
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

Lauren Gardner



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