Training can be purchased to complement and enhance the material presented in the book The course features interactive case studies with virtual clients that guide you through developing comprehensive core training programs that encompass strengthening flexibility endurance and power You ll gain insight into selecting exercises that are specific to each client s needs and into properly progressing exercises from basic to advanced You ll also practice identifying indicated and contraindicated exercises for various injuries and health conditions and in selecting core exercises for different athletes and clients Understanding the concepts of core training and analyzing functioning of the core are key components of safe core exercise programs With Core Assessment and Training you can master the techniques for assessing each client s needs and design customized training programs for maximum results

Exercise Testing and Prescription Lab Manual Edmund O. Acevedo,Michael A. Starks,2011 With a focus on foundational information this book offers a practical application of knowledge and skills associated with standardised health and fitness related tests

The BioMechanics Method for Corrective Exercise Justin Price,2025-06-02 This book is written for fitness professionals for the purpose of teaching you how to address common musculoskeletal imbalances through

the use of corrective exercise The book explains concepts in an easy to follow manner using jargon free language The content is delivered as a step by step process containing real world examples and case studies so that the reader can understand and easily implement these strategies when working with actual clients

Becoming a Personal Trainer For Dummies

Melyssa St. Michael, Linda Formichelli, 2011-03-08 Love helping other people improve their physical fitness Become a certified trainer start your own business and grow your client base with this user friendly and practical guide Want to turn your passion for fitness into a lucrative career Each year more than 5 million Americans use personal trainers to take their workouts to the next level and this plain English guide shows you how to get in on the action Whether you want a part time job at the gym or a full time personal training business you ll find the practical proven advice you need in Becoming a Personal Trainer For Dummies If you want to become a certified personal trainer and start your own business or if you re a certified trainer looking to grow your existing practice you re in the right place This practical guide has a thorough overview of what it takes to get certified and run a successful business complete with expert tips that help you Find your training niche Study for and pass certification exams Attract keep and motivate clients Interview hire and manage employees Update your training skills Expand your services A user friendly guide with unique coverage of personal trainer certification programs Becoming a Personal Trainer For Dummies includes tips on selecting the right program and meeting the requirements You ll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer Inside you ll discover how to Choose the right fitness equipment for you and your clients Create a business plan a record keeping system and a marketing campaign Perform fitness assessments Develop individualized exercise programs Advance your clients to the next fitness level Manage legal issues and tax planning Train clients with special needs Complete with ten ideas to expand your services such as adding workshops or selling equipment or apparel and a list of professional organizations and resources Becoming a Personal Trainer For Dummies gives you the tools you need to be the best personal trainer you can be Grab your own copy to get the most out of this fun fabulous career

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Functional Exercise Progressions

Mary M. Yoke, Carol Kennedy, 2003-11 An explosion of new exercise techniques and equipment has left many fitness professionals and their clients unsure of how to advance from one exercise and level of intensity to the next Functional Exercise Progressions presents 13 sample progressions covering every major muscle group This large format guide includes over 250 different exercises with dozens of clear photographs and detailed exercise descriptions Ideal for personal trainers physical therapists and anyone who wants a safe and effective path to improved strength and fitness

Women's Health

Marian C. Condon, 2004 A must have this user friendly resource provides all of the essentials of women s health how to promote it the societal factors that so greatly impact it and how to choose wisely among the wide range of health care modalities available Addressing the physical mental and spiritual aspects

of health it offers concrete guidelines for promoting wellness and recognizing illness Included are discussions of societal factors that influence health and healthcare as well as controversial issues such as the necessity of surgical interventions A critique of both traditional and commonly used alternative therapies and remedies provides a complete picture of the health care options available today

The Physiology Storybook Marla Richmond,2006 Quest ,2006 **ACSM's Health-related Physical Fitness Assessment Manual** American College of Sports Medicine,2010 From the American College of Sports Medicine ACSM this text provides the information necessary to develop skills for assessing an individual s health related physical fitness It provides a practical how to do it approach for performing assessment skills effectively and an understanding of the theory behind and the importance of each skill or assessment The Third Edition includes updated references to ACSM s Guidelines for Exercise Testing and Prescription Eighth Edition more diagrams and pictures highlighting assessment techniques and new material on physical activity assessments considerations for medication usage and common measurement errors A companion Website includes an Image Collection a Test Generator and PowerPoint Slides *American Book Publishing Record* ,2005 *Back Stability* Christopher M. Norris,2000 Video leads users through key back activities taken from the text and assembled in appropriate progressions Exercises and activities follow the organization of the book and provide dynamic representations of the images included in it

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