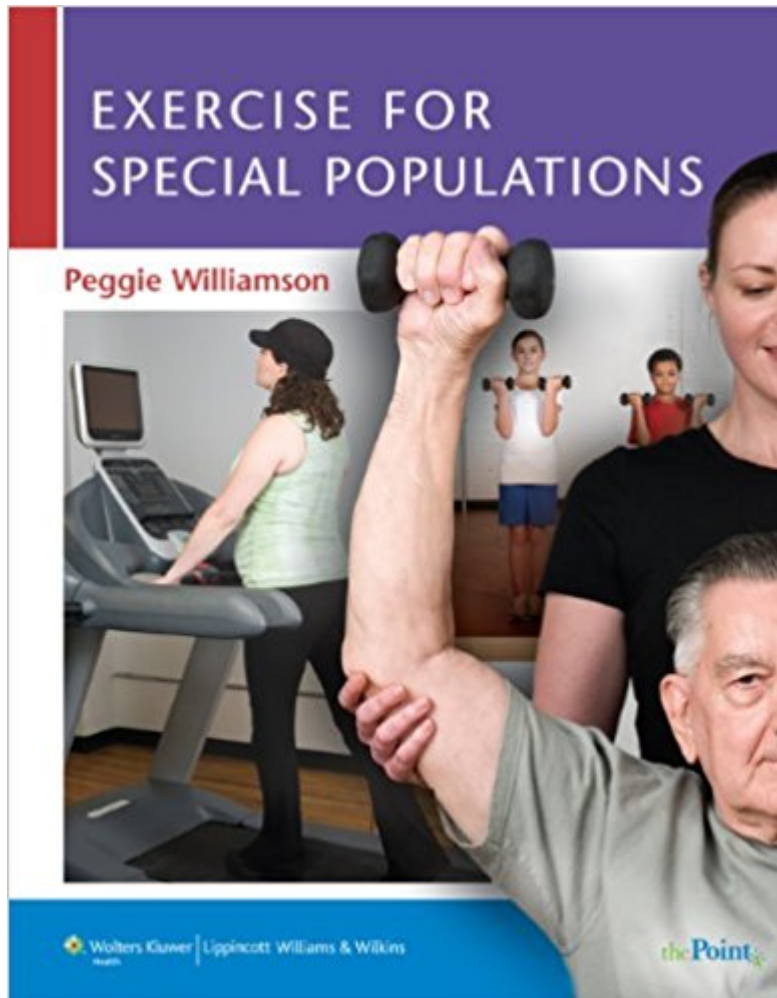




The book was found

Exercise For Special Populations



Synopsis

Focusing on the specific needs of people with a certain disease, condition, or stage of life, this book discusses the special fitness and nutritional needs of various populations. Not only are overall health, fitness, and exercise recommendations discussed, but anatomy and physiology is covered to promote understanding of changes that occur among body systems as diseases or conditions develop. This text focuses on building appropriate exercise programs, physiological changes associated with various conditions, important precautions during exercise, outcome expectations, and basic nutritional considerations for various populations who frequently seek the services of a health and fitness professional. This book will serve as a comprehensive course text for students enrolled in personal training programs and students pursuing health/fitness professional degrees.

Book Information

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Customer Reviews

School of Recreation and Sports Sciences, Ohio University, Michael R. Kushnick, PhD, HFS, Assistant Professor of Exercise Science -- I believe the...textbook is perfectly suited to health fitness practitioners who may have less current physiologic background?they are further removed from their training and have more "on the job training" and less course work in biology and physiology.

University of Florida, Christine Stopka, PhD, Professor, Department of Health Education and Behavior University of Florida -- "The text reads so easily and smoothly. It is not tedious. It reads quickly but is still packed with content. It is a joy to read and makes learning fun." Chatham

University, Carena Winters-Hart, PhD, MPH, Assistant Professor, Department of Physical Therapy

and Exercise Science -- "This text is ideal for undergraduate exercise science students and those who are independently working in the personal training field."

For those of you who are just personal trainer, start thinking about the Special Population (Obesity, High Blood Pressure etc.) and read the book Relationship and Referrals and learn about Medical Exercise ([...]) If you're a beginner start with this book, it's self explanatory, with pictures and step by step instructions and photographs who could ask for anything more. The cost is worth every penny. Don't be a penny pincher when it comes to helping someone who can become your walking billboard. The service and delivery of this book was great. I use this book for reference and I even took it to KINKO to remove the covers and make it spiral so I can fold the book in half and I went as far also to get it for my ipad in case I forgot my book at the office. yes you can purchase this book through Kindle. Go for it!

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