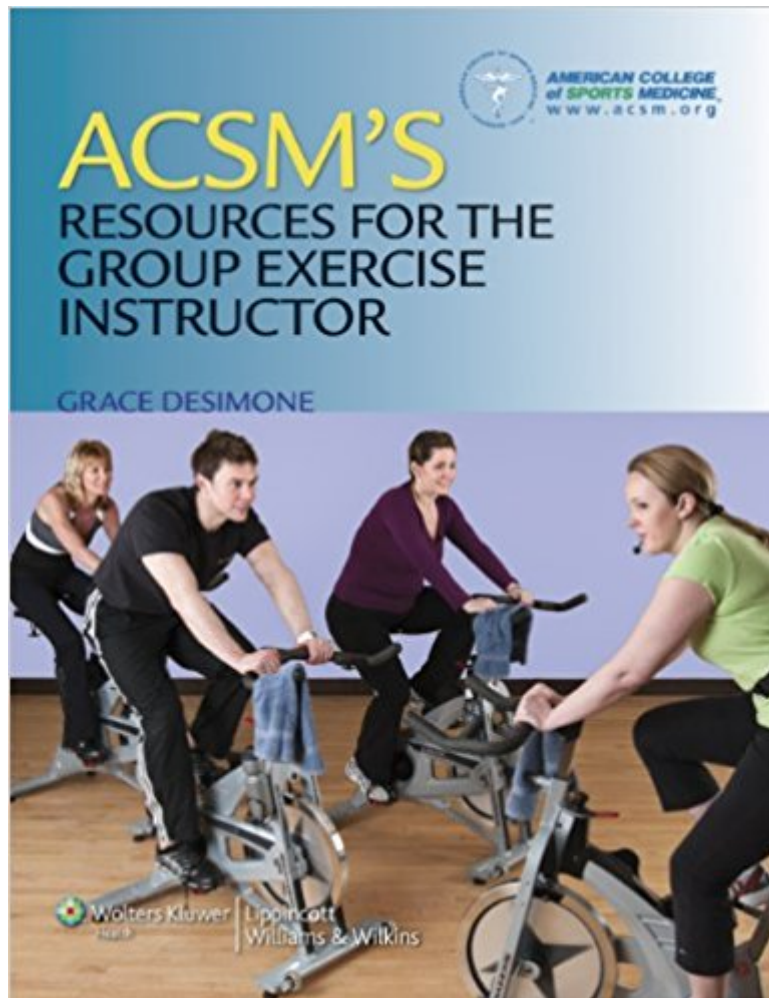




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ACSM's Resources For The Group Exercise Instructor



Synopsis

ACSM's Resources for the Group Exercise Instructor gives you the knowledge and the skills you need to effectively lead group exercise. You'll learn how to take advantage of group dynamics to improve health and well-being. You'll also discover how to work with clients with special needs, so that everyone can safely benefit from group exercise. Moreover, the book shows how the skills you'll gain can easily be adapted to different environments, including gyms, studios, recreational facilities, and clubs. Developed by the American College of Sports Medicine (ACSM), this book thoroughly prepares you to become an ACSM Certified Group Exercise Instructor. Following an introduction, which includes a profile of a group exercise instructor, the book covers such topics as leadership, class design, legal issues and responsibilities, and exercise science. The book's accompanying video demonstrates how the techniques discussed in the book are put into practice during an actual group exercise class.

Book Information

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Customer Reviews

Better than expected. Pictured is the old edition, and I received the most current with the step on cover.

Don't expect to read through this text and be ready for the exam. There are many questions on the exam that are not covered in the book. I passed the test on my second try after reading the entire excruciatingly boring book twice. ACSM seems to be an extremely money-hungry organization, they

want you to buy as many study materials as possible and they hope that you have to take the exam over and over before you pass. Also don't expect their philosophy on fitness to be useful for any individuals other than the elderly, the sedentary, or those with chronic conditions. None of their guidelines for exercise program design are suitable for athletes or those striving to become athletes.

I have read many of the ACSM textbooks and i have to admit this is one of the best. It provides many examples and the text is not as repetitive as the other ACSM books.

very difficult to read, and the test was terrible. just terrible.

Very thorough and detailed. All important aspects of being a fitness instructor are covered in depth. Well organized for study purposes

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