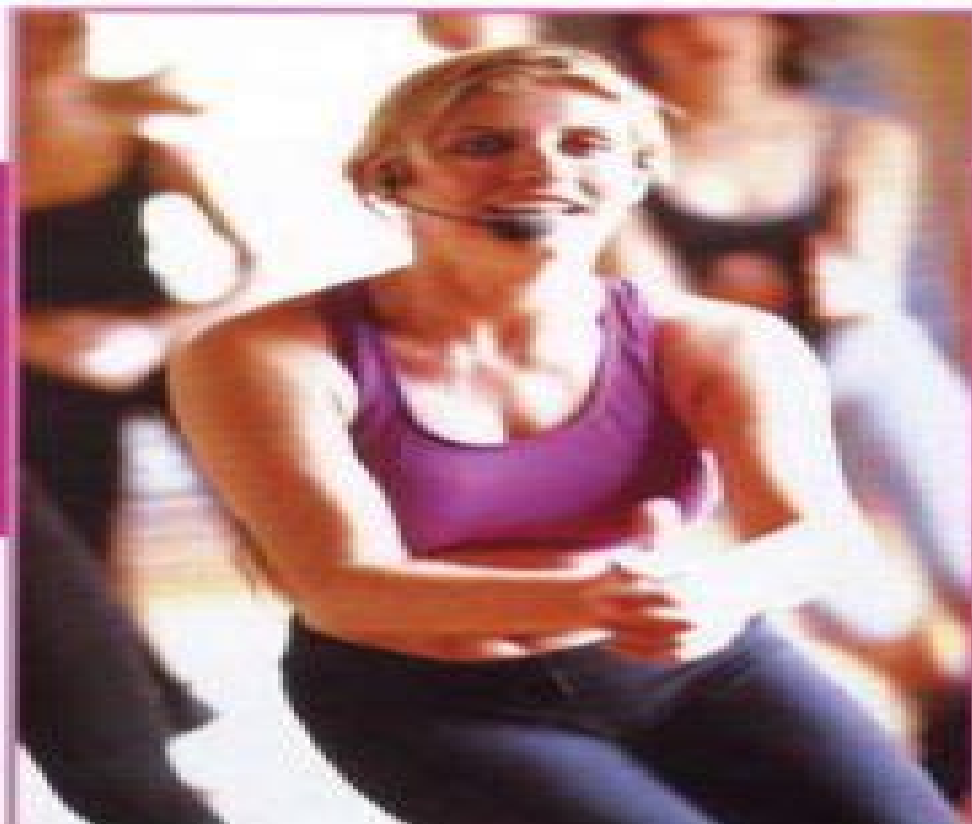


The Aerobics Instructor's Handbook

**What to teach,
and how to
teach it
effectively**

**Compiled by
Nigel Champion
and Greg Hurst**



Aerobics Instructors Handbook

Charlotte Foehner, Carol Cozart



Aerobics Instructors Handbook:

Aerobics Instructors Handbook Graeme Wright, Francie McPherson, 1983 [The Aerobics Instructor's Handbook](#)
Nigel Champion, Greg Hurst, 1999 *The Fitness Instructor's Handbook 4th edition* Morc Coulson, 2021-06-24 The 4th edition of The Fitness Instructor's Handbook is the essential guide for anyone working in or wishing to enter the fitness industry Packed full of illustrations exercise photos case studies revision questions and sample programmes this guide covers every aspect of the theory needed to work as a fitness instructor Clear concise and accessible the content is organised with the specific needs of the fitness professional in mind and covers topics such as The skeletal system Muscles and tendons The energy system Circulation and respiration Components of fitness Safety issues Customer service Screening clients Planning and programme design Exercise evaluation This new edition includes advice on how to avoid poor exercise technique that can increase the risk of injury There is also a brand new section on field protocols for typical health and fitness tests with guidance on how instructors can standardise them Other essential updates are also included that reflect changes to the National Occupational Standards for both Level 2 and 3 qualifications Offering the perfect blend of theory and practice for every aspect of health and fitness this is the resource you will refer to time and again **The Aerobics Instructor's Handbook** Nigel Champion, Greg Hurst, 1999 The professional aerobics instructor possesses an understanding of the theory behind safe aerobics a repertoire of training material and a broad array of teaching methods This handbook covers each of these aspects and focuses on technical and instructor skills base moves elements of variation and choreographic development class design and formats musical interpretation cueing communication and teaching methodologies warm ups and cool downs muscle conditioning and step classes *Water Aerobics Instructor Handbook* April Walker, 2017-06-09 This book is designed for the active Water Aerobics instructor who is on the go and needs to access materials quickly and easily It includes a wide variety of tools that can be printed and taken poolside such as an Aqua Choreography Wheel which can be used for curriculum development a collection of line drawn circuit cards useful in a variety of class formats all described in the Manual Games brainteasers and holiday ideas are also included These tools are excellent and fun ways to incorporate fitness goals into a class Additional tools include Curriculum development tools Movement Blocks Template 13 tried and true games 10 fun holiday ideas A fabulous formations chart and directions to help you make the most out of your pool space Icebreaker activities to build community in your classes 7 methods for breaking your class into groups smoothly 21 Brainteaser exercises that incorporate the body increasing coordination balance and laughter 8 Fun and challenging balance exercises 20 sample curriculum plans to get you started Sample Class Syllabus Sample Class Evaluations A set of directional cue cards for audio challenged environments A set of number cards for setting up stations or games A set of Roll the Dice circuit cards Engaging ideas that have been used successfully in Water Aerobics classes Nationwide **Aerobics Instructor Manual** Richard Thomas Cotton, Robert Lewis Goldstein, 1993 Suitable both for people setting out to be

