



# ***ACE Personal Trainer Manual, 4<sup>th</sup> edition***

## **Chapter 1: Role and Scope of Practice for the Personal Trainer**

### **Introduction**

- The human body responds to the stress of physical movement with improved fitness and health.
- *2008 Physical Activity Guidelines for Americans* (U.S. Department of Health & Human Services)
  - Regular physical activity reduces the risk of many adverse health outcomes.
  - For most health outcomes, additional benefits occur as the amount of physical activity increases.
  - Most health benefits occur with at least 150 minutes a week of moderate-intensity physical activity, such as brisk walking.
  - Both aerobic and muscle-strengthening activity are beneficial.
  - Health benefits occur across all population groups.
  - The health benefits of physical activity occur for people with disabilities.
  - The benefits of physical activity far outweigh the possibility of adverse outcomes.

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*ACE Personal Trainer, Master the Manual* Richard J. Seibert, American Council on Exercise, 2003      **Occupational Safety and Health in the Emergency Services** James S. Angle, 2015-01-02 Designed for use within courses based on the Fire and Emergency Services Higher Education FESHE Occupational Safety and Health for Emergency Services model curriculum Occupational Safety and Health in the Emergency Services Fourth Edition provides a comprehensive overview of the many components of occupational safety and health for the emergency services This textbook provides a historical look at industrial safety and health and how history has impacted the emergency services by providing a safer work environment that reduces first responder deaths and injuries Occupational Safety and Health in the Emergency Services features a laser like focus on fire fighter health and safety and details how to stay safe and healthy in a high risk environment and includes Thorough coverage of the 16 Fire Fighter Life safety Initiatives with emphasis on the positive impact these Initiatives can have when implemented Case studies review and discussion questions and additional resources for each chapter Discussion on the latest research from Underwriters Laboratories UL and National Institute of Standards and Technology NIST      **ACE Personal Trainer Master the Manual** Daniel J. Green, Cedric X. Bryant, American Council on Exercise, 2011      **ACE Personal Trainer Manual** American Council on Exercise, 2010 This all new fourth edition of ACE s best selling textbook offers expanded coverage of a personal trainer s primary job responsibility assessing each client s current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health Back Cover      [Resources in Education](#) , 1998-04      [Stroke Rehabilitation E-Book](#) Glen Gillen, Dawn M. Nilsen, 2020-09-13 NEW Revised and expanded content keeps you up to date on the latest information in all areas of stroke rehabilitation NEW Updated references reflect the changes that have been made in the field NEW Assessment Appendix and Pharmacological Appendix UPDATED Resources for Educators and Students on Evolve      *Catalog* Food and Nutrition Information Center (U.S.), 1974      *Popular Science* , 1946-10 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better      **Popular Science** , 1946-01 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better      *Normal Instructor and Teachers World* , 1918

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