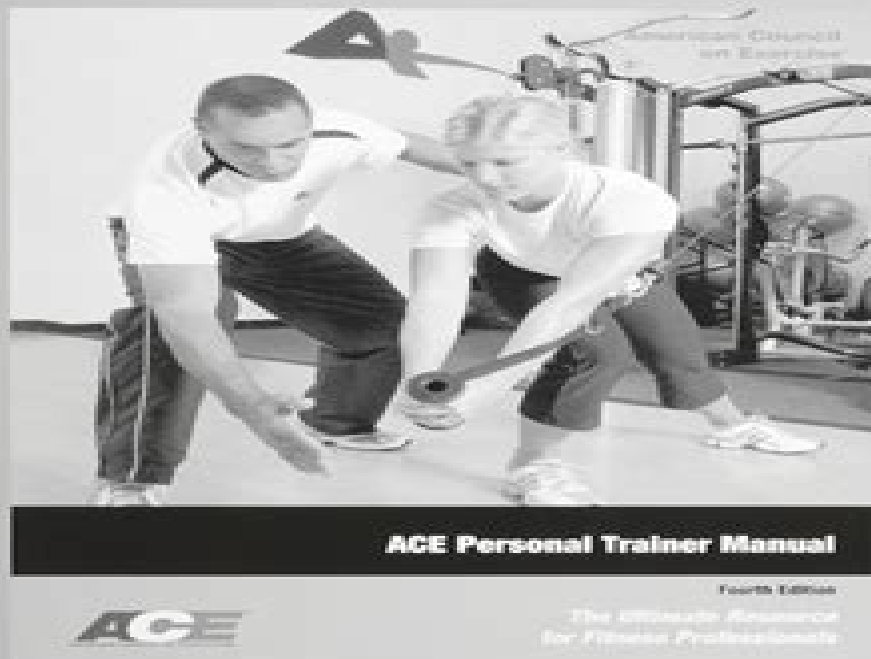


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A Study Guide to Accompany the
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Fourth Edition



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and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans The final chapter discusses customized or hybrid classes such as lifestyle physical activity based classes equipment based cardio classes and mind and body classes When used as a course text *Methods of Group Exercise Instruction Third Edition* includes instructor ancillaries which offer suggestions for effective use of the book and online video lesson plan outlines a sample week by week syllabus lab activities and test questions The third edition also features a newly added image bank containing all the figures and photos from the text to use in presentations *Advanced Exercise Physiology* Ehrman, Jonathan K.,Kerrigan, Dennis,Keteyian, Steven,2018 Written by experts in the field *Advanced Exercise Physiology Essential Concepts and Applications* builds upon foundational topics and looks further into key physiological components to help advanced students gain a deeper level of understanding *Injury Prevention for Fitness Instructors* IDEA Health & Fitness,2001

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