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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 leaders and prepare them to lead more dynamic safe and effective classes for clients of differing ages abilities and interests 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 *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 CompTIA Security+ Certification Study Guide Ido Dubrawsky,2009-08-17 CompTIA Security Certification Study Guide Exam SYO 201 Third Edition offers a practical guide for those interested in pursuing CompTIA Security certification The book is organized into six parts Part 1 deals with general security issues including security threats hardware and peripheral security risks the fundamentals of operating system OS hardening implementing system security applications and concepts of virtualization Part 2 discusses the fundamentals of network security Part 3 focuses on network access and network authentication Part 4 explains the importance of risk assessments and risk mitigation and how to conduct them Part 5 reviews general cryptographic concepts and addresses the complex issues involved in

planning a certificate based public key infrastructure PKI Part 6 on organizational security discusses redundancy planning environmental controls implementing disaster recovery and incident response procedures and the policies procedures and documentation upon which organizational computer security is based Each chapter begins with Exam Objectives and concludes with Self Test questions along with their corresponding answers Complete exam prep package includes full coverage of new Security objectives flash cards cram sheets MP3s for exam day study PPT presentations two complete practice exams and certification e book library Authored by a leading Microsoft security expert A good reference for both beginning security professionals and seasoned IT professionals **AWS Certified Database Study Guide** Matheus Arrais,Rene Martinez Bravet,Leonardo Ciccone,Angie Nobre Cocharero,Erika Kurauchi,Hugo Rozestraten,2023-04-12 Validate your AWS Cloud database skills AWS Certified Database Study Guide Specialty DBS C01 Exam focuses on helping you to understand the basic job role of a database administrator architect and to prepare for taking the certification exam This is your opportunity to take the next step in your career by expanding and validating your skills on the AWS Cloud and performing a database focused role AWS is the frontrunner in cloud computing products and services and this study guide will help you to gain an understanding of core AWS services uses and basic AWS database design and deployment best practices AWS offers more than relational and nonrelation databases they offer purpose built databases which allow you to utilize database services prebuilt to meet your business requirements If you are looking to take the Specialty DBS C01 exam this Study Guide is what you need for comprehensive content and robust study tools that will help you gain the edge on exam day and throughout your career AWS Certified Database certification offers a great way for IT professionals to achieve industry recognition as cloud experts This new study guide is perfect for you if you perform a database focused role and want to pass the DBS C01 exam to prove your knowledge of how to design and deploy secure and robust database applications on AWS technologies IT cloud professionals who hold AWS certifications are in great demand and this certification could take your career to the next level Master all the key concepts you need to pass the AWS Certified Database Specialty DBS C01 Exam Further your career by demonstrating your cloud computing expertise and your knowledge of databases and database services Understand the concept of purpose built databases allowing you to pick the right tool for the right job Review deployment and migration management and operations monitoring and troubleshooting database security and more Access the Sybex online learning environment and test bank for interactive study aids and practice questions Readers will also get one year of FREE access after activation to Sybex s superior online interactive learning environment and test bank including hundreds of questions a practice exam electronic flashcards and a glossary of key terms **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

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