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Group Exercise Certification Study Guide

Ben Piper, David Clinton



Group Exercise Certification Study Guide:

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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 **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 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

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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MCTS Windows Server 2008 R2 Complete Study Guide William Panek,2011-03-21 The must have study guide for all three Windows Server 2008 R2 MCTS exams Network administrators boost their value to their employers with certification and Microsoft s three Windows Server 2008 exams offer certification specialties in configuring Active Directory Network Infrastructure and Applications Infrastructure With complete coverage to prepare you for all three exams this comprehensive study guide has three times the value Real world scenarios and hands on exercises supplement the information to facilitate learning The three Windows Server 2008 R2 exams 70 640 70 642 and 70 643 are the first step in achieving Microsoft Certified Technology Specialist status this complete study guide covers all three Includes information on installing and configuring Microsoft exchange servers monitoring and reporting configuring recipient and public folders exchange infrastructure disaster recovery addressing and services name resolution network access and remote desktop services monitoring and managing network infrastructure and deploying servers Supplemented with plenty of hands on exercises and real world scenarios to prepare you for the exam and the work beyond Anyone planning to take exam 70 640 70 642 or 70 643 will be better prepared with MCTS Windows Server 2008 R2 Complete Study Guide

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and Operating Cisco Enterprise Network Core Technologies Ben Piper, 2020-04-16 The practical and conceptual knowledge you need to attain CCNP Enterprise certification From one of the most trusted study guide publishers comes CCNP Enterprise Certification Study Guide Exam 350 401 This guide helps you develop practical knowledge and best practices for critical aspects of enterprise infrastructure so you can gain your CCNP Enterprise certification If you're hoping to attain a broader range of skills and a solid understanding of Cisco technology this guide will also provide fundamental concepts for learning how to implement and operate Cisco enterprise network core technologies By focusing on real world skills each chapter prepares you with the knowledge you need to excel in your current role and beyond It covers emerging and industry specific topics such as SD WAN network design wireless and automation This practical guide also includes lessons on Automation Network assurance Security Enterprise infrastructure Dual stack architecture Virtualization In addition to helping you gain enterprise knowledge this study guide can lead you toward your Cisco specialist certification When you purchase this guide you get access to the information you need to prepare yourself for advances in technology and new applications as well as online study tools such as Bonus practice exams Pre made flashcards Glossary of key terms Specific focus areas Expand your skillset and take your career to the next level with CCNP Enterprise Certification Study Guide

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California PSSC Exam Study Guide Claude Russell Sweeney, Master the California PSSC Exam with the Only Complete Study Guide Available Preparing for your California Medi Cal Peer Support Specialist Certification This comprehensive exam prep guide is specifically designed for the 120 question PSSC test administered through Pearson VUE Complete Exam Coverage 500 practice questions with detailed answer explanations All 17 core competencies required by CalMHSA California specific Medi Cal regulations and requirements Recovery principles and wellness planning strategies

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