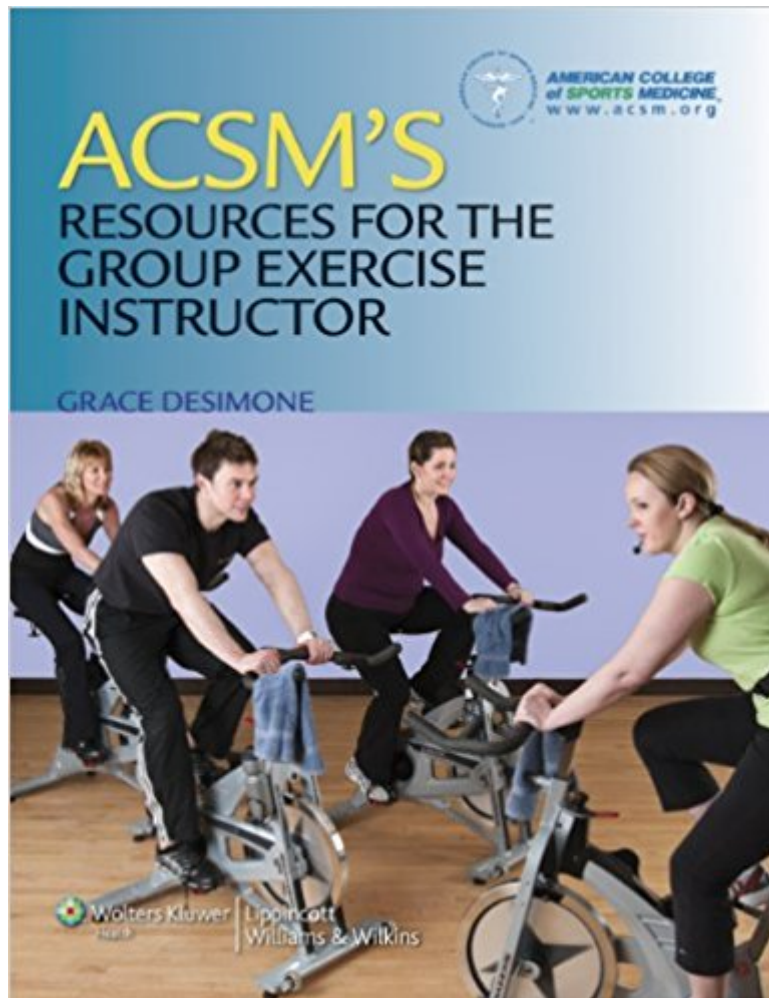




**Ebook Directory**  
the best source of ebook

The book was found

# ACSM's Resources For The Group Exercise Instructor



## Synopsis

ACSM's Resources for the Group Exercise Instructor gives you the knowledge and the skills you need to effectively lead group exercise. You'll learn how to take advantage of group dynamics to improve health and well-being. You'll also discover how to work with clients with special needs, so that everyone can safely benefit from group exercise. Moreover, the book shows how the skills you'll gain can easily be adapted to different environments, including gyms, studios, recreational facilities, and clubs. Developed by the American College of Sports Medicine (ACSM), this book thoroughly prepares you to become an ACSM Certified Group Exercise Instructor. Following an introduction, which includes a profile of a group exercise instructor, the book covers such topics as leadership, class design, legal issues and responsibilities, and exercise science. The book's accompanying video demonstrates how the techniques discussed in the book are put into practice during an actual group exercise class.

## Book Information

Paperback: 336 pages

Publisher: LWW; 1 Pap/Psc edition (November 9, 2011)

Language: English

ISBN-10: 1608311961

ISBN-13: 978-1608311965

Product Dimensions: 8.3 x 0.5 x 10.7 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars 5 customer reviews

Best Sellers Rank: #85,971 in Books (See Top 100 in Books) #90 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #116 in Books > Medical Books > Medicine > Sports Medicine #1207 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

Better than expected. Pictured is the old edition, and I received the most current with the step on cover.

Don't expect to read through this text and be ready for the exam. There are many questions on the exam that are not covered in the book. I passed the test on my second try after reading the entire

excruciatingly boring book twice. ACSM seems to be an extremely money-hungry organization, they want you to buy as many study materials as possible and they hope that you have to take the exam over and over before you pass. Also don't expect their philosophy on fitness to be useful for any individuals other than the elderly, the sedentary, or those with chronic conditions. None of their guidelines for exercise program design are suitable for athletes or those striving to become athletes.

I have read many of the ACSM textbooks and i have to admit this is one of the best. It provides many examples and the text is not as repetitive as the other ACSM books.

very difficult to read, and the test was terrible. just terrible.

Very thorough and detailed. All important aspects of being a fitness instructor are covered in depth. Well organized for study purposes

[Download to continue reading...](#)

ACSM's Resources for the Group Exercise Instructor ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) ACSM's Resources for the Exercise Physiologist ACSM's Resources for the Exercise Physiologist: A Practical guide for the Health Fitness Professional Instructor Test Prep 2018: Study & Prepare: Pass your test and know what is essential to become a safe, competent flight or ground instructor - from ... in aviation training (Test Prep series) ACSM Personal Trainer Certification Flash Cards: ACSM Test Prep Review with 300+ Flash Cards for the American College of Sports Medicine Certified Personal Trainer Exam Wild at Heart: A Band of Brothers Small Group Participant's Guide (Small Group Resources) ACSM's Guidelines for Exercise Testing and Prescription ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-4th Edition ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-3rd Edition ACSM's Introduction to Exercise Science ACSM's Advanced Exercise Physiology ACSM's Guide to Exercise and Cancer Survivorship ACSM/NCHPAD Resources for the Inclusive Fitness Trainer ACSM's Resources for the Personal Trainer ACSM's Resources for the Health Fitness Specialist Alfred's Group Piano for Adults Student Book 1 (Second Edition): An Innovative Method Enhanced With Audio and Midi Files for Practice and Performance (Alfred's Group Piano for Adults) Curriculum-Based Motivation Group: A Five Session Motivational Interviewing Group Intervention

# Group Dynamics in Occupational Therapy: The Theoretical Basis and Practice Application of Group Intervention

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)