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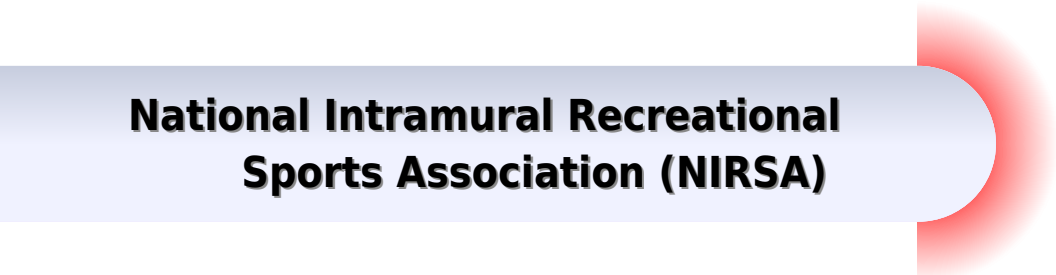
- Real test secrets revealed

**The Comprehensive
Study Guide for the
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Afaa Personal Training Study Guide

**National Intramural Recreational
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Afaa Personal Training Study Guide:

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Becoming a Personal Trainer For Dummies Melyssa St. Michael,Linda Formichelli,2011-03-08 Love helping other people improve their physical fitness Become a certified trainer start your own business and grow your client base with this user friendly and practical guide Want to turn your passion for fitness into a lucrative career Each year more than 5 million Americans use personal trainers to take their workouts to the next level and this plain English guide shows you how to get in on the action Whether you want a part time job at the gym or a full time personal training business you ll find the practical proven advice you need in Becoming a Personal Trainer For Dummies If you want to become a certified personal trainer and start your own business or if you re a certified trainer looking to grow your existing practice you re in the right place This practical guide has a thorough overview of what it takes to get certified and run a successful business complete with expert tips that help you Find your training niche Study for and pass certification exams Attract keep and motivate clients Interview hire and manage employees Update your training skills Expand your services A user friendly guide with unique coverage of personal trainer certification programs Becoming a Personal Trainer For Dummies includes tips on selecting the right program and meeting the requirements You ll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer Inside you ll discover how to Choose the right fitness equipment for you and your clients Create a business plan a record keeping system and a marketing campaign Perform fitness assessments Develop individualized exercise programs Advance your clients to the next fitness level Manage legal issues and tax planning Train clients with special needs Complete with ten ideas to expand your services such as adding workshops or selling equipment or apparel and a list of professional organizations and resources Becoming a Personal Trainer For Dummies gives you the tools you need to be the best personal trainer you can be Grab your own copy to get the most out of this fun fabulous career

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these diverse and complicated programs and facilities requires knowledge of operations client services and industry standards Campus Recreational Sports Managing Employees Programs Facilities and Services addresses the unique skill set and knowledge base required of today s campus recreation and sport facility manager This reference offers current and aspiring professionals a comprehensive and practical discussion of campus recreation management Chapters covering foundational topics of budgeting marketing assessment risk management and management of personnel facilities and services are complemented by current topics in technology programming and community building Developed by the NIRSA Campus Recreational Sports offers the latest industry guidelines and best practices based on the knowledge expertise and experience of leading campus recreation professionals across the nation Both current and future professionals can rely on Campus Recreational Sports for guidance in the management of indoor and outdoor recreation and sport facilities

Certification and Accreditation Programs Directory Michael A. Paré, 1996 Providing detailed profiles on certification and accreditation programmes in the US this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence

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military general who led the nationalist forces in overthrowing the second spanish republic during the spanish civil war and thereafter ruled over spain from 1939 to 1975 as a dictator assuming the title caudillo

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