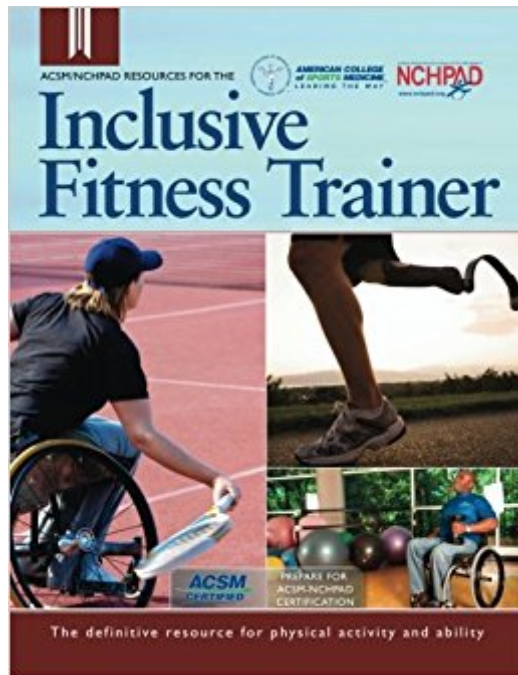




The book was found

ACSM/NCHPAD Resources For The Inclusive Fitness Trainer



Synopsis

You can empower those who are challenged by physical, sensory or cognitive disabilities. The American College of Sports Medicine (ACSM) in collaboration with The National Center on Health, Physical Activity and Disability (NCHPAD) has developed a specialty certification for fitness professionals. Become an ACSM/NCHPAD Certified Inclusive Fitness Trainer, and give clients the knowledge and support to lead a healthy and comfortable lifestyle. This book provides the essential techniques and guidelines to prepare for the ACSM/NCHPAD Certified Inclusive Fitness Trainer certification including:

- Effective and adapted methods of exercise training.
- Exercise precautions for people with disabilities.
- An understanding of current ADA policy specific to recreation facilities and standards for accessible facility design.
- Instruction to individuals with disabilities to begin and continue healthy lifestyles.

Book Information

Paperback: 268 pages

Publisher: American College of Sports Medicine; 1 edition (May 2, 2013)

Language: English

ISBN-10: 1885377029

ISBN-13: 978-1885377029

Product Dimensions: 8.5 x 0.6 x 11 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #340,608 in Books (See Top 100 in Books) #128 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments

Customer Reviews

The American College of Sports medicine, founded in 1954, is the world's largest sports medicine and exercise science organization with more than 50,000 national, regional, and international members and certified professionals in more than 90 countries. With professionals representing more than 70 occupations, ACSM offers a 360-degree view of sports medicine and exercise science. From academicians to students and from personal trainers to physicians, the association of public health, health/fitness, clinical exercise, and health care professionals is dedicated to helping people worldwide live longer, healthier lives through science, education, medicine, and policy. For more information, visit www.acsm.org, <http://www.acsm.org/facebook>, and <http://www.twitter.com/acsmnews>.

This is an excellent resource and I would highly recommend it for those seeking to advance their knowledge. It is a comprehensive yet practical resource. ACSM and NCHPAD are to be complimented on this resource.

Just what I need to study for IFT.

Great

[Download to continue reading...](#)

ACSM/NCHPAD Resources for the Inclusive Fitness Trainer ACSM Personal Trainer Certification Flash Cards: ACSM Test Prep Review with 300+ Flash Cards for the American College of Sports Medicine Certified Personal Trainer Exam Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) ACSM's Resources for the Personal Trainer ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) ACSM's Resources for the Exercise Physiologist: A Practical guide for the Health Fitness Professional ACSM's Resources for the Health Fitness Specialist Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Golf Fitness: An All-Inclusive Golf Fitness Program For Golfers Only ACSM Certification Review Study Guide: Certified Personal Trainer (CPT) Resource & Guidelines Exam Manual Training Design and Delivery: A Guide for Every Trainer, Training Manager, and Occasional Trainer ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam ACSM's Resources for the Exercise Physiologist ACSM's Resources for the Group Exercise Instructor Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) ACSM's Complete Guide to Fitness & Health-2nd Edition ACSM's Health-Related Physical Fitness Assessment Manual ACSM's Health/Fitness Facility Standards and Guidelines-Fourth Edition ACSM's Complete Guide to Fitness & Health (1st Edt)

Contact Us

DMCA

Privacy

FAQ & Help