



# Advanced Personal Training: Science to practice

*From Routledge*



## Advanced Personal Training: Science to practice From Routledge

Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence. This is the first comprehensive fitness instruction and training programme design resource to explore the evidence-base of effective programme design, drawing on cutting-edge scientific research to identify optimum training methods and dispel some common myths around fitness training.

Putting clients' training goals at the centre of the process by focusing on their most common objectives – such as improving general health, enhancing cardiorespiratory fitness, decreasing body fat and increasing muscle mass – this book helps the reader develop a better understanding of the physiological principles at the core of successful programme design. Simple to navigate and full of helpful features – including applied case studies, example training programmes and guides to further reading – it covers a variety of key topics such as:

- pre-exercise health screening
- lifestyle and fitness assessment
- nutrition
- cardiorespiratory (endurance), resistance and core training
- recovery from exercise.

An essential text for fitness instructors, personal trainers and sport and exercise students, this book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for exercise professionals.

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### Editorial Review

About the Author

**Paul Hough** is a lecturer in health and exercise science at St Mary's University, Twickenham, UK. Paul is a British Association of Sport and Exercise Science (BASES) accredited sport and exercise scientist providing sport/exercise science support to amateur and elite athletes as well as organisations such as Virgin London Marathon and British Rowing.

Simon Penn is a senior lecturer in health and exercise science at St Mary's University, Twickenham, UK. Simon has delivered exercise and rehabilitation programmes to a wide range of populations (e.g. special populations, service personnel, elite athletes) throughout his career in the fitness industry and higher education.

### Users Review

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**Mary Richards:**

Information is provisions for individuals to get better life, information today can get by anyone at everywhere. The information can be a knowledge or any news even restricted. What people must be consider whenever those information which is in the former life are challenging be find than now is taking seriously which one works to believe or which one the actual resource are convinced. If you get the unstable resource then you obtain it as your main information we will see huge disadvantage for you. All those possibilities will not happen with you if you take Advanced Personal Training: Science to practice as your daily resource information.

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