
Expert Rating - Personal Trainer certification 2023-2024

Ethical responsibility of the Personal Trainer - The foundation of the code of ethics revolves around the basic duties of the personal trainer toward the clients, the practices to be followed during work, protecting the rights and interests of the clients, maintaining professional relations with the clients, and performing one's duties toward the profession.

The code of ethics to be followed by a certified personal trainer - a. Relationship with the clients
b. The Conduct of the Personal Trainer
c. Conduct at Work Place and Towards Society

Fitness - fitness refers to the degree of body functioning and the ability of the body to handle physical demands. Fitness is a major part of preventive medical approach to health.

Health - health refers to the absence of diseases.

Benefits of Exercise and Fitness (the key) - # it improves your mental outlook and your mood through the release of chemicals called endorphins in the body
it improves general health, wards off diseases, and slows down the aging process
it helps you to achieve a better body composition i.e. lower body fat and more muscle
it improves the state of mind , promotes better mental health, and improves sleep
it helps in achieving better bone density
it enhances self confidence and improves the appearance of the person
it helps you to avoid atrophy.

Atrophy - atrophy refers to the shrinkage of muscles as a result of little or no exercise.

Hypertrophy - hypertrophy refers to the tissues and muscles gaining in strength due to overload.

Components of Fitness - a. Cardio respiratory endurance
b. Muscular strength
c. Muscular endurance
d. Flexibility
e. Body composition

Cardio respiratory endurance - it is the ability to perform prolonged large- muscle dynamic exercises at moderate-to-high levels of intensity. It is the central component of fitness that trains heart and makes it healthier and more efficient.

Expert Rating Personal Trainer Manual

Douglas Brooks



Expert Rating Personal Trainer Manual:

Monthly Catalog of United States Government Publications, 1986 *The Complete Guide to Core Stability* Matt Lawrence, 2007-06-19 The Complete Guide series is designed for the fitness professional coach and student packed with ready made training programmes tips and strategies A new edition of the definitive core stability training handbook for fitness leaders and other fitness professionals and enthusiasts in an all you need to know format Core Stability is a relatively new concept concentrating on core abdominal muscle strength to improve posture strength and performance This book looks at what core stability is the muscles that are involved and the benefits to improving your core stability Packed with exercises it also deals with specific exercises for different sports and covers the use of equipment from medicine balls to core boards This new edition includes colour photography new exercises and training programmes tailored to different sports Over 3865 copies of first edition sold since 2004 *The Complete Book of Personal Training* Douglas Brooks, 2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it s full of information about working with clients and designing programs and it s a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover *Strong and Sexy* Sofi Fahrman, Julia Fors, 2015-01-27 Who said a healthy lifestyle has to be boring Join Swedish TV and fashion personalities Sofi Fahrman and Julia Fors on a journey toward a stronger healthier more beach ready body They ve got easy tips and fun facts on nutrition and training and they ready to share their favorite insider tips from Hollywood s most successful fitness coaches Sofi s step by step photographs demonstrate the best exercises for women for each muscle group Her program is designed for strength and toning because strong equals sexy Then Julia shows how to avoid all the common pitfalls when choosing good food and healthy eating Believe it or not no foods are off limits it s all about smart clean choices It all wraps up in Bikini Boot Camp This three week training program is a focused effort for when you have a special goal in sight or need a kick start to get on your way to becoming the best version of yourself This is not another diet book This is about achieving your dream body while getting stronger feeling healthier and having a fun time doing it *IDEA Personal Trainer Business Book* Denis Gagnon, 1996 **Healthcare Guide to the Internet**, 1999 *Trainer's Guide for Health Management*, 1985 *Legal Aspects of Personal Fitness Training* Brian E. Koeberle, 1990 *Popular Mechanics*, 1997-07 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate

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Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Expert Rating Personal Trainer Manual**

In a world inundated with monitors and the cacophony of instant transmission, the profound power and emotional resonance of verbal artistry usually disappear in to obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, situated within the musical pages of **Expert Rating Personal Trainer Manual**, a interesting perform of fictional elegance that impulses with raw feelings, lies an wonderful trip waiting to be embarked upon. Written by a virtuoso wordsmith, this interesting opus guides viewers on a mental odyssey, delicately revealing the latent possible and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is main themes, dissect their fascinating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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