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Methods of Group Exercise Instruction Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor *Methods of Group Exercise Instruction* Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services The authors who have dozens of years of experience thoroughly explain group exercise training principles correction and progression techniques and safety tips They also have taught this course within a university setting This research based text will enhance the skills of group exercise

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 Methods of Group Exercise Instruction Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design the proper way to cue participants and the variety of modalities they can use in their teaching Revised and reorganized based on current industry best practices this edition includes the following
 Over 100 minutes of online video demonstrating warm ups routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success Methods of Group Exercise Instruction Fourth Edition will prepare any group fitness instructor for a successful career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success **ACSM Health and Fitness Track Certification Study Guide, 1998** American College of Sports Medicine,American College of Sports Medicine (ACSM) Staff,Frederick S Daniels,1998-03 *ArchiMate® 2 Certification Study Guide* Andrew Josey,Bill Estrem,2016-01-01 This title is a Study Guide preparing for the ArchiMate 2 Part 1 and 2 Examinations It gives an overview of every learning objective for the ArchiMate certification syllabus and in depth coverage on preparing and taking the ArchiMate 2 Examinations It is specifically designed to help individuals prepare for certification This Study Guide is excellent material for Individuals who require a basic understanding of the ArchiMate modeling language Professionals who are working in roles associated with an architecture project and who need to understand architecture artefacts developed using the ArchiMate modelling language Individuals who want to achieve a recognized qualification to demonstrate their knowledge of the ArchiMate modelling language A prior knowledge of Enterprise Architecture and architecture modelling is advantageous but not required While reading this Study Guide the reader should refer to the ArchiMate Version 2 1 Specification manual available as hard copy and eBook from www.vanharen.net and online booksellers and also available online at www.opengroup.org **MCSA Windows Server 2012 R2 Complete Study Guide** William Panek,2014-12-08 Prepare for the MCSA Windows Server 2012 R2 Exams Microsoft s new version of the MCSA certification for Windows Server 2012 R2 requires passing three exams or one Upgrade exam if you have your MCSA or MCITP in Windows Server 2008 This value priced study guide includes more than 1 000 pages of quality exam prep content covering 100% of the objective domains of all three exams as well as the Upgrade exam 70 417 In addition you get access to an interactive practice test environment with more than 500 questions electronic flashcards and videos showing how to perform the more difficult tasks Both first time MCSA candidates and those wishing to upgrade from Server 2008 certification will benefit from this complete test prep

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