instructors and for seasoned professionals this resource provides a guide to the scientific instructional and professional knowledge required of group fitness instructors Chapters include exercise physiology fundamentals of anatomy biomechanics and applied kinesiology nutrition and weight control health screening fitness testing and aerobic programming teaching an aerobic class special populations and health concerns exercise and pregnancy musculoskeletal injuries emergency procedures and legal and professional responsibilities

The Fitness Instructor's Handbook Morc Coulson,2014-07-25 The Fitness Instructor s Handbook is the essential guide for anyone working in or wishing to enter the fitness industry This new second edition has been fully updated and covers every component of the industry standards for both Level 2 and 3 qualification and offers the perfect blend of theory and practice on every aspect of health and fitness Clear concise and accessible the content is organised with the specific needs of student and newly qualified fitness professionals in mind it covers every aspect of the theory needed to work as a fitness instructor and places it in a practical context Topics covered include the skeletal system muscles and tendons the energy system circulation and respiration components of fitness safety issues customer service screening clients planning and programme design exercise evaluation Packed full of illustrations case studies revision questions and sample programmes The Fitness Instructor s Handbook is the ideal book for both those new to the industry and experienced trainers

Health Fitness Instructor's Handbook Edward T. Howley,B. Don Franks,1997 Health Fitness Instructor s Handbook is the most comprehensive and up to date book available for health and fitness professionals who want to learn about the latest advances in physical fitness Respected exercise scientists Edward T Howley and B Don Franks have teamed up with eight contributors to provide the latest information on the following the scientific foundations of physical activity and fitness nutrition body composition and weight management the components of fitness exercise prescription and exercise programming considerations This third edition has been updated according to 1995 ACSM objectives for Health Fitness Instructor and Exercise Leader certifications and the Surgeon General s Report on Physical Activity and Health Plus the book features a better organization with a heavier focus on exercise prescription new chapters on metabolic costs of physical activity weight management and exercise prescription for special populations new in text reviews linked to learning objectives and case studies for every chapter

Fitness Instructor Training Guide Cheryl L. Hyde,2002 *USA Gymnastics Safety Handbook for Gymnastics and Other Sport Activities* USA Gymnastics,1994

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

Fitness Through Aerobics Jan Galen Bishop, 2004-05

Lifeguard Training Activities and Games is a complete resource for aquatics managers or lifeguard supervisors responsible for conducting site specific on the job training for lifeguards The compilation of games skill drills activities and guidance enhances training and conditioning of lifeguards and creates a high performing staff Throughout the book the focus is on keeping activities fun and engaging to promote participation and ensure your lifeguards acquire the skills they need in order to take action in an emergency The book contains more than 70 proven training activities divided into chapters by type of lifeguard skill Each activity is short enough to be part of an in service or class warm up session Most have variations allowing for continued challenges of participants performances through increasing levels of difficulty The drills games and activities improve lifeguards general aquatic skills and physical fitness surveillance emergency response and rescue skills and teamwork and problem solving skills With this knowledge and training you will be able to develop and maintain a high performing lifeguard staff

Certification as a lifeguard is the first step in the overall training process The real training begins on the job and the responsibility for that training is left to the aquatics manager or lifeguard supervisor

Lifeguard Training Activities and Games makes that training fun engaging meaningful and practical

Publisher The Aerobic Workbook Jackie Tally, 1990

The Voyager's Handbook Beth A. Leonard, 2006-12-07

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Sports Coach ,1983 Encyclopedia of Associations ,2004 **The Practical Guide to Writing : with Readings and Handbook** Sylvan Barnet,2007 The second Canadian edition of The Practical Guide to Writing with Readings and Handbook is designed for use in university and college courses in which essay writing is required It enhances the learning process for both students and instructors by providing insight for students as they write for instructors as they read and for both as they discuss the writing together The student who is looking for information about choosing a topic writing an analysis constructing a paragraph or even using a semicolon will find this guide indispensable Subject Guide to Books in Print ,2001 **Bulletin of the United States Bureau of Labor Statistics** ,2002

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